



30 Star Releases Potential Causes Of Biotin Deficiency Report To Their Subscribers

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30 Star, a health and nutrition company in San Diego, CA has asked itself a specific question for quite some time. The question is, what causes biotin deficiency? After several years of research and testing, they believe they have been able to uncover at least some of the answers in terms of what those causes actually are and they have revealed that to their subscribers.

Michael Jennings from 30 Star says: "We were really hopeful that we could put biotin deficiency down to a single cause. A single cause is often easy to solve. Unfortunately, however, this wasn't the case. Rather, we found a number of potential causes that can lead to this deficiency."

Some of the most common causes of biotin deficiency include antibiotics, smoking, alcohol consumption, pregnancy, and protein deficiency. When these happen together, such as someone who smokes and takes certain antibiotics, it is even more likely for biotin deficiency to occur. This is why it is very important for a prescribing medical professional to look into the background of their patients and make recommendations in terms of how to best manage their existing condition and potential side effects.

In some cases, biotin deficiency is so common that physicians come to expect it. An example is total parenteral nutrition therapy (PNT). If someone has to be subjected to prolonged PNT, it is recommended that they include a biotin dietary supplement as well. In hospitals, it is actually included as standard.

"It is very important for people to be aware that there are many physical conditions that can lead to biotin deficiency, including pregnancy," adds Michael Jennings. "While hospitals will include a supplement as standard in certain treatment options, people also have to be proactive on an individual basis. In pregnancy, for instance, biotin supplements are not automatically prescribed, but they may be required. This is why people should also understand the symptoms of biotin deficiency so that they can be aware of this."

It is encouraged that people who fall into the high risk categories look into where to get biotin. Biotin supplements are available over the counter and does not require a prescription. However, they do have to be of good quality.

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30 Star

Specializing in high-quality dietary supplements.

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

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