



# Health Matters

by  
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Thinning hair and brittle nails are common in women during and after menopause, but especially in those who have low levels of **Biotin**, a little known member of the B-vitamin family. 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 when to secrete more insulin.

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 contraindications but many benefits for our health.

As always, we guarantee your satisfaction.

*Locally Owned for 34 Years*

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