

Biotin benefits!

Friday, 3 June 2016

What is Biotin and will it really make my hair thicker?



Skincare expert and founder of Skin & Body Renewal, **Dr Maureen Allem**, responds:

Biotin belongs to the B-complex group of vitamins and is also known as Vitamin H. As a B-vitamin, biotin's main function is helping to process food for energy and fat production, and it is also known to support the health of the skin, hair eyes and liver. Biotin is often recommended for strengthening hair and nails, and it is widely found in many cosmetic products for this purpose. However, clinical evidence to support this claim is actually limited and requires further research, but there is substantial evidence suggesting that low levels of biotin can add to hair loss.

When Biotin is ingested it reacts with cell enzymes and plays a vital role in producing amino acids. These acids are the building blocks of all proteins. Hair and nails consist of keratin, which is a form of protein. So consuming foods such as egg yolks, soya beans, pork, and nuts (almonds and peanuts) or taking a prescribed supplement that contains biotin helps contribute to hair growth.

To read the full article visit: <http://beautysouthafrica.com/skin-and-body/biotin-benefits>