

Important Safety Information for Our Patients: **Biotin (Vitamin B7) May Interfere with Lab Tests**

LabCorp would like you to be aware that some laboratory tests can be affected by high levels of biotin (Vitamin B7) in your blood sample. Biotin can significantly interfere with certain laboratory tests and cause incorrect test results. Biotin can be found in vitamins and dietary supplements. Ingesting high levels of biotin can cause clinically significant variations in test results.

What Is Biotin?

Biotin, also known as vitamin B7, is a water-soluble vitamin often found in multi-vitamins, prenatal vitamins, and dietary supplements marketed for hair, skin, and nail growth.

What is the problem with biotin and some laboratory tests?

Many laboratory tests use biotin technology due to its ability to bind specific proteins that may be measured to detect certain health conditions. Biotin in patient samples can cause falsely high or falsely low results, depending on the test. Incorrect test results may lead to inappropriate patient management or misdiagnosis.

What Should You Do?

- Talk to your doctor if you are currently taking biotin or are considering adding biotin, or a supplement containing biotin, to your diet.
- Know that biotin is found in multivitamins, including prenatal multivitamins, biotin supplements, and supplements for hair, skin, and nail growth, and in these products the biotin is often present in levels that may interfere with laboratory tests.
- Be aware that some supplements, particularly those labeled for hair, skin, and nail benefits, may have high levels of biotin, which may not be clear from the name of the supplement. Check the product label.
- If you have had a lab test done and are concerned about the results, talk to your health care provider about the possibility of biotin interference.

Should I Stop Taking Biotin (Vitamin B7)?

Talk to your doctor about the medications you are currently taking (including supplements and other over-the-counter medications) before making changes prior having laboratory tests performed.



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