



**DAWES FRETZIN**  
**DERMATOLOGY**

## Treatment with Biotin

Biotin is a water-soluble B complex vitamin that is available without a prescription from both pharmacies and health food stores. It has been widely used in veterinary medicine for stronger hooves and thicker manes on race and show horses. In the last few years, there have been a few medical studies using this vitamin in humans to help supplement hair and nail growth. The results are still preliminary. However, the initial work suggests that the vitamin will help speed the growth of both hair and nails while improving their quality.

If you would like to try the Biotin supplement, we would recommend a dose of 2.5 mg (2500 micrograms).

Since this is a water soluble vitamin there is little risk for side effects. It may be necessary for you to stay on this vitamin for 6 months or more before you see any significant improvements. Likewise, the vitamin appears to be a control, not a cure, so it will be necessary to continue taking it in order to maintain the improvement.

If you have any further questions, please do not hesitate to contact our office at 317-516-5000.