

WHAT IS VITAMIN B₇

Biotin is a water-soluble B vitamin, also called vitamin B₇ and formerly known as vitamin H or coenzyme R. It is involved in a wide range of metabolic processes, both in humans and in other organisms, primarily related to the utilization of fats, carbohydrates, and amino acids.

CAUSES OF VITAMIN B₇ DEFICIENCY

People with genetic disorders, such as biotinidase deficiency, multiple carboxylase deficiency and holocarboxylase synthetase deficiency are also susceptible to vitamin B₇ deficiency. Symptoms of vitamin B₇ deficiency include: fungal infection, seborrhoeic dermatitis and/or a red rash.

SYMPTOMS OF VITAMIN B₇ DEFICIENCY

- Fungal infection.
- Seborrhoeic dermatitis and/or a red rash.
- Brittle hair or hair loss.
- Anaemia.
- Birth defects.
- Muscle pain.
- Mild depression.
- Lethargy.

NEUROTHErapy TREATMENT

Treatment for conjunctivitis

- (6) Adr
- (4) Thyroid