



Capsule

#### Composition

FoliHair 1000 mcg capsule: Each capsule contains Biotin USP 1000 mcg.

#### Pharmacology

Biotin is an essential vitamin that is also known as vitamin H. It is involved in vital physiological function like fatty acid synthesis, amino acid catabolism and gluconeogenesis. It acts as a cofactor in the enzymatic carboxylation of pyruvate and acetyl-CoA. Biotin influences the growth and differentiation of epidermal cells and is therefore important for the formation and renewal of the skin, hair and nails. It functions as a coenzyme for mitochondrial carboxylases in hair roots and improves the keratin structure. Biotin deficiency may result in hair loss and a variety of systemic symptoms such as dermatitis, and aciduria. Biotin is one of the most prescribed nutritional supplements for any kind of hair loss.

#### Indications and Uses

- Hair loss
- Soft, weak, brittle and splitting nails
- Skin diseases including red, scaly rashes, eczema and dermatitis.

#### Dosage and Administration

Route of administration: Orally

Biotin dose varies depending on disease condition and age group. Generally 1-3 capsules per day or as advised by the physician.

In children biotin deficiency affects between 1 week and 2 years of age and usually exhibit seizures, hypotonia, developmental delay, ataxia, hyperventilation and coma. In this case 5-10 capsules daily with water or any kind of fruit juice or as advised by the physician.

#### Contraindication

Contraindicated in patients with known hypersensitivity to any of the ingredients.

#### Side effects

Well tolerated in recommended dose.

No biotin toxicity has been reported in individuals supplemented with as much as 200 mg orally.

#### Use in Pregnancy & Lactation

Sufficient clinical data is not available to use in pregnant women and lactating mothers.

#### Drug interaction

There are indications that anticonvulsant drugs lower the plasma level of biotin. Antibiotic use may decrease the biotin contribution to the body made by the microflora of the large intestine.

#### Over dose

Biotin is well tolerated at recommended dose. No biotin toxicity has been reported in individuals supplemented with as much as 200 mg orally.

#### Storage

Store below 30° C temperature & in dry place, protected from light. Keep out of the reach of children.

#### Packing

FoliHair capsule: Each box contains 3 x 10 capsules in Alu-Alu blister strip.

Manufactured by  
**The ACME Laboratories Ltd.**  
Herbal & Nutraceuticals Division  
Dhulvita, Dhamrai, Dhaka, Bangladesh



For Health, Vigour and Happiness



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