

NO BIOTIN BEFORE BLOOD WORK



- 1** Stop biotin 24 hours before your blood work.
- 2** Biotin is also called vitamin B7, vitamin H or coenzyme R, commonly found in hair, skin and nail supplements and multivitamins.
- 3** Biotin can cause wrong lab test results.
- 4** Talk to your doctor if you are taking biotin.

For more information, read the Biotin Information Card or visit sunnybrook.ca/Biotin