
Optimal Biotin intake

The Biotin **R**ecommended **D**ietary **A**llowances (RDA) - **A**dequate Intake (AI) is shown in the following table:

<i>Age</i>	<i>RDA/AI mcg/day</i>
<i>Less than 6 months</i>	5
<i>7-12 months</i>	6
<i>1-3 years</i>	8
<i>4-8 years</i>	12
<i>9-13 years</i>	20
<i>14-18 years</i>	25
<i>Above 19 years</i>	30
<i>Women Pregnancy</i>	30