More studies are still underway to learn more about the diabetes-fighting potentials of this B vitamin.

(Newswire.net -- October 25, 2018) Wilmington, DE -- The increasing prevalence of diabetes continues to alarm many health organizations. Statistics show that between 1980 and 2014, its prevalence has skyrocketed from 108 to 422 million.

Health authorities warn diabetes is a major cause of kidney failure, blindness, stroke, heart attacks, and lower limb amputation. In 2015, it was found to account for an estimated 1.6 million deaths. There are ways to ward off and manage the condition. This includes engaging in regular physical activity and having a healthy diet.

Scientists have found that certain B vitamins like biotin have been found beneficial for type 2 diabetes. Studies show that it aids in lowering levels of blood sugar through different mechanisms. One of which is its ability to improve glucose uptake in muscle cells and increase insulin production.

What makes it even more beneficial is that it could stimulate an enzyme called glocokinase. It is important to understand that this enzyme that can be found in the liver promotes glycogen synthesis.

In separate studies, supplementation of biotin led to a decrease in fasting blood sugar concentrations. Such a reduction was by an average of approximately 45 percent in patients with type 2 diabetes. Further research even suggests high doses of biotin enhance the symptoms of diabetic neuropathy. This nerve damage condition is often experienced by individuals with diabetes.

A study was published in the American Journal of Clinical Nutrition. In this research, the subjects consumed 66 micro-moles per deciliter of biotin per day for 28 days. It was found that biotin was able to enhance the activity of several enzymes that work for regulating blood sugar. The improvements were seen in both diabetic and non-diabetic participants.

A deficiency in this vitamin is linked with certain disadvantages. A study was published in the January 2011 issue of the journal "Molecular Genetics and Metabolism."

Scientists found that such a deficiency caused impairment in the regulation of glucose and cholesterol. It also resulted in energy deficiency and negatively affected insulin control and production of fats. There were also increases in the glucose production and fatty acid oxidation.

More studies are still underway to learn more about the diabetes-fighting potentials of this B vitamin. However, it remains true that its intake is highly recommended by experts particularly for preventive health purposes.

To experience its benefits, it may be wise to take into account the use of DermaSafe Biotin 5000 PLUS.

This amazing formula is gaining more and more attention and trust from consumers. In addition to being highly potent and pure, it is also protected with a money back guarantee (https://amazon.com/Biotin-5000-PLUS-Antioxidants-Satisfaction/dp/B015NM8F6U/).

About DermaSafe

DermaSafe is a unique skin care company bringing you beauty products from the inside out. Creams - Serums - Supplements to provide complete solutions for your skin care needs.

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