


Biotin

Patient Information

As of this writing, Biotin is still being investigated for its role in multiple sclerosis. Ask your provider for the most up to date information.

<p>USED FOR</p>	<ul style="list-style-type: none"> • Multiple sclerosis (MS), including relapsing-remitting and progressive MS. • Biotin will not cure MS. It may help to improve walking distance and slow disease progression.
<p>HOW IT WORKS</p>	<ul style="list-style-type: none"> • Biotin may help support nerve cells under stress. It also aids fatty acid synthesis, which may lead to myelin production. • Biotin is Vitamin H or B7, a water soluble vitamin that supports energy metabolism and production in the body
<p>DOSE</p>	<ul style="list-style-type: none"> • Biotin 300mg capsule by mouth once daily or 100mg by mouth 3 times a day • A smaller open label trial found that doses lower than this did not appear to be effective
<p>HOW IT IS SUPPLIED</p> 	<ul style="list-style-type: none"> • Biotin is available over-the-counter (OTC) without a prescription in lower doses of 5000mcg (or 5mg) or 10,000mcg (or 10 mg). An adequate dose would require up 30 to 60 pills per day with OTC products and may be very costly. • Acquiring the medication through a compounding pharmacy can reduce the cost. A 30-day supply will cost about \$400.
<p>HOW IT IS GIVEN</p>	<ul style="list-style-type: none"> • Biotin may be taken with or without food.
<p>OTHER SOURCES OF BIOTIN</p>	<ul style="list-style-type: none"> • Biotin can be found in brewer's yeast; cooked eggs, especially egg yolk; sardines; nuts (almonds, peanuts, pecans, walnuts) and nut butters; soybeans; other legumes (beans, blackeye peas); whole grains; cauliflower; bananas; and mushrooms. • Raw egg whites contain a protein called Avidin that interferes with the body's absorption of biotin.

STORAGE	<ul style="list-style-type: none"> • Biotin may be kept at room temperature. Keep the medication away from direct sunlight, extreme heat, or cold.
COMMON SIDE EFFECTS	<ul style="list-style-type: none"> • Generally there are no side effects or minimal side effects with taking Biotin
DRUG INTERACTIONS	<ul style="list-style-type: none"> • Before starting or stopping ANY medication or supplements, please notify your pharmacist to check for interactions. • Biotin can affect the accuracy of blood tests for thyroid conditions. Certain anticonvulsants, antibiotics, and cholesterol medications can lower body biotin levels
MONITORING	<ul style="list-style-type: none"> • Lab work will not be required for Biotin
MORE INFORMATION	<ul style="list-style-type: none"> • Websites: www.nationalmssociety.org • Clinical Trials: <ol style="list-style-type: none"> 1. Sedel F et al, High doses of biotin in chronic progressive multiple sclerosis: a pilot study. Multiple Sclerosis and Related Disorders 2015;4;159-169. • Research study: <ul style="list-style-type: none"> ○ If you are a patient at UCSF MS center, we may be interested to have you participate in research to better understand the effects of biotin in MS patients.