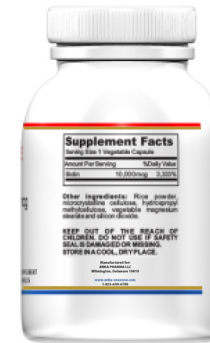
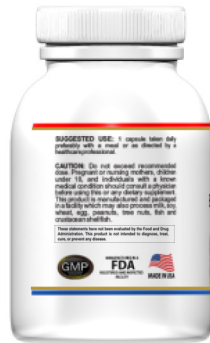


Biotin

10,000mcg



Supplement Facts		
Serving Size: 1 Vegetable Capsule		
Amount Per Serving		
	Amount	% Daily Value
Biotin	10,000 mcg	3333%

Biotin is necessary for cell growth, the production of fatty acids, and the metabolism of fats and amino acids. Biotin assists in various metabolic reactions involving the transfer of carbon dioxide. It may also be helpful in maintaining a steady blood sugar level. Biotin is often recommended as a dietary supplement for strengthening hair and nails. In addition to being taken as a supplement, many health & beauty products include biotin as an alternative supplement method. Nevertheless, biotin is found in many cosmetics and health products for the hair and skin.

Other ingredients: Rice power, microcrystalline cellulose, hydroxypropyl methylcellulose, vegetable magnesium stearate and silicon dioxide.

SUGGESTED USE: 1 capsule taken daily preferably with a meal or as directed by a healthcare professional.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish. **KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

Biotin deficiency is rare because, in general, intestinal bacteria produce biotin in excess of the body's daily requirements. For that reason, statutory agencies in many countries, for example the USA and Australia, do not prescribe a recommended daily intake of biotin. However, a number of metabolic disorders exist in which an individual's metabolism of biotin is abnormal, such as deficiency in the holocarboxylase synthetase enzyme which covalently links biotin onto the carboxylase, where the biotin acts as a cofactor.

High doses of biotin may play a role in stopping and reversing progression in progressive multiple sclerosis, as shown in a small pilot study of 23 patients.

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.