

BIOTIN-RICH FOODS

AND ENHANCING THEIR ABSORPTION

5 Biotin-rich (vitamin B7) Foods



Nuts and seeds; sunflower seeds, pumpkin seeds, and almonds



Cooked Eggs



Organ meat (liver)

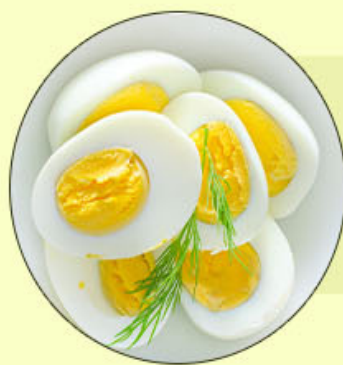


Sweet potato



Avocado

Tips To Enhance Biotin Absorption In Kids



Thoroughly cook eggs to break down avidin, helping proper biotin absorption.

Eat minimally processed versions of the above foods as processing can destroy biotin.



Use multiple good sources of biotin to make a biotin-rich dish.

References:

1. Biotin – Vitamin B7; Harvard TH Chan School of Public Health
2. Vitamin H (Biotin); Mount Sinai