

BIOTIN (VITAMIN B₇)



Oregon State University
Linus Pauling Institute

MAIN FUNCTIONS

- Helps convert food into usable energy
- Helps make glucose

DAILY RECOMMENDATION

30
µg

All Adults

GOOD SOURCES

Biotin is found in many foods; yeast, egg yolk, and liver are especially high in biotin.

Egg

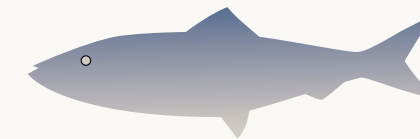
Egg, 1 large,
13–25 µg



Fish

salmon

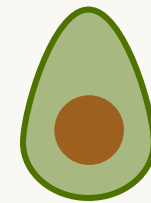
Salmon (cooked), 3
ounces, 4–5 µg



Plant Products

yeast • avocado

Avocado, 1 whole,
2–6 µg



SPECIAL NOTES

- A varied diet should provide enough biotin for most people.
- The LPI recommends a daily multivitamin/mineral (MVM) supplement for healthy adults; most MVM supplements provide at least 30 µg of biotin.