



Food4Hope & Purple Cushhh Biotin

Biotin, also known as Vitamin B7 or Vitamin H, is a water-soluble B-vitamin that plays a key role in supporting healthy hair, skin, and nails. It helps the body convert food into energy by assisting with the breakdown of carbohydrates, fats, and proteins. Biotin is often used in supplements aimed at strengthening hair follicles, promoting nail growth, and supporting overall metabolic health.

Ingredients

Biotin: 10 000mg per capsule.

Key characteristics and uses of Biotin:

- Promotes healthy hair growth – supports stronger, thicker hair and reduces breakage.
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- Strengthens nails – helps improve nail thickness and reduces brittleness.
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- Supports skin health – contributes to maintaining smooth and clear skin.
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- Boosts energy metabolism – helps convert food into usable energy.
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- Supports nervous system function – plays a role in healthy nerve and brain function.
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- Water-soluble – absorbed easily and doesn't accumulate in the body.
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- Common in many foods – naturally found in eggs, nuts, seeds, and whole grains.

