

Biotin Complex Hair & Skin

ENHANCED BIOTIN COMPLEX TO SUPPORT HEALTHY HAIR AND SKIN[‡]

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

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.^{1†}



Promotes healthy hair and skin[‡]



Supports growth of fuller, thicker hair[‡]



Lustriva® improves skin texture and reduces roughness, compared to baseline[‡]



Formulated for patients who are looking for **healthy hair** and **skin support**.[‡]

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® 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.^{1†}
- Lustriva® 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.^{1†}
- Preclinical evidence also suggests that Lustriva® complex promotes biotin-dependent enzyme activity and may **support skin protection**.^{2†}

1 capsule daily, with a meal.

Each (size 2) vegetarian capsule contains:

Biotin (from magnesium biotin)

10,000 mcg

Lustriva® (inositol-stabilized arginine silicate,

160 mg

magnesium biotin)

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

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

Biotin may interfere with certain blood tests. Wait at least 8 hours between biotin consumption and blood testing. Inform your health professional about all biotin-containing supplements you are taking. If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

Vitamins & Minerals



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.

[‡]This statement has 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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