

Pure Biotin 10,000mcg – a nutritionist's guide

We have prepared some additional information about *Pure Biotin 10,000mcg* which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

This supplement is recommended for adults. A serving of *Pure Biotin 10,000mcg* consists of 1 capsule, providing you with the full serving amount as indicated on the nutritional panel.

Going above and beyond the NRV

The nutrient reference value (NRV) for biotin is the minimum amount needed to meet our requirements, but is the minimum enough? As biotin is water-soluble, the body is very efficient at eliminating it from the body; this is one reason why biotin doesn't have a maximum upper limit - the body simply eliminates it. With this in mind, we decided to provide a meaningful 10,000mcg dose which safely exceeds the nutrient reference value.

Feeling the benefits

Those most deficient in biotin are most likely to feel the benefits of *Pure Biotin 10,000mcg* quicker. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Pure Biotin 10,000mcg* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

Taking other supplements alongside *Pure Biotin 10,000mcg*

Many people take other supplements alongside *Pure Biotin 10,000mcg*, a multivitamin for example. As there is no upper limit for biotin, you can take this alongside other supplements that contain biotin without having to worry about exceeding upper limits.

The safety of *Pure Biotin 10,000mcg*

High-dose biotin may interfere with certain blood test results; ask your GP whether you need to stop biotin before any tests.



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Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine and the Igennus team

