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2. Biotin

Biotin

Generic name: biotin (oral) [*BYE-oh-tin*]

Brand names: [Appearex](#), [Cyto B7](#), Hair, Skin, Nails, ... [show all 11 brands](#)

Dosage forms: oral capsule (10000 mcg; 5 mg; 5000 mcg), oral liquid (5 mg/mL), oral tablet (10 mg; 1000 mcg; 2.5 mg; 300 mcg), ... [show all 5 dosage forms](#)

Drug class: [Vitamins](#)



[Medically reviewed](#) by Drugs.com on Sep 11, 2023. Written by [Cerner Multum](#).

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What is biotin?

Biotin, also known as Vitamin B7, is a form of vitamin B found in foods. Biotin helps the body break down fats, carbohydrates, and proteins into energy.

Biotin is **likely effective** in alternative medicine as an aid in treating or preventing low levels of biotin. Low levels of biotin can be caused by malnutrition, rapid [weight loss](#), long-term tube feeding, and other medical conditions.

Biotin has also been used to treat the symptoms of [multiple sclerosis](#) (MS) and seborrhea (in babies). However, research has shown that biotin **may not be effective** in treating these conditions.

Other uses **not proven with research** have included treating brittle nails, [hair loss](#), [diabetes](#), [nerve pain](#), [depression](#), and other conditions.

Biotin may also be used in combination with other [vitamins](#) in adults and children as a dietary supplement.

It is not certain whether biotin is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Biotin should not be used in place of medication prescribed for you by your doctor.

Biotin is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Biotin may also be used for purposes not listed in this product guide.

Biotin side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Common side effects may include [diarrhea](#) or respiratory problems.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Biotin side effects](#) (more detail)

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

You should not use this product if you are allergic to biotin.

Before using biotin, talk to your healthcare provider. **Your dose needs may be different if you:**

- have a deficiency of the enzyme called biotinidase;
- smoke; or
- kidney disease (or if you are on dialysis).

Ask a doctor before using this product if you are pregnant or breastfeeding.

Do not give any herbal/health supplement to a child without medical advice.

How should I take biotin?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use biotin, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Biotin is available in tablet, liquid, and capsule formulations. Do not use different formulations of biotin at the same time without medical advice. Using different formulations together increases the risk of an overdose of biotin.

Do not swallow the **orally disintegrating tablet**, or **sublingual tablet**. Allow the **orally disintegrating tablet** to dissolve in your mouth without chewing. The **sublingual tablet** should be placed under your tongue to allow it to dissolve.

Measure **biotin liquid** with the supplied measuring device (not a kitchen spoon). Biotin may also be given through a feeding tube. Ask your doctor or pharmacist if you don't understand these instructions.

Eating 2 or more raw egg whites for several months may prevent the body from absorbing biotin.

Biotin can cause false results on a drug-screening urine test. Tell the laboratory staff that you use biotin.

The recommended daily dose of biotin changes with age. Follow your healthcare provider's instructions. You may also consult the Office of Dietary Supplements of the NIH, or the USDA Nutrient Database of recommended daily allowances for more information.

Call your doctor if the condition you are treating with biotin does not improve, or if it gets worse while using this product.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. **Do not** use extra biotin to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking biotin?

Follow your doctor's instructions about any restrictions on food, beverages, or activity.

What other drugs will affect biotin?

Taking certain medicines can lower your blood levels of biotin, which could affect your biotin dose needs. Ask a doctor or pharmacist before using biotin with any other medications, especially:

- [carbamazepine](#);
- [phenobarbital](#);
- [phenytoin](#); or
- [primidone](#).

This list is not complete. Other drugs may affect biotin, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible [drug interactions](#) are listed here.

Does biotin interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Patient resources

Other brands

[Appearex](#), [Cyto B7](#)

Professional resources

- [Biotin product monographs](#)

Related treatment guides

- [Dietary Supplementation](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.



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CSA Schedule*	
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