

Biotin

Essential B vitamin

INDICATIONS

- Ages 18 and up
- Healthy metabolism support[†]
- Nail strength and integrity support[†]

BENEFITS

- Supports healthy lipid and glucose metabolism[†]
- Promotes nail strength and resistance to brittleness[†]
- Supports nerve cell health and immune system function[†]
- An essential metabolic co-factor

FEATURES

- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions, including carbohydrate, fat and protein metabolism.^{1,2} Recent studies have expanded biotin's metabolic role, claiming that the vitamin maintains healthy genetic expression of the many enzymes for which it is a cofactor.³ Clinical studies indicate that biotin may adjust the cellular arrangement of the nail bed, helping to reinforce the keratin structure, promote strength and thickness, and reduce splitting.^{4†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-2 times daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Biotin is synthetic
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 3 caps

Bottle count 60, 120

Order codes BI6, BI1

Bottle size 120 cc

REFERENCES

1. Wolf B, et al. *Pediatric Research*. 1979. 13; 1275-1279.
2. Revilla-Monsalve C, et al. *Biome Pharmacother*. 2006 May;60(4):182-5.
3. Rodriguez-Melendez R, et al. *J Nutr Biochem*. 2003 Dec;14(12):680-90.
4. Hochman LG, et al. *Cutis*. 1993 Apr;51(4):303-5.

SUPPLEMENT FACTS

1 capsule, 1-2 times daily, with a meal.

Each (size 3) vegetarian capsule contains:

Biotin 8,000 mcg

Other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.



Biotin 8 mg	Quantity	Order Code
	120	BI1
	60	BI6

Visit PureEncapsulationsPro.com for more information about our GMO policy.