

Biotin Daily Intake Levels

Biotin is the supplement most often sold for hair growth, so here is how much your body actually needs each day. The amounts are in micrograms, shortened to mcg, and one microgram is a thousandth of a milligram.

LIFE STAGE	AGE	MALES, MCG/DAY	FEMALES, MCG/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

Why these are Adequate Intake numbers

There is no RDA for biotin. RDA is short for Recommended Dietary Allowance, and it’s the intake that covers almost everyone in a healthy group, which takes more evidence than biotin research has produced.

So the table gives you an Adequate Intake instead. That’s the amount nutrition researchers settle on when they can see what healthy people already eat but cannot prove a precise requirement. Treat it as a sensible target, not a number you have to hit.

Most people already get enough biotin from ordinary food, so a real deficiency is rare. That’s worth knowing before you buy a supplement for your hair, because taking more than your body needs won’t grow your hair any faster.

High doses can also interfere with some blood tests, including troponin, which doctors use to help detect a heart attack, and some thyroid tests. Tell your doctor and whoever orders your bloodwork if you take biotin, including how much.

If your hair is breaking, the cause is far more often mechanical damage than a missing vitamin.

