



Introducing Solgar® Biotin 10,000 mcg Vegetable Capsules— OUR MOST POTENT BIOTIN SUPPLEMENT EVER.

A higher potency. A new option.

LEONIA, NJ – October 12, 2012 – Solgar introduces Biotin 10,000 mcg Vegetable Capsules for those customers who prefer a higher potency of this important B vitamin.

Biotin, also known as vitamin H, is an important member of the B vitamin family. It can be produced in the body by certain types of intestinal bacteria and obtained in small amounts from foods, such as egg yolk, liver, and cheese. B vitamins should be replenished regularly because they are water soluble and are not stored in the body so supplementation is important. Biotin is necessary for the metabolism of carbohydrates, fats, and amino acids (the building blocks of protein) and plays a key role in energy metabolism.*

Ultra support for skin, nails, and hair.*

Biotin is often recommended for strengthening hair and nails and is found in many cosmetic products for hair and skin.* It can help promote healthy nail growth by acting at the base of the nail, where nail growth begins.*

Solgar® Biotin 10,000 mcg is kosher certified, vegetarian, and free of gluten, wheat, and dairy.

For 65 years, Solgar Vitamin and Herb has been educating and providing consumers worldwide with top-quality, innovative, science-based nutritional supplements that support overall wellness. Committed to quality, Solgar utilizes stability testing, expiration dating, USP water filtration, and quality control analyses to help ensure the potency and purity of every product. With its world headquarters located in Leonia, NJ, Solgar exclusively distributes its more than 400 products directly to natural health food retailers across the globe. Additional information about Solgar can be found at solgar.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

PRESS RELEASE

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