

**ORGANIKA®** | Truth in a bottle.™



MEDISA ARA  
GOSTAR P.J.S.C.



YOUR NATURAL SOLUTION™

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A water-soluble B vitamin, biotin helps maintain healthy hair, skin and nails, while also playing a role in metabolism, supporting cognitive function and being a factor in the maintenance of overall health.

REFERENCES:

1. Therapeutic Research Faculty. Biotin: Full Monograph. Natural Medicines Comprehensive Database, 2010. Full Monograph.
2. Gropper, Sareen S., Smith, Jack L. and Groff, James L. Advanced Nutrition and Human Metabolism. 5th. Belmont: Wadsworth: Cengage Learning, 2008. ISBN-13: 978-0-495-11657-8.
3. Klatz, Ronald. The Official Anti-Aging Revolution: Stop the Clock Time Is on Your Side for a Younger, Stronger, Happier You. s.l.: CreateSpace, 2009. ISBN-13: 978-1-4587-2210-2.
4. Marcovitch, Harvey. Black's Medical Dictionary. 41. London: A & C Black Publishers Limited, 2005. ISBN: 0-7136-6146-1.



# Biotin<sup>10000 mcg</sup>

Maximum Strength

Healthy Hair, Skin  
and Nails



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Gluten Free™  
Sans gluten



# 10000 BIOTIN<sup>mcg</sup>

Organika's Biotin contains 10,000 mcg of this important B vitamin. Biotin (vitamin B7 or H) is a water-soluble vitamin found in many foods (e.g., meats, egg yolks, nuts, beans, and fish) in a protein-bound form; however, in this form it is not readily bioavailable. It is also synthesized by naturally occurring intestinal bacteria and is believed to be stored in mitochondria in cells (1-4). This vitamin is an important ingredient in crucial metabolic reactions and releasing energy at the cellular level. Maintaining a healthy balance of biotin in the body is essential to normal organ functioning, especially in the brain and heart. It is also necessary for helping to prevent DNA damage and keeping hair, skin, and nails healthy (2-3).

Organika's Biotin Capsules are free of gluten and genetically modified organisms and due to having the maximum amount of biotin (10,000 micrograms), it has the highest effectiveness. The powerful formulation of this product has made it possible to see all its effects with just one capsule.



**A factor in the maintenance of good health**

**Improves skin, hair and nail health**

**Helps maintain the body's ability to metabolize nutrients**

**Supports cognitive function**

## MEDICINAL CONTENTS - EACH HERBAL CAPSULE CONTAINS:

Biotin 10,000 mcg.

## NON-MEDICINAL CONTENTS:

Magnesium stearate, microcrystalline cellulose, hypromellose/pullulan (herbal capsule).

## RECOMMENDED DOSE — (ORAL) ADULTS ONLY:

Take 1 capsule per day.

## DURATION OF USE:

Consult a health care practitioner for use beyond 4 weeks.

## CAUTION:

Consult a health care practitioner before use if you are pregnant or breastfeeding.

## CONTAINS NO:

Dairy products, eggs, artificial preservatives, dyes, artificial sweeteners, yeast, wheat, corn, soy, gluten, and transgenic compounds.

## FAQ:

### Who specifically may be more deficient in biotin?

Low levels are found more often in smokers or heavy drinkers, athletes, the elderly or women who are pregnant or breastfeeding. Digestive issues like low stomach acid, inflammatory bowel issues, or the use of antibiotics can contribute to a decrease in biotin's absorption and production in the digestive tract. Some people may be low due to a metabolic disorder that causes one to be deficient in the enzymes that process biotin.

### Can I solve a deficiency by just increasing biotin-rich foods in my diet?

It might be a bit of a long shot. Food servings may contain anywhere from 2 to 140 mcg of biotin. Organika's Biotin capsules contain 10,000 mcg, making it a much more efficient way to increase your biotin intake.

### Is there anything I should avoid in my diet in regards to ensuring ample biotin?

A diet high in raw egg whites can also lead to biotin deficiencies, due to a protein they contain. This protein blocks the absorption of biotin; cooking deactivates its blocking capacity.