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Debunking Medical Myths: Biotin For Hair

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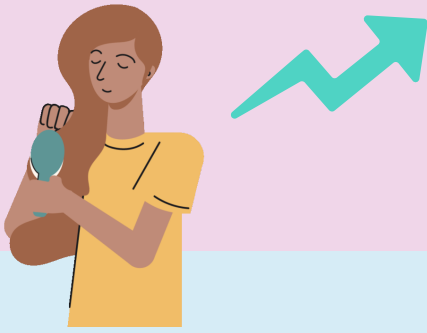
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Myth or Fact?

Biotin for Hair

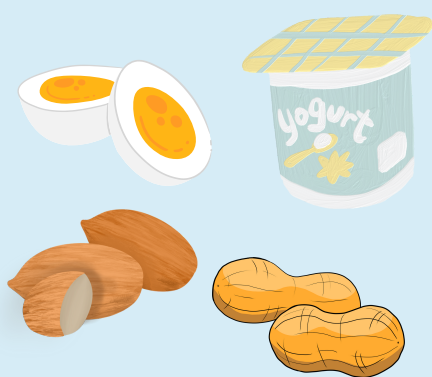
A common belief is that biotin supplements will increase hair length and improve texture in healthy people.



**TRUE OR
FALSE?**

What is Biotin?

Biotin is a water-soluble vitamin, vitamin B7, that is involved in a variety of metabolic processes in the body. It is a nutrient factor for chemical reactions.

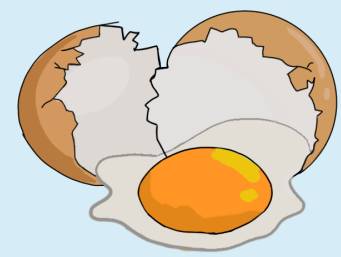


Where is Biotin Found?

Biotin is naturally present in a number of foods such as sweet potatoes, yogurt, peanuts, almonds, eggs, liver, and soy protein. Biotin is also available as dietary supplements, including multivitamins.

Is Biotin Deficiency Common?

Vitamin B7 deficiency is rare because it is found in a variety of food items. However, a diet rich in raw eggs can lead to biotin deficiency. A protein in raw eggs binds to biotin and inhibits its action. This protein is broken down when eggs are cooked.



What Does Research State?

Taking biotin supplements if you are not deficient in vitamin B7 does not help improve hair quantity or texture.

Who Should Take Biotin?

Deficiency in biotin can cause hair loss and other symptoms. Biotin supplements are recommended for those experiencing hair loss as well as other symptoms due to deficiency.



What is the Truth?

Biotin supplements will not help unless you have a vitamin B7 deficiency. If you are experiencing hair loss, talk to your physician to understand why and find the best treatment options for you.

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