



## SCIENCE

- **Hair Health:** Biotin stimulates keratin production in hair and can increase the rate of follicle growth. Studies have shown that biotin deficiency can lead to hair loss, while supplementation can reverse this effect, resulting in thicker, fuller hair.
- **Skin Health:** Biotin deficiency can lead to dry, irritated skin. By improving fatty acid synthesis, biotin helps maintain skin's natural moisture levels, resulting in a smoother, more hydrated appearance.
- **Nail Health:** Biotin strengthens the keratin infrastructure, which is the primary protein that makes up nails. Regular biotin supplementation has been shown to improve nail thickness and reduce splitting.
- **Metabolic Function:** Biotin acts as a coenzyme in the metabolism of amino acids, fatty acids, and glucose. This enhances energy production and supports the health of skin cells, hair follicles, and nails.

# BEAUTY BIOTIN B7

## BENEFITS

- Improves Hair Health
- Enhances Skin Radiance
- Strengthens Nails
- Supports Metabolic Function