

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

*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.

Carefully Manufactured by:

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SOLGB79102 03D



Since 1947
**SUPER POTENCY
BIOTIN
5000 MCG**

**SUPPORTS HEALTHY
SKIN, NAILS & HAIR***

Non-GMO

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



50 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Biotin	5000 mcg	1667%
Calcium	148 mg	15%
(as dicalcium phosphate)		
Phosphorus	115 mg	12%
(as dicalcium phosphate)		

DV = Daily Value

Other Ingredients: Microcrystalline Cellulose, 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) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. It is advisable to consult your healthcare practitioner before using biotin doses above 2,500 mcg per day. If any adverse reactions occur, stop use and consult your healthcare practitioner. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

