**BIOTIN (VITAMIN B<sub>7</sub>)**

**MAIN FUNCTIONS**
- Helps convert food into usable energy
- Helps make glucose

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

<table>
<thead>
<tr>
<th>GOOD SOURCES</th>
<th>SOURCE</th>
<th>AMOUNT</th>
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</thead>
<tbody>
<tr>
<td>Egg</td>
<td>Egg, 1 large, 13–25 µg</td>
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<tr>
<td>Fish salmon</td>
<td>Salmon (cooked), 3 ounces, 4–5 µg</td>
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<tr>
<td>Plant Products</td>
<td>Yeast • Avocado, 1 whole, 2–6 µg</td>
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</tbody>
</table>

**DAILY RECOMMENDATION**

30 µg
All Adults

**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.