

BIO-PLUS



Supplement Facts	
Serving Size 1 Tablet	
	Amount Per Serving
	600 mcg biotin, 67 mg vit. E
Daily Value (DV) not established	

Biotin is a B vitamin that's needed for the formation of fatty acids and glucose, which are essential for the production of energy. It also helps with the metabolism of carbohydrates, fats and proteins. Biotin deficiency may lead to skin rash, hair loss, high cholesterol and heart problems, There is evidence that biotin supplements are effective for acne, eczema, brittle nails, diaper rash. Diabetics may also benefit from biotin supplementation. In both insulin-dependent and non-insulin-dependent diabetes, supplementation with biotin can improve blood sugar control and help lower fasting blood glucose levels. Biotin can also play a role in preventing the neuropathy often associated with diabetes, reducing both the numbness and tingling associated with poor glucose control.

These Statements Have Not Been Evaluated by The Food And Drug Administration. This Product is Not Intended To Diagnose, Treat or Cure Any Disease.

Recommend Use: Adults, take one tablet daily preferably with food or liquid.