



Biotin

For healthy nails, skin, and hair

Biotin is a B vitamin that is needed for healthy nails, skin, hair, intestines, and nervous system. This handout gives general information about biotin, including where you can buy it.

About Biotin

Biotin is one of the B vitamins. It helps keep your nails, skin, hair, intestines, and nervous system healthy.

Biotin is found in many foods and is created by bacteria in our intestines. It is very rare to be low in biotin. But, if your body does not have enough biotin, you may develop dry skin, rashes, and brittle nails, and you may have hair loss.

Biotin is often taken as a dietary supplement to help fingernails grow.

Other names for biotin are:

- Biocytin
- Vitamin Bw
- Vitamin H
- Coenzyme R
- Rhizobium growth factor
- W factor

Dose

A common dose of biotin is 2.5 to 5 milligrams (mg) every day. This is equal to 2,500 to 5,000 micrograms (mcg) every day.

Side Effects

Biotin is a water-soluble vitamin. That means any extra biotin in the body passes out of the body in urine. Most people handle biotin supplements well. But, some may have side effects such as mild nausea, stomach cramping, or diarrhea. Biotin is safe to take during pregnancy.

How long will treatment last?

You may have to take biotin for several months before you see improved nail growth.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dermatology Center:
206-598-5065

Where to Buy Biotin

- Online at www.drugstore.com
 - Nature's Bounty Biotin 5,000 mcg Super Potency Capsules (60 tablets) - \$6.59*
 - Nature Made Biotin 2,500 mcg (60 liquid softgels) - \$9.99*
- Walgreens (www.walgreens.com)
 - Finest Biotin 5,000 mcg (60 tablets) - \$10.99*
 - Nature's Bounty Super Potency Biotin 5,000 mcg (60 tablets) - \$11.99*
 - Nature Made Biotin 2,500 mcg (60 liquid softgels) - \$9.99*

Many other stores that sell vitamins also carry biotin.

**Prices are current as of spring 2010.*

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