

## **Biotin 2 mg**

### **Description**

#### **Product number B077 - 100 tablets**

Biotin is a water-soluble vitamin, which serves as a cofactor for five different carboxylases that play an essential role in the intermediate metabolism and synthesis of fatty acids and prostaglandins, the breakdown of branched-chain amino acids and gluconeogenesis. Biotin supports normal energy metabolism and normal functioning of the nervous system. It also contributes to normal psychological function, maintaining normal hair growth, skin function and mucous membrane build-up.

#### **Ingredients and% Reference Intake per tablet:**

D-Biotin 2 mg 4000% DV

**Ingredients:** Vitamin (Biotin). **Fillers:** microcrystalline cellulose, maltodextrins (corn), rice starch.

**Anti-caking agents:** cottonseed oil, diglyceride, silicon dioxide, vegetable magnesium stearate.

**Use and warnings:** Adults take 1 tablet once a day with meals or according to the advice of an expert. A dietary supplement is not a substitute for a varied diet. Do not use in hypersensitivity to any of the ingredients in this product. Do not exceed recommended dose and keep out of reach of children.