

**Vitamin B7 | Biotin | Biotina | Biotine | Biotine-D | Coenzyme R | D-Biotin | Vitamin B7 | Vitamin H | Vitamine B7 | Vitamine H | W Factor | Cis-hexahydro-2-oxo-1H-thieno[3,4-d]-imidazole-4-valeric Acid**

Summary of benefits

Cofactor involved in metabolism (43,44).

May support hair, skin, and nail health (45,46).

Helps lower blood sugar levels (47).

May improve the symptoms of diabetic neuropathy (46,47).

Foods rich in biotin...

• Eggs. Although prolonged consumption of egg whites can cause biotin deficiency, egg yolk is in fact a rich source of biotin.

• Milk.

• Bananas.

• Beef Liver.

• Walnuts.

• Pork.

• Salmon.

• Sunflower Seeds.

• Mushrooms.

• Sweet potatoes.

(135)

Vitamin B7, commonly referred to as biotin, is an essential-water-soluble vitamin. Initially discovered in yeast, biotin gained attention for its potential to support the health of nails, skin, and hair. A pilot study in women with brittle nails showed some potential benefits of biotin supplementation, leading to its reputation as a go-to vitamin for beauty. However, there is limited scientific follow-up and insufficient evidence to strongly support biotin's role in improving nail, skin, and hair aesthetics. While biotin could theoretically have these effects based on its mechanisms of action, the scientific evidence is lacking.

Apart from potential cosmetic benefits, biotin's role as an enzymatic cofactor has sparked research regarding its involvement with glucose metabolism. Rodent studies have shown that higher circulating biotin levels are associated with increased insulin release in response to glucose, resulting in reduced elevation of blood glucose over time. Notably, the evidence suggests that higher glucose levels are not accompanied by increased insulin resistance, indicating a potentially beneficial role of biotin regarding blood glucose levels, insulin sensitivity, and metabolism.

Limited research has been conducted in humans regarding biotin and diabetes. Albeit, one study found that intramuscular biotin was able to alleviate symptoms of neuropathy in three diabetic subjects.

Overall, outside of cases where biotin deficiency may occur (such as alcoholism, certain epileptic drug therapies, and excessive consumption of raw egg whites), the evidence for the benefits of biotin supplementation is not substantial unless in the case of deficiency (43-48).

The RDA for biotin is 30 micrograms (mcg) in adults 19 years and older. Hence, we provide 30 mcg in our Super U formula to reduce the risk of deficiency, while providing the aforementioned

benefits and ensuring the daily intake is met regardless of whether or not the formula is ingested in the fasted state.

It's important to note that while these statements are based on available information in the scientific literature, it is always advisable to consult with a healthcare professional before making any changes to your supplementation or health routine.

#### REFERENCES:

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