

BIOTIN CAN CAUSE WRONG LAB RESULTS

What is biotin?

- Biotin is one of many B vitamins. It is also called vitamin B7, vitamin H or coenzyme R.
- Biotin is found in a wide range of foods, including brewer's yeast, soybeans, green peas, carrots, cauliflowers, bananas, liver, butter and salmon.
- The recommended normal dietary intake is about 30 – 100 mcg (microgram, μg) per day.

High-dose biotin can cause wrong lab test results:

- Laboratory testing can be affected by many conditions, including dietary supplements and medications. Biotin can cause wrong lab test results.

- High-dose biotin supplements in milligram (mg) concentrations, such as 5 to 10 mg (equivalent to 5,000 to 10,000 mcg) are advertised as over-the-counter lifestyle supplements for hair, skin and nail health.

These are more than 100 times the recommended normal dietary intake.

These types of high-dose biotin supplements can cause wrong results for certain laboratory tests.

DO NOT take vitamins or supplements that have biotin (vitamin B7, vitamin H or coenzyme R) for 24 hours before you have your blood taken.

- If you take biotin, please discuss with your doctor.
- If you have taken biotin before the blood work, tell the lab when the last dose was taken and what the dose was.

For more information, visit
sunnybrook.ca/Biotin

