

# Biotin

## Two High-Dose Formulas

Each capsule of **Biotin 5000** contains 5000 µg (micrograms) of biotin, which is another way to denote 5 mg (milligrams). Each capsule of **HiBiotin®** contains 100 mg of biotin.

Biotin is an essential coenzyme for a variety of carboxylation reactions, including the activation of acetylCoA carboxylase, a crucial enzyme in the normal, healthy synthesis of myelin.\* Biotin is involved in the metabolism of fats, sugars and amino acids.\* Biotin is crucial for the utilization of glucose for energy, the breakdown and utilization of fatty acids in energy production, and the synthesis of protein from amino acids.\*

### Key Features

- Two high dose biotins: 5 mg and 100 mg
- Biotin is an essential coenzyme for carboxylation reactions, and is involved in the metabolism of fats, sugars and amino acids\*
- Biotin plays a role in supporting the health of the hair, skin, and nails.\*



#77090  
90 vegetarian capsules



#70350  
60 vegetarian capsules

Both long-standing anecdotal evidence and preliminary scientific evidence show that biotin plays a role in supporting the health of the hair, skin, and nails.\* Combined with nutritional chromium, biotin may support normal, healthy blood sugar levels.\*

Biotin is one of the B vitamins, which are specific water soluble nutrients essential for human health. The B vitamins are grouped together more because of history rather than because of functional relevance. Biotin has had many other names, including vitamin B7, vitamin H, and 'W Factor'.

Biotin was discovered in 1927. The absence of an essential metabolite was detected in experiments, when mice became sickened by a diet containing significant amounts of raw egg white, and were restored when other foods were given, including egg yolk, milk, and bananas. Shortly thereafter, biotin was isolated and characterized. Fifteen years later, biotin was determined to be an essential nutrient in human nutrition when humans were made deficient in it, again using raw egg white, and then restored with the administration of biotin.

Egg white causes biotin deficiency because it contains the protein avidin, which binds avidly to biotin, preventing absorption. When the egg white is cooked, the avidin is denatured, and it can no longer bind biotin.

**HiBiotin® • #77090**

**Supplement Facts**

Serving Size 1 Capsule  
 Servings Per Container 90

Amount Per Serving	% Daily Value*	
Biotin	100 mg	33,333%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, L-leucine.

**Suggested Use:** As a dietary supplement, 1 capsule one to three times daily with meals, or as directed by a healthcare practitioner.

**Caution:** Discontinue use for 15 days before any lab test that uses (strept)avidin-biotin technology. Candidates include thyroid, cardiac, fertility, hormonal, bone metabolism, and other tests. Raised blood levels of biotin may interfere with results.

**Biotin 5000 • #70350**

**Supplement Facts**

Serving Size 1 Capsule  
 Servings Per Container 60

Amount Per Serving	% Daily Value*	
Biotin	5000 mcg	1667%

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, medium-chain triglycerides, silicon dioxide.

**Suggested Use:** As a dietary supplement, 1 capsule one or two times daily with meals, or as directed by a healthcare practitioner.

**Caution:** Discontinue use for 15 days before any lab test that uses (strept)avidin-biotin technology. Candidates include thyroid, cardiac, fertility, hormonal, bone metabolism, and other tests. Raised blood levels of biotin may interfere with results.