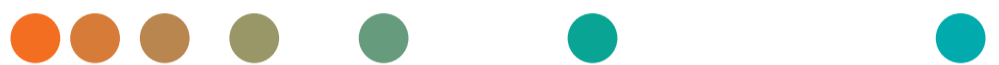




The Influence of Biotin Supplementation on Lab Results

Are your patients' lab results accurate?

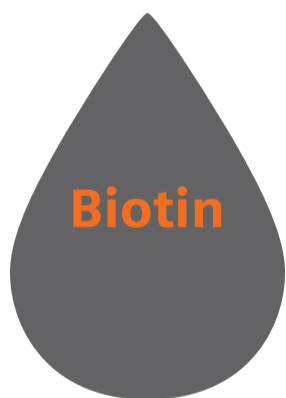
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Biotin, also known as vitamin B7, vitamin H, or coenzyme R, is found in multivitamins, including prenatal multivitamins, and biotin supplements for hair, skin, and nail growth.



Biotin is water-soluble and has a Dietary Reference Intake (DRI) of 0.03 mg per day for an adult.¹ Supplements that promote hair and nail benefits may contain up to 650 times (20 mg) the DRI.²



Elevated biotin levels found in patient specimens can cause falsely high or falsely low lab test results for certain assays that use biotinylated technology.² Affected lab results could lead to a potential clinical misinterpretation.²

Talk to your patients about biotin supplementation. Open communication with your patients and laboratorians on the use of over-the-counter biotin supplementation is important. If a lab test result doesn't match the clinical presentation of your patient, consider biotin interference as a possible source of error and discuss with the laboratory director.

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>