

# Biotin 2500µg

Biotin - also known as vitamin B7 - uniquely supports healthy hair, skin and nails. It is named after the Ancient Greek word 'biotos, which means 'sustenance' or 'life'.

Biotin is naturally occurring in food sources such as fish, dairy, nuts and leafy green vegetables and is a water-soluble vitamin that helps your body perform an array of different functions. Along with maintaining healthy skin, it can also serve to support the nervous system, normal psychological function, and even metabolic function.

In this one-a-day microcapsule, biotin is delivered at a daily amount of 2500µg, making this an effective supplement for inside out beauty and health.

Contains 100% active ingredients formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

## Key Features:

- Biotin contributes to the maintenance of healthy hair, skin and nails
- Provides a clinically studied amount of 2500µg per capsule
- Convenient one-a-day supplement
- Easy-to-take microcapsules



## Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Biotin	2500µg	5000
Plant cellulose capsule		

**Directions:** take one capsule daily with food, or as directed by your healthcare practitioner.

## Ordering Information:

Code	Size	Description	Barcode
203	90	Biotin 2500µg Veg Caps	5060003592037

In stock and available to order. Call 01327 878050  
or email [info@viridian-nutrition.com](mailto:info@viridian-nutrition.com)