



5 Health Benefits of Biotin

Vitamin H, or biotin, is a part of the complex B vitamins. Biotin is a vitamin that can be very beneficial to your health. Here are 5 health benefits you can garnish from taking biotin:

1. Strengthen hair and nails

Biotin can help to thicken nail cuticles and prevent breakage. While there is little evidence to support the idea that biotin increases hair growth, there is evidence to support that a deficiency can lead to hair loss. Many hair care companies are now including biotin directly into their products.

2. Improve health of your skin

B vitamins play a key role in the function of the nervous system and affect hormone function, therefore biotin can play a significant role in skin health. If skin is not nourished from the inside out, toxicities will form through the nervous system and manifest on the skin's surface.

3. Aid in weight loss

Biotin supports metabolic function and helps to break down food, especially carbohydrates.

4. Lower cholesterol

When cholesterol levels are too high you are at a greater risk of developing health problems such as heart disease, heart attack and stroke. It is thought that biotin can help to reduce bad cholesterol levels.

5. Regulate blood sugar

Biotin has been associated with helping to prevent and fight off diabetes. A 2005 study conducted by the Biomedical Research Institute found that biotin deficiency has been linked to impaired glucose tolerance and decreased utilization of glucose. Therefore, taking biotin could help your body to properly use and absorb glucose.

It is always best to check with your doctor before adding any supplement to your diet. Biotin is found in many foods and most people already meet their daily requirements if they have a

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nutrient-rich diet. However, taking it as a supplement can be helpful. Consult your doctor before adding biotin to your diet.

Source:

D'Amato, P. (2014, September 6). Biotin: Five healthy benefits of this B vitamin - Chatelaine.com. Retrieved May 13, 2015, from <http://www.chatelaine.com/health/wellness/biotin-can-boost-your-health/>

Fernandez-Mejia, C. (2005, July 16). Result Filters. Retrieved May 13, 2015, from <http://www.ncbi.nlm.nih.gov/pubmed/15992683>

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