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Boron	>
Calcium	>
Choline	>
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The NIH guide to Dietary Supplements



Biotin

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What is biotin and what does it do?

Biotin is a B-vitamin found in many foods. Biotin helps turn the carbohydrates, fats, and proteins in the food you eat into the energy you need.

How much biotin do I need?

The amount of biotin you need each day depends on your age. Average daily recommended amounts are listed below in micrograms (mcg).

Life Stage	Recommended Amount
Birth to 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
Teens 14-18 years	25 mcg
Adults 19+ years	30 mcg
Pregnant teens and women	30 mcg
Breastfeeding teens and women	35 mcg

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