

## **Biotin For Hair Growth: The EASY-TO-USE Daily Supplement...**



If you're a man who is suffering from hair loss, it's easy to feel insecure about your appearance.

The anxiety can really take control of your mind and have you embarrassed about how you look and panicked that your hair loss will only get worse.

Hopefully, this has driven you to seek out solutions to your hair loss, and if that's the case, you've landed in the right place.

Luckily, there are many effective ways to treat your hair loss, and among the natural remedies is the daily consumption of supplements.

Now, taking a dietary supplement is actually one of the easiest hair loss treatments because it is usually inexpensive and relatively painless.

And one of the most popular supplements for preventing hair loss is a substance called biotin.

So, today I'm going to share with you the positives and negatives of using biotin for hair growth...

## What is Biotin?



Biotin is a nutrient from the Vitamin B family, and it is also known as Vitamin H.

Among other things, biotin is known to help with your metabolism, your energy level, your nervous system, and it helps transport carbon dioxide away from your cells.

It can also help increase the health and improve the appearance of your skin, nails, and of course, your hair.

Now, it's still unclear exactly how biotin works...

but there is evidence of it being beneficial when trying to grow in healthy hair.

You see, a protein called keratin is what makes up most of your hair, skin and nails...

and biotin improves the infrastructure of keratin.

In addition to that, deficiency in biotin has been known to cause hair to thin and many other health problems such as...

- Dry skin
- Brittle nails
- Itchy scalp
- Skin rashes

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- Fatigue
- Depression

So, ensuring that your body maintains a healthy level of biotin, is critical to keeping a healthy body and growing in a thick head of hair.

## Consuming Biotin Within Your Diet...



There are a few different ways to increase the amount of biotin you consume, and the simplest way is to increase biotin within your daily diet.

You see, biotin is found in an assortment of different types of food...

However, many men and women fail to consume the right types of foods in order to obtain enough biotin.

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To help you in this area, the following are all foods that contain rich levels of biotin...

- Spinach
- Eggs
- Mushrooms
- Nuts (like Almonds, Peanuts, and Walnuts)
- Cauliflower
- Bananas
- Salmon
- Organ Meats (like Liver and Kidney)



So, you'll want to focus on eating these types of foods daily and consistently.

Additionally, heating or cooking these foods may reduce just how effective the biotin contained within them will be.

Therefore, you'll want to eat these foods raw whenever possible.

Now, if you're not interested in eating eggs, nuts, kidney, and liver every day...

it might be best for you to consider taking a daily biotin supplement...

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To start off, it's important to contact your doctor before taking any supplements for any reason.

Even though it is highly unlikely, an overdose of biotin is possible...

and one of the usual signs of this beginning to occur is the development of a skin rash.

So, keeping your doctor informed as to anything your introducing in to your body, including extra vitamins like biotin, is a good idea.

Additionally, you doctor can be very helpful when you're trying to determine the proper dosage level of biotin you should take.

This is because your doctor can really tailor your supplement dosage to fit your specific needs.

But with that said, many dietitians normally recommend consuming 30 to 100 mcg of biotin per day...

and when you're trying to promote new hair growth, you can usually increase this amount without experiencing any bad side effects.

A safe biotin dosage for hair loss is up to 10 mg per day...

And you don't need to be taking all of your daily biotin at one time either.

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In fact, you may notice faster hair growth by ingesting smaller amounts of this nutrient throughout your day.

Now, you may experience some minor side effects when you start taking biotin regularly.

Some people have reported an increase of acne that eventually goes away once your body adjusts to the supplement.

Others have reported nausea, cramping, or diarrhea...

and one way you may be able to deal with these small side effects is by taking your biotin only with meals.

## It's Easy To Find Biotin Supplements!

Finding biotin is easy because this supplement is sold in a variety of stores, including supermarkets, drugstores, and health food stores.

You can also find biotin supplements at online stores so that you can have it delivered to your home or workplace in only a few days.

Now as mentioned before, biotin supplements are an easy remedy for hair loss...

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And this is because they come in the form of tablets or capsules that you take daily.

Additionally, there's a way you can use this nutrient to promote hair growth...

aside from consuming it through biotin rich foods and supplements...

Biotin shampoos offer a safe and topical method for adding this vitamin in to your regular routines...

And you can find these shampoos without much trouble online or in health food or grocery stores for another easy way to start treating your hair loss.

## Is Using Biotin Enough To Regrow My Hair?

Biotin is definitely beneficial if you're trying to regrow your hair.

As mentioned before, it strengthens your hair and may be able to help stop your hair from thinning...

However, the truth is that on it's own, biotin may not be enough to regrow large amounts of thinning hair...

And the benefits it does manage to give may take several months of consistent usage before you start seeing results.

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So, If you're serious about regrowing your hair...

I recommend you use biotin along with something more powerful.

And if you're interested in a more powerful hair loss treatment...

...that is still safe and clinically proven to get results.

I suggest you check out my review of Provillus for men by clicking the link below.

==>[Read Provillus Review Here](#)