



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	GOOD SOURCE		
Liver - Chicken	Alfalfa	Cows milk	Oatmeal
Brewers Yeast	Avocados	Cranberries	Palak
Liver - Beef	Banana	Cucumber	Pecans
Liver - Lamb	Barley	Fish - Saltwater	Raspberries
HIGH SOURCE	Beef	Goats cheese	Sardines
Almonds	Blackberries	Goats milk	Soya Beans
Carrot	Black tea	Goji Berry	Split Peas
Cauliflower	Blueberries	Grapefruit	Strawberries
Cows Cheese	Broccoli	Haddock	Sweet potato
Eggs	Brown Rice	Halibut	Swiss chard
Onion	Brussels sprouts	Hazelnut	Tuna
Peanuts	Butter	Kale	Turkey
Pork	Buttermilk	Kelp	Walnuts
Romaine lettuce	Cashew	Kidneys	Watermelon
Salmon	Coconut water	Lamb	Whole wheat bread
Sunflower seeds	Cod	Lentils	Wine
Tomato	Corn	Mackerel	Yoghurt
		Mushrooms	