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biotin vitamin b7 is a vitamin found in foods like eggs milk and bananas biotin deficiency can cause thinning of the hair and a rash on the face
biotin is an important part of enzymes in

biotin supplements are often glamorized as a treatment for hair loss and to promote healthy hair skin and nails although a deficiency of biotin
can certainly lead to hair loss and skin or nail problems

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biotin also known as vitamin b7 and vitamin h is one of the b vitamins a group of essential dietary micronutrients 1 2 present in every living cell it is involved as a cofactor for enzymes in numerous

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vitamin b7 more commonly known as biotin is a water soluble nutrient that is part of the b vitamin family b vitamins help support adrenal function help calm and maintain a healthy nervous system

jan 22 2023 summary 1 what s biotin and what does it do biotin belongs to the b group family of vitamins it s sometimes known as vitamin b7 we need biotin for processing the nutrients from our

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