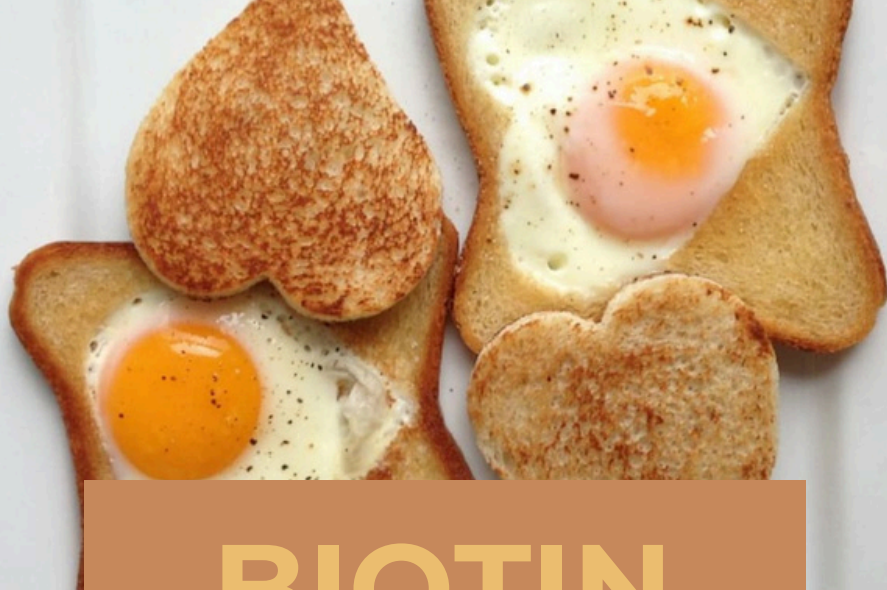




BIOTIN

What Does Biotin Do?

Biotin is a B-complex vitamin that plays an important role in helping the body convert food into energy. It supports healthy metabolism by assisting in the breakdown of carbohydrates, fats, and proteins. It has a lot of benefits for hair, skin, and nails, and is included in beauty supplements aimed at promoting hair growth and strengthening brittle nails. Biotin is also important for maintaining healthy cells and proper function of the nervous system.

Biotin: Recommended Dietary Allowance

Age	Men	Women
19+ years	30 mcg	30 mcg

Dietary Reference Intakes: The Essential Guide to Nutrient Requirements. Washington, DC: The National Academies Press. <https://doi.org/10.17226/11537>.

Foods That Are High in Biotin

- Salmon
- Beef Liver
- Eggs
- Ground Beef
- Sweet Potato
- Almonds
- Canned Tuna
- Spinach
- Sunflower seeds
- Mushrooms
- Broccoli
- Avocados
- Oats
- Nutritional yeast
- Cheddar cheese

<https://www.healthline.com/nutrition/foods-high-in-vitamin-a>