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## BEAUTY Counter *blog*

### An Incredible, Edible Way to Get Better Hair, Skin, and Nails

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During a recent e-mail conversation with my editor, the topic of biotin came up—that superstar B vitamin responsible for imparting shiny hair, strong nails, and glowy skin. It's been buzzed about for years, and has a rather enduring, even slightly cultish, appeal. Hairstylists often drop it into conversation, dermatologists give it high marks, and rare is the backstage model who doesn't credit her preternaturally good looks to a daily biotin supplement. So no wonder my editor noted, "So many people *still* ask me about biotin!" Despite all these endorsements, however, I haven't found an easy way to up my intake (taking a pill: such a hassle!). So when I heard about NeoCell's new Biotin Bursts—soft chews infused with 5,000 micrograms of this nutrient along with a flavorful dose of acai berry—I thought, Now this sounds interesting. I'm something of a candy addict, and these little morsels taste exactly like a healthier version of grape Hi-Chew or Bonkers (remember those?). With its fruity deliciousness confirmed, I turned to [New York City dermatologist Francesca Fusco](#) for her scientific opinion on whether popping these bursts could, in fact, lead to a more youthful appearance. "I receive many anecdotal reports from women who take biotin and feel it helps their hair," she acknowledges. "Many take it in the form of a multivitamin, but for those who want to try just biotin alone, this could be a tasty alternative." Two bursts a day is the recommended amount, and while I've been on this regimen for only a week or so, I swear my hair is thicker and my skin is more luminous. All that, and my sweet tooth is definitely satisfied.



See [neocell.com](http://neocell.com) for more information

—Kari Molvar