What is Vitamin B7?

Vitamin B7 (Biotin) is also known as Vitamin H. Like all B vitamins it is water soluble and contains sulfur. It is commonly produced by the beneficial bacteria in the gut.

Why is Vitamin B7 important and what does it do in the body?

Like most B vitamins, biotin is involved in many metabolic functions. It functions in the utilization of sugar, fats and manufacture of amino acids to make energy and in the growth and replication of cells. It is involved in the formation of strong nails, healthy hair. It helps in the treatment of eczema, seborrheic dermatitis (cradle cap), alopecia. B7 also plays an important role in diabetes. It enhances insulin sensitivity and increases the enzyme glucokinase that is responsible for the utilization of glucose by the liver. It also supports a healthy nervous system and is vital for healthy hair because it improves the metabolism of scalp oils. It helps to reduce the likelihood of grey hair.

Biotin is a critical nutrient during pregnancy as it is important for normal embryonic growth.

What amount of Vitamin B7 do you need each day?

Vitamin B7 can be found in multivitamins and B complex vitamins. It is sold separately as biotin. Its most bio-available source is biocytin. Biotin works well with other B vitamins and CoQ10 and Carnitine.

The DRI (Daily Recommended Intake) /RDA (Recommended Daily Allowance) of dietary vitamin B7 are listed on the next page:

Please Note: By definition, the DRI/RDA recommendations apply only to 98% of healthy individuals and are not sufficient for those with higher nutrient requirements based upon their biochemical individuality, genetics, health status, medications, deficiencies, lifestyle, and toxic exposures.
Daily recommendations for Vitamin B7 are listed below.

**Pediatric**
- Infants birth - 6 months: 5 mcg
- Infants 7 - 12 months: 6 mcg
- Children 1 - 3 years: 8 mcg
- Children 4 - 8 years: 12 mcg
- Children 9 - 13 years: 20 mcg
- Adolescents 14 - 18 years: 25 mcg

**Adult**
- 19 years and older: 30 mcg
- Pregnant women: 30 mcg
- Breastfeeding women: 35 mcg

**RECOMMENDED DAILY ALLOWANCE 150mcg/Day**
**OPTIMAL DAILY ALLOWANCE 225mcg/day**

**NUTRIENT DEFICIENCY SYMPTOMS AND CONDITIONS**

**What are possible Vitamin B7 (Biotin) deficiency conditions and symptoms?**
- Anorexia
- Cradle Cap (dry scaly scalp)
- Diabetes
- Eczema
- Hair loss
- Inflammation
- Insomnia
- Loss of appetite
- Loss of muscle control
- Muscle aches and cramps
- Muscle weakness, twitching or spasms
- Nausea and Vomiting
- Pallor of skin
- Sore tongue or mouth

**What are possible Vitamin B7 excess symptoms?**
Biotin is extremely safe and no side effects have been reported.

**What steals Vitamin B7 from the body?**
- Alcohol - inhibits the absorption and utilization of biotin.
- Broad spectrum antibiotics: tetracycline, (Demeclocycline, Doxycycline and Methacycline), Amoxicillin/Clavulanic Acid (Augmentin), Vancomycin - will kill the colonies of beneficial bacteria in the gut that help make Biotin.
- Anti-seizure medications: Phenytoin (Dilantin), Carbamazepine (Tegratol) and Primidone (Mysoline) deplete Biotin.
- High supplementation of Pantothenic acid (Vitamin B5)- can decrease absorption as it competes for the same uptake sites in the colonocytes.

**What tests can be used to assess Vitamin B7 or biotin levels?**
- Urine analysis of alpha-hydroxy-isovalerate (if elevated suggests low biotin)
- Plasma levels are not very accurate.
What foods contain the highest amounts of Vitamin B7?

TOP 10 VITAMIN B7 (BIOTIN) RICH FOODS ARE:

1. Peanuts
   95mcg/100g
2. Hazelnuts
   81mcg/100g
3. Calves liver
   76.1mcg/100g
4. Egg yolk
   54mcg/100g
5. Shiitake mushroom
   36.6mcg/100g
6. Chickpeas
   21mcg/100g
7. Herring
   20mcg/100g
8. Oysters
   20mcg/100g
9. Almonds
   20mcg/100g
10. Sweetcorn
    6.0mcg/100g

What are the best Vitamin B7 products?
Biocytin.

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All the statements, including product labels, supporting literature and/or product manufacturers websites have not been evaluated by FDA. These products are not intended to diagnose, treat, cure or prevent any disease.
Vitamin B7 (Biotin)

What are the very best Vitamin B7 products to buy?

**ProThera Biotin**
High-potency, 5,000 mcg. A high concentration of biotin, an essential B-vitamin, is provided for situations requiring aggressive supplementation. Biotin-dependent enzymes are involved in glucose metabolism...

**PRL Max B-ND**
Dietary Supplement Max B-ND™ is a nutritional industry first - with never before available probiotic-cultured B vitamins. It contains a high-energy, end-chain, B vitamin complex derived from live sources for...

**ProThera Thera-B**
B-complex with activated folate and B12. Thera-B™ provides a full-complement of essential B-complex vitamins and related nutrients in high potency amounts. Inclusion of Metafolin®** L-5-methyltetrahydrofolate (L-5-MTHF, a bioactive...

**ProThera MultiThera 3**
Iron- and copper-free multiple formula. Both iron and copper have been eliminated from this version of MultiThera® to address the needs of patients who may have elevated tissue identical in all other respects to MultiThera® 1 …

**Pure Caps Womens Pure Pack**
Women's Supplement to Support Bone and Heart Health. Now With Metafolin® L-5-MTHF. Sizes Available 30 packets. Each packet contains 6 different supplements, including …

**Pure Caps Mens Pure Pack**
Regardless of your walk of life, all men need to ensure that they get enough of an array of important nutrients. However, who wants to spend their time picking out supplements for a daily…