

# Vitamin B7

Biotin (Vitamin B<sub>7</sub>, vitamin H, factor R - Several scholars have described it, only later discovered that it is the same substance) is important for the metabolism of amino acids and fatty acids, is a cofactor for carboxylases.

File:Biotin.png  
Vitamin B7 structure

## Source

At low concentrations in many foods. Rich sources are yeast, liver, egg yolk, nuts, lentils. The daily requirement (RDA can not be estimated): 30-60 mg

## Deficit

Deficiency of food does not occur. Scientists described the people who long consumed a large amount of raw eggs (irreversibly binds to biotin with avidin contained in raw egg white) and improper parenteral nutrition. Symptoms : seborrheic dermatitis , fatigue, anorexia , nausea ,hypercholesterolemia , vascular disorders.

## Surplus

Signs of excess are not known.

## Links

### Related articles

- Fat Soluble Vitamins
- Water Soluble Vitamins

### Bibliography

- BENCKO, Vladimir, et al. *Hygiene and epidemiology : selected chapters*. 2. edition. Prague. 2008. ISBN 80-246-0793-X.