



Vitamin B7 (Biotin)



Overview

This nutrient is one of the B vitamins. It helps turn the foods you eat into energy.

How we get it

Our bodies can't make the vitamin B7 we need. What are some good sources? Meat, fish and eggs contain it. Liver and other organ meats are packed with it. You can get B7 from nuts and seeds. It's also in sweet potatoes and spinach. And many foods, like bread and breakfast cereals, contain added B7.

Health benefits

What are the health benefits? We're still studying the effects of B7 on the body. It may play a role in the health of your hair, skin and nails. It may have other affects on health, too. More research is needed.

When we don't get enough

What happens if you don't get enough vitamin B7? Well, this is rare. But people who don't get enough can have a wide range of symptoms. These include thinning hair, skin rashes and infections, brittle nails and other issues.

Conclusion

For more info about the role vitamin B7 plays in your health, talk to your doctor.