

Biotin Daily Intake Levels

Established Adequate Intake by life stage and age, in micrograms per day.

LIFE STAGE	AGE	MALES, MG/DAY	FEMALES, MG/DAY
Infants	0-6 months	5	5
Infants	7-12 months	6	6
Children	1-3 years	8	8
Children	4-8 years	12	12
Children	9-13 years	20	20
Adolescents	14-18 years	25	25
Adults	≥19 years	30	30
Pregnancy	all ages	n/a	30
Breast-feeding	all ages	n/a	35

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