



Biotin

INTRODUCED 2004

What Is It?

Biotin is a water-soluble B vitamin that is an essential co-factor for a number of metabolic carboxylation reactions, including carbohydrate, fat and protein metabolism. Biotin provides potential support for healthy glucose metabolism, nerve function, and nail strength.*

Uses For Biotin

Nutrient Metabolism: Biotin forms a covalent bond to the following carboxylase enzymes: pyruvate carboxylase for glucose metabolism, acetyl CoA carboxylase for fatty acid oxidation, and propionyl-CoA carboxylase and β -methylcrotonyl-CoA carboxylase for amino acid metabolism. One double-blind study reported that biotin supplementation may promote healthy lipid metabolism. Another clinical study reported that high dose administration of biotin helped promote healthy glucose metabolism. A number of animal studies support this claim. Biotin may also act to promote transcription and translation of glucokinase, an enzyme found in the liver and pancreas that participates in the metabolism of glucose to form glycogen. Recent studies have expanded biotin's metabolic role, claiming that the vitamin maintains healthy genetic expression of the many enzymes for which it is a cofactor. One study suggested that this gene modulation is supportive of healthy immune system function, stating that biotin may be involved in the transcription of some immune cells.*

Nerve Function: Optimal levels of biotin are supportive of nervous system health and function. A clinical study indicates that biotin promotes nerve cell health.*

Nail Health: Clinical studies indicate that biotin may adjust the cellular arrangement of the nail bed, helping to reinforce the keratin structure, promote strength and thickness, and reduce splitting.*

What Is The Source?

Biotin is synthetic. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1–2 capsules daily, in divided doses, with meals.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. At this time, there are no known side effects or precautions. Consult your physician for more information.

Are There Any Potential Drug Interactions?

There is one case of eosinophilic pleuropericardial effusion with high-dose biotin 10 mg per day in combination with pantothenic acid 300 mg for 2 months, however it is not known if this was a result of the supplementation. Consult your physician for more information.

Biotin

each vegetable capsule contains	 v 3
biotin	8 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1–2 capsules per day, in divided doses, with meals.	

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

For educational purposes only. Consult your physician for any health problems.