

# Biotin 10k



# Benefits & Importance of Having Enough Biotin in Your Body

- Biotin provides metabolism support which goes hand-in-hand lean body support and weight loss support.
- Biotin helps convert glucose into usable fuel for the body. That also means it plays a role in sugar metabolism which is also related to the importance of Biotin for diabetes.
- Biotin also helps metabolize fats.
- Biotin is needed for blood sugar health and glucose tolerance.
- Biotin, vitamin B7 plays an essential role in skin health, and strong nail health. If one is low in biotin then symptoms include: thin hair, splitting hair, brittle hair, brittle nails, dermatitis, dry irritated skin...
- Biotin is important for brain function and helps protect the brain while keeping your cognitive abilities Sharp.
- Biotin is important for healthy cardiovascular health.
- Biotin supports thyroid function
- Biotin also supports the thyroid.
- Biotin, vitamin b7, helps prevent adrenal fatigue
- Biotin offers tissue repair support and muscle building support in addition to muscle repair support.
- Certain foods have Biotin such as eggs, berries, cauliflower and avocado,,, but as you know it's difficult to make sure we have enough of important nutrients from food which is why we use supplements to supplement our diet.

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