

BIOTIN (VITAMIN B7) MAY INTERFERE WITH LABORATORY TESTS

Patients may take biotin at the direction of a healthcare provider or consume it via over-the-counter multivitamins and supplements meant to improve hair, skin, and nails. Blood samples from these patients can cause some immunoassay test results to be incorrect which may lead to misdiagnosis and inappropriate patient care. If a lab test result does not match the clinical presentation of the patient, consider biotin interference as a possible source of error.

BIOTIN (VITAMIN B7) INTAKE

Recommended daily intake: 30 micrograms/day

Some supplements may exceed recommended daily intake by up to 650 times.

RECOMMENDATIONS FOR HEALTHCARE PROVIDERS

- Talk to your patients about any biotin supplements or multivitamin supplements they are taking that may contain biotin, including supplements marketed for hair, skin, and nail growth.
- Know that biotin is found in multivitamins, including prenatal multivitamins, biotin supplements, and dietary supplements for hair, skin, and nail growth in levels that may interfere with lab tests.
- Be aware that many lab tests, including but not limited to cardiovascular diagnostic tests and hormone tests, that use biotin technology are potentially affected, and incorrect test results may be generated if there is an elevated concentration of biotin in the patient's specimen.
- Communicate to the lab conducting the testing if your patient is taking biotin.
- If a lab test result does not match the clinical presentation of your patient, consider biotin interference as a possible source of error.
- Report to the lab test manufacturer and the FDA if you become aware of a patient experiencing an adverse event following potentially incorrect laboratory test results due to biotin interference.
- **Patients taking biotin should refrain from doing so for three days prior to sample collection to allow for adequate clearance of biotin.**