



Biotin	
Description	Formerly known as Vitamin H or Co-enzyme R, biotin is a water-soluble vitamin and a member of the vitamin B group.
Function	Biotin works synergistically with other B vitamins. It is involved in the metabolism of carbohydrates, proteins and fats as well as helping to maintain healthy skin and nails.
Human Requirements	EU RDA: 150mcg
Dietary Intake	In the UK, the average dietary intake in adult women is 28µg daily and in adult men is 39µg daily ¹ .
Food Sources	The richest sources of biotin are liver, kidney, eggs, brewer's yeast and soya beans. Meat, wholegrain cereals, wholemeal bread, milk and cheese are also good sources. Green vegetables contain very little biotin.
Deficiency Symptoms	Patches of hair loss (alopecia), reversible baldness, depression, muscle pains and wasting. Also, dry, flaky skin, rash around the nose and mouth, brittle hair, tiredness and loss of appetite. Biotin is widely distributed in many foods and is also synthesised in the gut.
Precautions / Contra-Indications	Safe Upper Level: 970µg ^{Error! Reference source not found.}
Pregnancy & Breastfeeding	Suitable to be used during pregnancy and breastfeeding
Adverse Effects	None known
Interactions¹	Biotin may interact with Anticonvulsants.
References	<ol style="list-style-type: none"> 1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001. 2. Expert Group of Vitamins and Minerals, 2003.