

Information For the User
BIOTIN 10 MG

Biotinal 10 Tablet

Biotinal 10 Tablet – High-Potency Biotin for Hair, Skin & Nails

Composition:

Each **Biotinal 10 Tablet** contains:

- **Biotin 10 mg** – A vital **B-vitamin (Vitamin B7)** for hair growth, skin health, and nail strength.

Description:

Biotinal 10 Tablet is a **nutritional supplement** formulated to support **healthy hair, skin, and nails**. Biotin plays a crucial role in **keratin production, metabolism of carbohydrates, proteins, and fats**, and overall **cell growth and repair**.

Pharmacological Action:

- **Stimulates hair growth** and reduces hair thinning.
- **Strengthens brittle nails**, reducing breakage.
- **Improves skin texture**, keeping it hydrated and healthy.
- **Enhances energy metabolism** by supporting enzymatic functions.

Indications:

Biotinal 10 Tablet is recommended for:

- **Hair loss (Alopecia)** and brittle hair.
- **Weak, brittle nails prone to breakage**.
- **Skin conditions** caused by Biotin deficiency.
- **Supports energy metabolism** in individuals with Biotin deficiency.

Dosage & Administration:

- **Usual Dose: One tablet daily** or as directed by a physician.
- Can be taken **with or without food**.
- Regular use is recommended for **optimal results**.

Contraindications:

- Known **hypersensitivity to Biotin** or any excipients in the formulation.

Warnings & Precautions:

- Safe for long-term use but should be taken under **medical supervision**.
- **Pregnant and breastfeeding women** should consult a doctor before use.
- No significant side effects at recommended doses.

Adverse Effects:

Biotin is **well-tolerated**, but in rare cases, it may cause:

- Mild **nausea or upset stomach**.
- **Skin rashes** (very rare).

Drug Interactions:

- May **alter laboratory test results** for **thyroid function and vitamin levels**.
- No major drug interactions reported.

Storage Conditions:

- Store below **30°C**, in a cool, dry place.
- Protect from **moisture and direct sunlight**.
- Keep out of reach of children.

Conclusion:

Biotinal 10 Tablet provides **high-strength Biotin (10 mg)** for **hair regrowth, nail strength, and skin health**. It is an **ideal supplement** for those experiencing **hair thinning, brittle nails, or skin dullness** due to Biotin deficiency.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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