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FOODSCIENCE®
of Vermont

Biotin

- **A dietary supplement to support skin and hair health and intestinal flora functions.***

About Biotin

- Biotin is an essential water-soluble B vitamin. The name biotin is taken from the Greek word *bios* meaning "life." Without biotin, certain enzymes do not work properly and various complications can occur involving the skin, intestinal tract and nervous system.* Metabolic problems including very low blood sugars between meals, high blood ammonia, or acidic blood (acidosis) can occur.*
- Recent studies suggest that biotin is also necessary for processes on the genetic level in cells (DNA replication and gene expression). Biotin is a member of the B-vitamin family.
- Biotin assists in the metabolism of fats, carbohydrates and protein.*
- It serves as a critical component of several enzymes and is involved in energy metabolism.
- The major benefit of biotin is its ability to strengthening hair and nails because it is a major component in the natural hair manufacturing process.*
- Both men and women can support hair, skin and nail health by taking a biotin supplement.*
- A deficiency of biotin has been associated with dry brittle hair and nails.

Biotin is recommended for:

- Hair Health*
- Skin Health*
- Nail Health*

Biotin is a vegetarian supplement.

Supplement Facts

Serving Size: 2 Tablets

Amount Per Serving:

Vitamin C (as Ascorbic Acid)	200 mg
Biotin	2,000 mcg
Calcium	200 mg

Other ingredients: calcium carbonate, microcrystalline cellulose, stearic acid, vegetable (magnesium) stearate, silicon dioxide.

Warning: If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product.

- **Suggested Use:** As a dietary supplement, take 2 tablets daily with a meal.
- Sold Exclusively Through Retailers.

0300129.060 (60 Vegetarian Tablets)

*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.

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