

# FOODS HIGH IN BIOTIN



Biotin is a water soluble B group vitamin known as vitamin B7. It is essential for cell growth, cognitive function and the metabolism of fats and amino acids.

Biotin can be obtained from the diet and manufactured in the intestine by beneficial gut flora. Many digestive problems such as irritable bowel syndrome, bloating, diarrhoea, constipation, ulcerative colitis or inflammatory bowel disease can decrease the amount of available biotin.

While supplementation of biotin for pyroluria sufferers is essential, it should not be the only source. The Foods listed below not only contain good amounts of biotin, but are rich in antioxidants and other essential disease fighting nutrients. Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The chart below represent foods with high and good levels of biotin.

## HIGHEST SOURCE

Liver - Chicken  
Brewers Yeast  
Liver - Beef  
Liver - Lamb

## HIGH SOURCE

Almonds  
Carrot  
Cauliflower  
Cows Cheese  
Eggs  
Onion  
Peanuts  
Pork  
Romaine lettuce  
Salmon  
Sunflower seeds  
Tomato

## GOOD SOURCE

Alfalfa  
Avocados  
Banana  
Barley  
Beef  
Blackberries  
Black tea  
Blueberries  
Broccoli  
Brown Rice  
Brussels sprouts  
Butter  
Buttermilk

Cashew  
Coconut water  
Cod  
Corn  
Cows milk  
Cranberries  
Cucumber  
Fish - Saltwater  
Goats cheese  
Goats milk  
Goji Berry  
Grapefruit  
Haddock  
Halibut  
Hazelnut  
Kale  
Kelp  
Kidneys  
Lamb  
Lentils  
Mackerel  
Mushrooms  
Oatmeal  
Palak  
Pecans  
Raspberries  
Sardines  
Soya Beans  
Split Peas  
Strawberries  
Sweet potato  
Swiss chard  
Tuna  
Turkey

Walnuts  
Watermelon  
Whole wheat bread  
Wine  
Yoghurt

