

Biotin 500µg

Presentation

A cream powder in a clear hard capsule.

Each capsule delivers:

Biotin 500µg

Encapsulated with:

Rice Powder, Cellulose, Capsule Shell (Hydroxypropyl Methylcellulose), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate).

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 

quantity
90

type
capsules

code
8068



Uses

This vitamin was first isolated from egg yolk in 1935 and is found in a variety of combined forms in both animal and plant tissues. In the animal it is stored in the liver. Biotin is readily produced by intestinal bacteria although antibiotics and other medications have been shown to affect the bacterial production of this vitamin.

The co-enzyme properties of biotin are involved in the processes by which carbohydrate and protein is metabolised for energy release and to take part in the production of prostaglandins from essential fatty acids. In the body it is primarily used to assist with normal growth and development of the skin, hair, nerves and bone marrow.

As biotin is water-soluble, any excess or unused quantities present in the body are eliminated through urine. Therefore, the body doesn't build up reserves of biotin, so ideally you should ingest small amounts of biotin almost daily to keep your body's supply high enough.

Usage and administration

1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

