



Biotin

Overview

Biotin, also known as B7, is a water-soluble vitamin found in foods such as eggs, milk, and bananas. This vitamin is important for overall health, and plays a role in cell growth, carbohydrate metabolism, and fatty acid synthesis. Biotin is involved in a wide range of metabolic processes primarily related to the utilization of fats, carbohydrates, and amino acids. It also influences cell growth and may help in maintaining blood sugar levels. Biotin is commonly supplemented for multiple conditions, such as hair loss, brittle nails, and nerve damage. Biotin is also thought to reduce inflammation, improve cognitive function, and increase HDL (good) cholesterol and decrease LDL (bad) cholesterol.

Other Uses

Biotin may improve conditions such as skin rashes, brittle nails, thinning hair, diabetes, or nerve pain.

Dosage, Concentration, Route of Administration

Dosage: Seek advice from a licensed physician, medical director, or other healthcare provider

Concentration: 0.5mg/ml

Route of Administration: IV/IM

Storage

Store at controlled room temperature. Protect from light.