



# The Influence of Biotin on My Lab Results

Are over-the-counter supplements affecting my lab results?

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**Biotin**

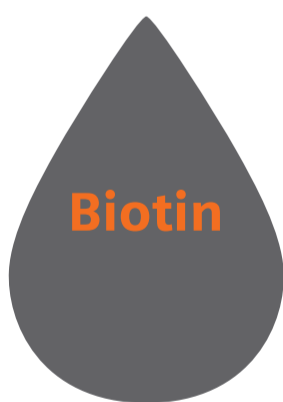


Biotin, also known as vitamin B7, vitamin H, or coenzyme R, is an essential nutrient that is naturally present in some foods and available as a dietary supplement in multivitamins, including prenatal multivitamins, and biotin supplements marketed for hair, skin, and hair growth.



**650x**  
Dietary  
Reference  
Intake

The Dietary Reference Intake (DRI) for biotin in adults is 0.03 mg per day and can be acquired through normal food sources.<sup>1</sup> However, many dietary supplements promoted for enhanced hair, skin, and nails may increase biotin levels up to 650 times (20 mg) the DRI.<sup>2</sup>



**Biotin**



**Results**



Elevated biotin levels in your blood could affect your lab test results.<sup>2</sup>

Talk to your healthcare provider if you are currently taking biotin, including prenatal multivitamins or supplements for hair, skin, and nail growth, before you have your lab test. If you had a lab test done and are concerned about the results, talk to your healthcare provider about the possibility of biotin interference.

1. <https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/>

2. <https://www.fda.gov/medical-devices/safety-communications/fda-warns-biotin-may-interfere-lab-tests-fda-safety-communication>