



Nutrition for biotin deficiency:



Biotin, also called vitamin B7 or vitamin H, is a vitamin that plays an important role in the metabolism of carbohydrates, fats and proteins of the human body. It supports the growth as well as the multiplication of cells in the body. In addition, it is needed for the construction of skin, hair and nails. Chronic exhaustion or lack of energy can also be symptoms of an undersupply of biotin. Humans can meet their daily biotin needs with a balanced diet.

If the body's biotin requirements are not met, a biotin deficiency develops. Various causes can lead to biotin deficiency. A special form of biotin deficiency is the congenital biotinidase deficiency. Those affected by a biotin deficiency suffer from various complaints. The diagnosis of biotin deficiency is made with conversation, physical examination, blood and urine tests.

The body's daily biotin needs are met with biotin, which is contained in the diet, and with biotin, which is produced by the bacteria normally living in the human intestine. An adult person has to consume about 0.03 to 0.06 milligrams of biotin with food every day to meet the body's biotin needs. Although this is a very small amount, there is also very little biotin in the diet.

The following foods should be increasingly included in the diet: Biotin is contained in the diet in practically all foods, but usually only in small quantities. A lot of biotin is found in whole grains, legumes such as soybeans or lentils, nuts, egg yolks, yeast, liver and rice.

With a balanced diet, biotin deficiency should normally not occur and is also extremely rare in European latitudes. However, it can also occur if an increased consumption of raw eggs has taken place over several weeks or even months – a popular method of strength athletes to build mass. Raw eggs contain avidin. This substance binds biotin and can cause a deficiency in the long run.