

A photograph of a hard-boiled egg with a cracked shell, showing a bright orange yolk. The egg is positioned in the background, and the yolk is in the foreground. The text "Vitamin H (Biotin)" is overlaid on the image.

Vitamin H (Biotin)

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How was discovered:

Vitamin H - Biotin, or vitamin B7, was discovered by laboratory experiments with rats.

Which products contain vitamin H (biotin)

Biotin is found in many foods. In foods of animal origin it more in pork and beef liver, beef heart, egg yolk. There he is also in chicken meat and ham, cow's milk and cheese.

From vegetable products: tomatoes, beans, rice, rice bran, wheat flour, peas, carrots, cauliflower, apples, oranges, bananas, potatoes.

vocabulary

origin-происхождение

pork and beef liver-свинины и говядины печень

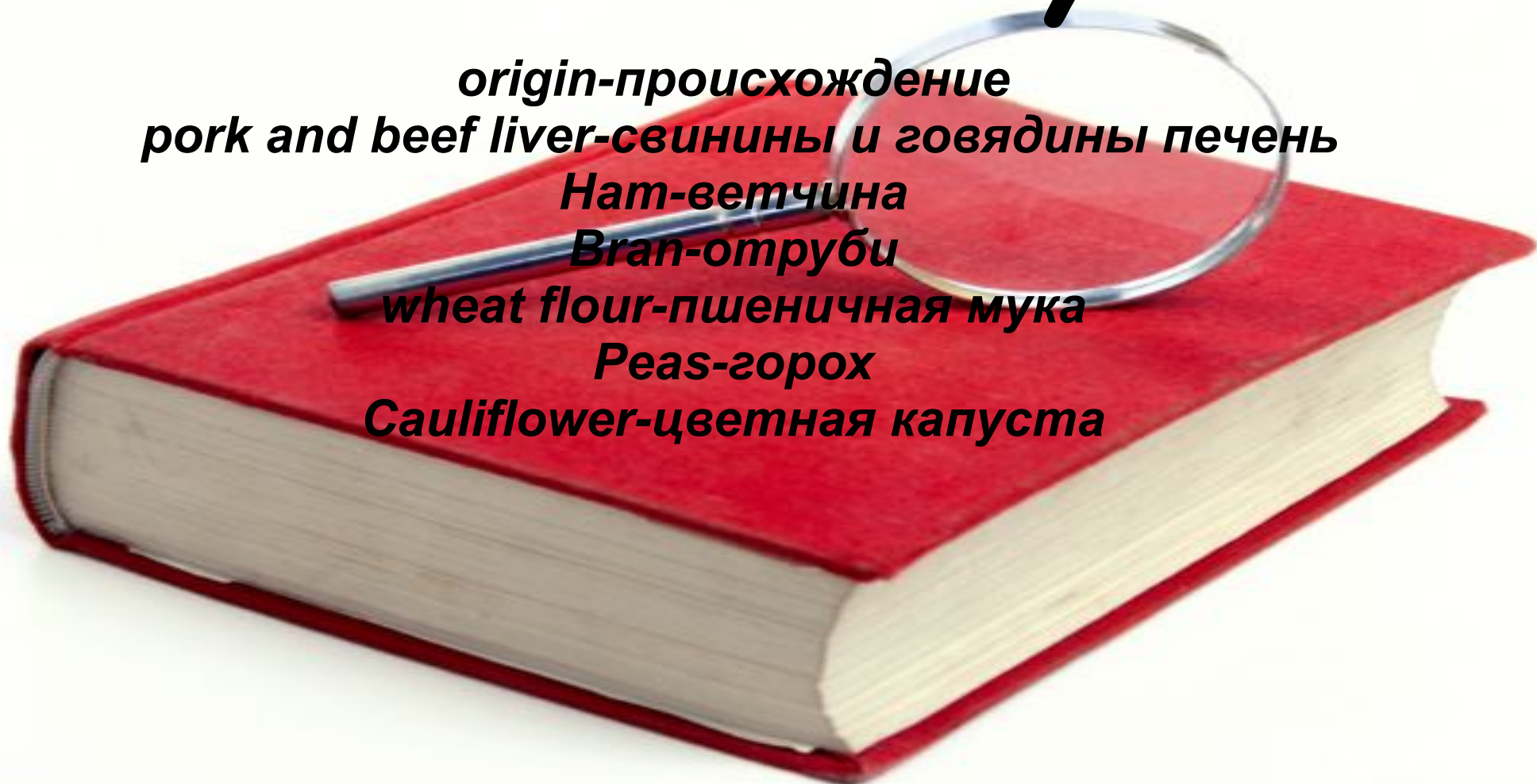
Ham-ветчина

Bran-отруби

wheat flour-пшеничная мука

Peas-горох

Cauliflower-цветная капуста





The End=)