



Biotin Injection

Questions & Answers

Benefits?

A Biotin shot (also known as Vitamin H) is used as a supplement to help strengthen, thicken, improve hair health and prevent hair loss.. It is also good for healthy nails, skin, eyes, liver, and nervous system. Biotin has shown to reduce LDL (bad cholesterol) levels and blood pressure.

Biotin plays an important role in converting carbohydrates, fats and proteins into energy. It also helps your body's cells function well. Biotin is essential, which means you can't live without it. Biotin improves blood sugar control with those that are diabetic.

How often can I get a Biotin shot?

You can get a Biotin shot once a week. A 3-month course is recommended for best results. You will still benefit from a once-a-month shot though.

Injection site?

The Biotin shot can be administered on the arm or glute.

Does Biotin shot interfere with other medications?

No. It may interfere with bloodwork test results though so always let your doctor know you are taking Biotin shots.

Signs of Biotin Deficiency?

The signs and symptoms of biotin deficiency typically appear gradually and can include thinning hair with progression to loss of all hair on the body; scaly, red rash around body openings (eyes, nose, mouth, and perineum).

Other signs of deficiencies are mental health-related issues such as depression, lethargy, as well as numbness & tingling of the extremities. Cardiac Arrhythmia has been linked to Biotin deficiency causing palpitation.

How much Biotin do I get in one shot?

There is 20,000 mcg in one dosage.

Can I buy to take and administer myself later?

Yes

