



## Signs And Symptoms Of Biotin Deficiency Revealed

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30 Star, a health and nutrition company in San Diego, CA have revealed new information on the signs and symptoms of biotin deficiency. The company has noticed that this deficiency is very common, and many people do not know they are suffering from it, attributing their problems to other factors. 30 Star aims to help people obtain greater health by being able recognize the signs and thereby addressing them as well.

"The most common signs of biotin deficiency include having fine or brittle hair, hair loss, dermatitis, anemia, depression and brittle nails," says Michael Jennings from 30 Star. "None of these symptoms are pleasant, as most people know. However, very few people understand that their symptoms are actually caused by a vitamin B7 (biotin) deficiency."

Biotin is also known as Vitamin H, which is a complex vitamin. It is a requirement for the body to have sufficient biotin in order to synthesize fatty acids and carbohydrates in the body. The vitamin is produced entirely by the bacteria in the gut when they come into contact with certain foods. Generally speaking, people consume enough of the vitamin in their daily diet. However, some people develop biotin deficiency symptoms, which usually happens when their diet isn't balanced or nutritious enough.

"Once people start to experience biotin deficiency symptoms, it is vital that they address this," adds Michael

Jennings. "While much of that can be achieved through diet alone, we recommend supplementation too. This will ensure levels return to normal faster. In fact, we recommend people supplement biotin even if they don't have any symptoms yet, as a form of prevention."

It is true that preventing biotin deficiency is actually very easy. Maintaining a healthy diet is the best way to achieve this, but that may not always be possible. Additionally, with the majority of fresh foods now being genetically manipulated by companies such as Monsanto, it is unlikely that it is possible to address this deficiency through diet alone. This is precisely why nutritional experts recommend people supplement their diet with high quality products, such as the one found on <http://www.amazon.com/Potent-BIOTIN-Complex-Growth-Strong/dp/B00VD8MLLO>.

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For more information about 30 Star, contact the company here: 30 Star Michael Jennings 1.844.4POTENT [satisfaction@PotentNutrients.com](mailto:satisfaction@PotentNutrients.com) 2701 MIDWAY DR 80514 SAN DIEGO CA 92138

### **30 Star**

*Specializing in high-quality dietary supplements.*

Website: <http://www.amazon.com/Potent-BIOTIN-Complex-Growth-Strong/dp/B00VD8MLLO>

Email: [satisfaction@PotentNutrients.com](mailto:satisfaction@PotentNutrients.com)

Phone: 1.844.4POTENT



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