



# BIOTIN

**Biotin** is a dietary supplement to support skin and hair health and intestinal flora functions.\*

## About Biotin

- Biotin is a member of the B-vitamin family.
- It 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.\*
- Biotin is a major component in the natural hair manufacturing process.
- It is essential for overall health of skin and nail\*
- 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\*

## Supplements Facts

**Servings per Container: 60**

**Serving Size 1 Tablet:**

Vitamin C (as Ascorbic Acid 200 mg	330%
Biotin 2000 mcg	670%
Calcium 200 mg	20%

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

**Suggested Use:** As a dietary supplement, take 2 tablets daily with a meal.

**Warning:** If pregnant or nursing, consult your health care practitioner before taking this product.

0600129.060 (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

Copyright© 2010 by Mountain Naturals® of Vermont. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without prior written permission of the copyright owner.