



Accurate Clinic

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www.AccurateClinic.com

What is Biotin?

Biotin is a vitamin that is found in small amounts in numerous foods.

Biotin is used for preventing and treating biotin deficiency associated with pregnancy, long-term tube feeding, malnutrition, and rapid weight loss. It is also used orally for hair loss, brittle nails, skin rash in infants (seborrheic dermatitis), diabetes, and mild depression.

How effective is Biotin?

LIKELY EFFECTIVE for:

Treating and preventing biotin deficiency. Symptoms of deficiency include thinning of the hair (often with loss of hair color), and red scaly rash around the eyes, nose, and mouth. Other symptoms include depression, listlessness, hallucinations, and tingling in the arms and legs. There is some evidence that cigarette smoking may cause mild biotin deficiency.

POSSIBLY EFFECTIVE for:

Skin rash in infants (seborrheic dermatitis).

INSUFFICIENT EVIDENCE TO RATE EFFECTIVENESS for:

Hair loss. There is some preliminary evidence that hair loss can be reduced when biotin is taken by mouth in combination with zinc while a cream containing the chemical compound clobetasol propionate (Olux, Temovate) is applied to the skin.

Diabetes. Biotin alone doesn't seem to affect blood sugar levels in people with type 2 diabetes. However, there is some evidence that a combination of biotin and chromium (Diachrome, Nutrition 21) might lower blood sugar in people with diabetes, whose diabetes is poorly controlled by prescription medicines.

Diabetic nerve pain. There is some evidence that biotin can reduce nerve pain in people with diabetes.

Brittle fingernails and toenails. Biotin might increase the thickness of fingernails and toenails

How does it work?

Biotin is an important component of enzymes in the body that break down substances like fats, carbohydrates, and others.

Who needs to supplement with Biotin?

There isn't a good laboratory test for detecting biotin deficiency, so this condition is usually identified by its symptoms, which include thinning of the hair (frequently with loss of hair color) and red scaly rash around the eyes, nose, and mouth. Nervous system symptoms include depression, exhaustion, hallucinations, and tingling of the arms and legs. There is some evidence that diabetes could result in biotin deficiency.

Are there safety concerns?

LIKELY SAFE for most people when taken appropriately and by mouth. Biotin is well tolerated.

POSSIBLY SAFE when used in recommended amounts during pregnancy and breast-feeding.

Kidney dialysis: People receiving kidney dialysis may need extra biotin. Check with your health care provider.

Are there interactions with herbs and supplements?

Alpha-lipoic acid: Alpha-lipoic acid and biotin taken together can each reduce the body's absorption of the other.

Vitamin B5 (pantothenic acid): Biotin and vitamin B5 taken together can each reduce the body's absorption of the other.

Are there interactions with foods?

Egg whites

Raw egg white contains a substance that binds biotin in the intestine and keeps it from being absorbed. Eating 2 or more uncooked egg whites daily for several months has caused biotin deficiency that is serious enough to produce symptoms.

What dose is used?

The appropriate dose of biotin depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for



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biotin.

The adequate intakes (AI) for biotin are:

30 mcg for adults over 18 years and pregnant women

35 mcg for breast-feeding women

Other names:

Biotina, Coenzyme R, D-Biotin, Vitamin B7, Vitamin H, W Factor,

More Information:

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/methodology.html>

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/313.html>