DID YOU KNOW?
Biotin can affect some blood tests.

WHAT IS BIOTIN?
Biotin (vitamin B7) is a nutrient that the body requires in small amounts for turning food into energy. It also has a role in hormone production.

WHAT SUPPLEMENTS CONTAIN BIOTIN?
Examples include: B-complex vitamins, coenzyme R, supplements for hair, skin, or nail growth, multivitamins, prenatal vitamins, vitamin H.

HOW DOES BIOTIN INTERFERE WITH BLOOD TESTS?
Excess biotin in the blood from supplements can cause lab test results to be either falsely high or falsely low, causing healthcare practitioners to misdiagnose and mistreat their patients.

WHAT ARE SOME COMMON LAB TESTS AFFECTED BY BIOTIN?
Examples include thyroid tests (TSH, T4, T3), vitamin D levels, parathyroid hormone, FSH, LH, troponin and cortisol, but scientists say many more tests can be affected.

WHAT SHOULD I ASK MY DOCTOR?
1. Do my supplements contain biotin?
2. How do I prepare for a test if I take biotin?
3. What do I do if I forget and take biotin before a lab test?
4. If my test results don’t seem to make sense, could biotin be the cause?

To learn more, visit www.labtestsonline.org/biotin