



Health Matters

by
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Thinning hair and brittle nails are common in women during and after menopause, but especially in those with low levels of **Biotin**, a little-known member of the B-vitamin family. Found in foods, such as eggs, nuts, legumes and leafy greens, it's been researched for its role in reinforcing the keratin structure in fast-growing cells like hair and nails.

Other research indicates that those who are pre-diabetic with insulin resistance are also prone to **Biotin** deficiency. Activating genes involved in regulating blood sugar, **Biotin** is needed to make a key enzyme called glucokinase that functions as a "glucose sensor", signaling the pancreas to secrete more insulin, when needed.

Also studied for its ability to help lower triglyceride levels in diabetics, **Biotin** reduces this co-factor for heart disease, as well. A water-soluble vitamin, **Biotin** is considered safe and well tolerated in doses of 5 to 10 mg with no known side effects.

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