

The Influence of Biotin on Lab Results

Are your patients' lab results accurate?

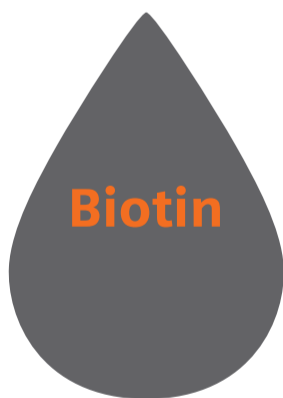
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Biotin, also known as vitamin B7, vitamin H, or coenzyme R, is found in multivitamins, including prenatal multivitamins, biotin supplements, and supplements for hair, skin, and nail growth.



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, and for some conditions such as multiple sclerosis or inherent metabolic disturbances, physicians may recommend up to 300 mg per day.²



Elevated biotin levels in patient samples can cause falsely high or falsely low laboratory test results in certain diagnostic assays using a biotinylated technology.²

Be aware of manufacturer-specific assays susceptible to biotin interference. Education and communication with your patients and providers are key to managing the potential risks 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>