

14 Carrots Natural Foods Co-op

New London Shopping Center
Newport Rd
New London, NH 03257
(603)526-2323

Hours: Mon, Tues, Wed: 9-5:30
Thurs & Fri : 9-6:00
Sat : 9-5:00
Sun : 11-3:00

Nutritional Information: Linda Howes, Certified Nutritionist

The Nutritional Tidbit

Alopecia is an autoimmune skin disease affecting 4.7 million Americans. It has also been considered in the context of menopause as the body's response to the shifting of hormonal levels. One symptom of alopecia is hair loss. Biotin, a B vitamin, has been indicated in the treatment of alopecia and hair loss in general.

Hormones are fat based molecules made up of long-chain fatty acids. The B vitamins are essential for the proper manufacture of these hormones, and biotins principal function is the manufacture and utilization of fats and amino acids. Good dietary sources of biotin include organ meats, oatmeal, egg yolk, soy, mushrooms, bananas, peanuts, and brewers yeast. Biotin is known for helping to treat dry scaly scalp, easily splitting nails, depression, insomnia and hair loss.

A study published in 2003 found that a deficiency of biotin intensively impairs the nervous system and skin in affected patients and biotin supplementation can contribute significantly to the improvement of prognosis.

We welcome your questions about biotin at 14 Carrots Natural Foods Co-op.

The following information is neither a recommendation nor diagnosis for disease. We make no health claims regarding the information presented in the Nutritional Tidbit. The Nutritional Tidbits are a starting point in your interest to be a better informed consumer of natural health products. We look forward to being a resource for you.