Food Sources of Pantothenic Acid and Biotin

**Pantothenic Acid**

- Because of its central role in metabolism, pantothenic acid is found in varying quantities in virtually all plant and animal cells.
- Limited data are available on the pantothenic acid content of foods, but chicken, beef, potatoes, oat cereals, tomato products, liver, kidney, yeast, egg yolk, broccoli and whole grains are reported to be among the major sources.
- Various processing methods, including freezing and canning of vegetables, fish, meat and dairy products, as well as refining of grains, have been reported to reduce the pantothenic acid content of foods.

**Biotin**

- Few data exist on the biotin content of foods, and it is not included in most nutrient databases (e.g. the USDA Nutrient Database for Standard References) although it is found in varying amounts in most natural foods. Liver contains high concentrations (about 100 mcg/100g), compared to low quantities (about 1 mcg/g) in fruit and most meats.
- Biotin is synthesized by intestinal bacteria. However, it is not clear whether this contributes substantively to biotin absorption in humans.
- Raw egg white contains avidin, a protein that binds biotin and prevents its absorption. Avidin is inactivated by heating.