



What is Biotin?

- Other Names: Vitamin B7, Vitamin H
- Type: Water-soluble B-vitamin
- Function: Essential for converting food into energy

Functions and Benefits

- Energy Metabolism: Assists in the breakdown of carbs, fats and proteins
- Hair, skin, and nails: Promotes healthy growth and strength
- Gene Regulation: Influences gene expression and DNA synthesis

Biotin

AKA: Vitamin B7

Daily Recommended Intake

- Adults: 30 mcg/day

Deficiency

- Symptoms: Hair loss, skin rash, brittle nails, fatigue, and muscle pain
- Causes: Poor diet, prolonged antibiotic use, genetic disorders, excessive alcohol consumption

Available forms:

- Multivitamins
- Vitamin B complex
- Powder form
- Capsules & Tablets

