

Did you know that certain vitamins can negatively affect laboratory results?

FDA warning.

According to the FDA, high levels of biotin in dietary supplements can cause significantly incorrect lab results.

What is biotin?

Biotin is also referred to as Vitamin B7, Vitamin H, Coenzyme R or Vitamin B Complex. Biotin can be found in many multivitamins, prenatal vitamins and supplements for hair, skin and nail growth. Physicians may recommend biotin-containing supplements for various conditions.

Recommendations to physicians:

- Recognize patients that might be impacted by biotin interference.
- Recommend to patients to abstain from biotin supplements for at least 8–24 hours prior to lab draw.

Recommendations to patients:

- Abstain from biotin-containing supplements for 8–24 hours before your lab draw.
- Talk with your doctor if you are currently taking biotin or are considering adding biotin to your diet.
- Be aware that some supplements, particularly prenatal vitamins and those labeled for hair, skin and nail benefits, could have high levels of biotin, which may not be clear from the name of the supplement.

Labs impacted by biotin levels:

Testing at PVH, MCR, HC and GH labs:

Tumor Markers: AFP, CEA, CA125, CA153, CA199, PSA

Cardiac Markers: CKMB, Myoglobin, Troponin

Hormones: B-hCG, Estradiol, FSH, LH, Progesterone, Prolactin, Testosterone

Hepatitis: Anti-HAV IgM, Anti-HAV Total, Anti-HBc IgM

Thyroid/Metabolic: TSH, Intact PTH, Cortisol

Anemia: B12, Folate, Ferritin
Procalcitonin



Laboratory personnel.

Tests listed might be impacted by biotin supplements. Any medical questions should be answered by a physician. Individual test information can be found in the online UCHealth Test Catalog: testmenu.com/PoudreValleyHealthSystem

References.

For more information, please visit the U.S. Food and Drug Administration site: fda.gov/medical-devices/safety-communications/fda-warns-biotin-may-interfere-lab-tests-fda-safety-communication.

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