



Vitamin B7

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It retains the natural color of the hair and prevents breakage and hair fall. It locks the moisture in the hair strands and prevents the hair from turning brittle. Daily intake of food and supplements containing biotin is also beneficial for nails. It is also highly beneficial in improving nail quality and preventing brittle nails.

► Recommended Amounts Of ◀ Vitamin B7

The AI for biotin for men and women 19 years and older and pregnant women is 30 micrograms daily. Lactating women need 35 micrograms daily.

► Vitamin B7 Deficiency ◀

Although quite rare, biotin deficiency mainly occurs due to a lack of this quintessential ingredient from the daily diet. Alcoholism can increase the risk of biotin deficiency, and many other nutrients as alcohol, can block their absorption and because alcohol abuse is generally associated with an inadequate dietary intake. About a third of pregnant women show a mild biotin deficiency despite eating adequate intakes, though the exact reason is not apparent.



Signs of overt biotin deficiency include:

- Thinning hair
- Scaly skin rashes around eyes, nose, mouth
- Brittle nails

Neurologic symptoms in adults have included depression, lethargy, hallucination, numbness, tingling of the extremities, and ataxia.

► Vitamin B7 Toxicity ◀

Although a highly quintessential ingredient, it is found that high doses of biotin through supplements or food sources can have adverse effects on health. There is no official recommended daily allowance guidelines for B7. Nevertheless, several studies suggest that adults should take 30 mcg of biotin per day.

Anything more than that can cause skin allergies characterized by rashes, flushing, and itchiness. Other overdose symptoms due to biotin include excessive thirst, urination, insomnia, and an alarmingly low vitamin B6 and vitamin C level.



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► Vitamin B7 ◀

Biotin, also known as vitamin H or B7, is a water-soluble vitamin that helps the body metabolize fats, carbohydrates, and protein.

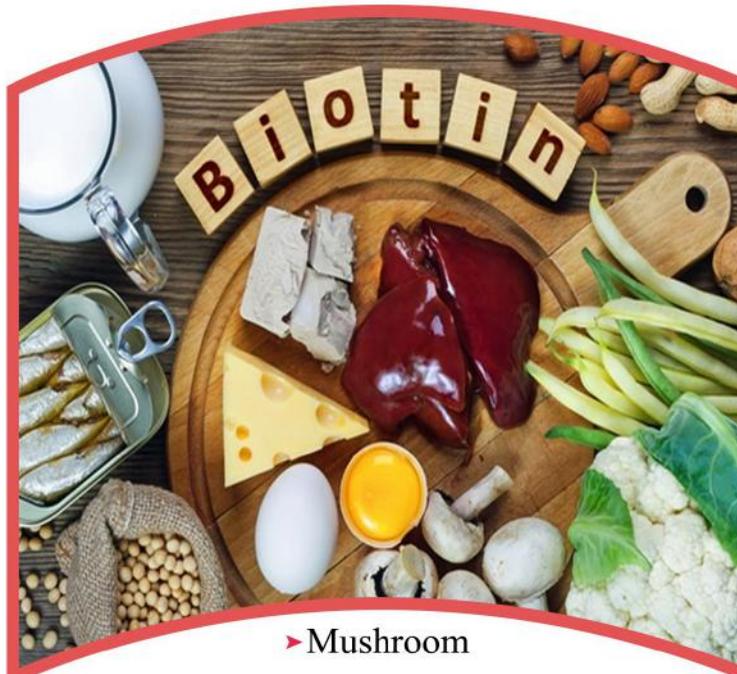
Water-soluble vitamins are not stored in the body, so daily intake is necessary. Vitamin B7 cannot be synthesized by human cells, but bacteria produce it in the body, and it is present in numerous foods. Biotin is a vital part of a healthy metabolism and creating necessary enzymes. Biotin is often used to strengthen hair and nails and is also called Vitamin H.

► Vitamin B7 Sources ◀

Vitamin B7 is found in several foods, though in small amounts:

- Walnuts
- Peanuts

- Cereals
- Milk
- Egg yolks
- Wholemeal bread
- Salmon
- Sardines



- Mushroom
- Cauliflower

► Vitamin B7 Health Benefits ◀

Biotin cannot be absorbed by hair or skin. It contributes towards healthy nails, skin, and hair and plays a key role and feature in many cosmetic and health products used to enhance skin and hair quality. Biotin is essential for hair, skin, and nails. It improves the texture of the skin by preventing oxidative damage. It also rejuvenates and moisturizes the skin, reduces various aging signs like wrinkles, fine lines, spots, dark circles, making it crystal clear. In the hair's case, biotin is pivotal for strengthening the hair from the root to the tips.