

Biotin Complex Hair & Skin

Clinically researched biotin complex to support healthy hair and skin[‡]

INDICATIONS

- Ages 18 and up
- Healthy hair and skin support[‡]

BENEFITS

- In a clinical trial, improvements in depth of fine lines were detected after 12 weeks^{1‡}
- Significant support for fuller, thicker hair in the same study after 12 weeks^{1‡}

FEATURES

- Offers clinically-researched, inositol-stabilized arginine silicate and magnesium biotinate complex
- Enhanced solubility biotin
- Convenient once-daily dosing

VERIFIABLE SCIENCE

Lustriva® is a unique, patented, clinically inositol-stabilized arginine silicate and magnesium biotinate complex to support hair and skin health. It contains biotin, a B vitamin that plays an important role in maintaining skin health, and silica, a mineral cofactor that plays a role in collagen integrity. The biotin in Lustriva is 40 times more soluble than standard D-biotin. In a randomized, placebo-controlled, double-blind trial of 90 healthy women (35-58 years old) with self-reported thinning hair, supplementing with 160 mg Lustriva® for 12 weeks supported the growth of fuller, thicker hair. 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. Lustriva® also improved skin texture and supported skin appearance, measured as maximal wrinkle depth, overall fine line score, and skin texture roughness. Lustriva® reduced fine lines and skin roughness in 12 weeks compared to baseline.¹ In a preclinical study, Lustriva® complex promoted hair density in mice by 23.9% on day 14 and 37.5% on day 21 compared to control.² Hair in the active growth phase increased by 38.7% and 43% on day 14 and 21, respectively, while hair in the resting phase decreased by 26% and 31.8%. These changes were believed to be due in part to induction of the Wnt/Beta-catenin pathway, which regulates hair follicle function.² Preclinical data indicate that magnesium biotinate is more bioavailable than standard biotin. When magnesium biotinate was given to animals, levels of biotin in the liver increased by 47% and 27% compared to the same amount of each nutrient given separately.^{3,4} Preclinical evidence also suggests that Lustriva® complex promotes biotin-

dependent enzyme activity and may support skin protection.^{5‡}

SUGGESTED USE

As a dietary supplement, take 1 capsule daily, with a meal.

STORAGE

Store in a cool, dry place.

WARNING

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.

SOURCE

- Biotin is synthetic

NOTES

Size 2 caps

Bottle count 60

Bottle size 75 cc

Order code BCHS6

REFERENCES

1. Kalman DS, Hewlings SJ. J Clin Exp Dermatol Res. 2021;12(1).
2. Demir B, et al. Biol Trace Elem Res. 2022 Feb 28:1-15.
3. Ojalvo SP, et al. Curr Dev Nutrition. 2019;3(1).
4. Sahin K, et al. Magnes Res. 2021;34(1):9-19
5. Cicek D, et al. Front Pharmacol. 2021;12:657207.

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SUPPLEMENT FACTS

1 capsule daily, with a meal.

Each (size 2) vegetarian capsule contains:

Biotin (from magnesium biotinate)	10,000 mcg
Lustriva® (inositol-stabilized arginine silicate, magnesium biotinate)	160 mg

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 Complex Hair & Skin	Quantity	Order Code
	60	BCHS6

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[‡]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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