

Information For the User
BIOTIN 5 MG

Biotinal 5 Tablet

Biotinal 5 Tablet – Biotin Supplement for Hair, Skin & Nails

Composition:

Each **Biotinal 5 Tablet** contains:

- **Biotin 5 mg** – A vital B-vitamin (Vitamin B7) that supports **hair growth, skin health, and strong nails**.

Description:

Biotinal 5 Tablet is a **nutritional supplement** designed to promote **healthy hair, skin, and nails**. Biotin is essential for **keratin production, cell metabolism**, and overall **tissue repair**, making it beneficial for those experiencing **hair loss, brittle nails, or dull skin**.

Pharmacological Action:

- **Stimulates keratin production**, improving hair strength and growth.
- **Reduces brittle nails**, preventing breakage and splitting.
- **Enhances skin hydration and elasticity**.
- **Supports energy metabolism** by aiding the breakdown of carbohydrates, proteins, and fats.

Indications:

Biotinal 5 Tablet is used for:

- **Hair loss (Alopecia) and weak hair**.
- **Brittle nails prone to breaking**.
- **Skin disorders related to Biotin deficiency**.
- **General wellness and metabolic support**.

Dosage & Administration:

- **Recommended Dose: One tablet daily** or as advised by a physician.
- Can be taken **with or without food**.
- Consistent use is recommended for **visible results**.

Contraindications:

- Individuals with known **hypersensitivity to Biotin** or any of its excipients.

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 major side effects at recommended doses.

Adverse Effects:

Biotin is generally well-tolerated. In rare cases, it may cause:

- **Mild digestive discomfort** (e.g., nausea).
- **Skin rash or allergic reaction** (very rare).

Drug Interactions:

- May **alter results of lab tests**, including **thyroid function tests**.
- No significant 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 5 Tablet is an **essential Biotin supplement** that promotes **hair regrowth, strengthens nails, and enhances skin health**. It is ideal for individuals experiencing **hair thinning, weak 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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