

NEW | MULTIVITAMINS, VITAMINS & MINERALS

# Biotin Complex Hair & Skin

ENHANCED BIOTIN COMPLEX TO SUPPORT HEALTHY HAIR AND SKIN<sup>‡</sup>

**Biotin Complex Hair & Skin** includes the clinically researched, Lustriva<sup>®</sup> an inositol-stabilized arginine silicate and magnesium biotin complex for healthy hair and skin support.<sup>‡</sup>

This unique complex **enhances biotin solubility by 40x**, compared to standard D-biotin. In a clinical trial, **improvements in skin texture, reduced depth of fine lines and fuller, thicker hair** were found after 12 weeks, compared to baseline.<sup>1†</sup>



Promotes healthy hair and skin<sup>‡</sup>



Supports growth of fuller, thicker hair<sup>‡</sup>



Improves skin texture and reduces roughness, compared to baseline<sup>‡</sup>

Formulated for patients who are looking for **healthy hair and skin support**.<sup>‡</sup>

## RESEARCH STUDIES

- A randomized, placebo-controlled, double-blind trial of 90 healthy women (35 -58 years old) with self-reported thinning hair found that supplementing with 160 mg of Lustriva<sup>®</sup> for twelve weeks **supported fuller, thicker hair growth**. This was measured as the percentage of vellus hair (fine baby hairs), percentage of terminal hair (longer, stronger hairs) and the ratio of vellus to terminal hair.<sup>1†</sup>
- Lustriva<sup>®</sup> also **improved skin texture and skin appearance**, measured as maximal wrinkle depth, overall fine line score and skin texture roughness, **reducing fine lines and skin roughness** in 12 weeks compared to baseline.<sup>1†</sup>
- Preclinical evidence also suggests that Lustriva<sup>®</sup> complex promotes biotin-dependent enzyme activity and may **support skin protection**.<sup>2†</sup>

## Supplement Facts

**1 capsule daily, with a meal.**

**Each (size 2) vegetarian capsule contains:**

Biotin (from magnesium biotin)	10,000 mcg
Lustriva <sup>®</sup> (inositol-stabilized arginine silicate, magnesium biotin)	160 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

Lustriva<sup>®</sup>, including the Lustriva logo, is a registered trademark of Nutrition21, LLC. Lustriva<sup>®</sup> is patent protected.



Biotin Complex Hair & Skin	Quantity	Order Code
	60	BCHS6

## REFERENCES

- Kalman DS, Hewlings SJ. J Clin Exp Dermatol Res. 2021;12(1).
- Cicek D, et al. Front Pharmacol. 2021;12:657207.

<sup>‡</sup>These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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