

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, 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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SOLGB70280 02D



BIOTIN 300 MCG

SUPPORTS HEALTHY
SKIN, NAILS & HAIR*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
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Biotin	300 mcg 1,000%
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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) tablet one to two times daily, preferably with meals 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. 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

