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. Supplements that promote hair and nail benefits may contain up to 650 times (20 mg) the DRI.

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

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.