

## Biotin

### **600 mcg, 100 capsules**

Item Catalog Number: 00102

Biotin is an unnumbered member of the B-complex family, normally only required in minute amounts. Biotin, a water-soluble vitamin, is used as co-factor of enzymes involved in fatty acid metabolism, gluco-neogenesis, and amino acid catabolism, making biotin essential in maintaining metabolic homeostasis<sup>172,223</sup> Biotin plays an important role in metabolic functioning as a coenzyme carrier of activated carbon dioxide in the TCA cycle (also known as the Krebs cycle).<sup>224</sup> In its coenzyme form, biotin synthesizes glucose from non-carbohydrate sources, and synthesizes and breaks down certain fatty acids and amino acids.<sup>225-227</sup>

## References

## Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

### Amount Per Serving

Biotin

600 mcg

Other ingredients: gelatin, water, rice flour, magnesium stearate, silica, stearic acid.

Contains rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one capsule daily with meals, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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