

Biotin is a water-soluble B-vitamin. It helps to promote healthy skin, nails and hair, and is necessary for certain enzymes to work properly. Biotin also supports energy production in the body, and is required for protein, carbohydrate, and fat metabolism.*

Carefully Manufactured by:
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SOLGB70280 00B



BIOTIN 300 MCG

PROMOTES HEALTHY
SKIN, NAILS & HAIR*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Biotin	300 mcg 100%

DV= Daily Value

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Vegetable Stearic Acid, Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

