

Biotin Powder 1%**30 grams**

Item Catalog Number: 00145

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^{172,223} 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).²²⁴ In its coenzyme form, biotin synthesizes glucose from non-carbohydrate sources, and synthesizes and breaks down certain fatty acids and amino acids.²²⁵⁻²²⁷

References**Supplement Facts**

Serving Size heaping 1/8 teaspoon (approx 0.625 grams)

Servings Per Container 48

Amount Per Serving

Biotin

5950 mcg

Other ingredients: dicalcium phosphate.

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

Dosage and Use

- Take 1/8 heaping teaspoon (5950 mcg) daily with food, 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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