

## DID YOU KNOW?

Biotin can affect some blood test results.

### 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 some, but not all, 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 troponin, thyroid tests (TSH, T4, T3), vitamin D levels, parathyroid hormone, FSH, LH, 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](http://www.labtestsonline.org/biotin)

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#### SOURCES

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