

Are you taking biotin? Having a lab test?

Biotin, also known as vitamin B7, is often found in multivitamins, prenatal vitamins, and dietary supplements that are advertised for hair, skin, and nail growth.

When taken in high doses, biotin can interfere with lab tests and may cause incorrect test results. For this reason, it is important that you tell your health care provider or the person testing you that you take any type of vitamin or supplement that contains biotin.

Here are key points about biotin and lab tests:

- ➔ Biotin is found in multivitamins, including prenatal multivitamins, biotin supplements, and supplements for hair, skin, and nail growth in levels that may interfere with laboratory tests.
- ➔ 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.
- ➔ If you are taking a supplement that contains biotin, talk with your health professional or the person testing you to see if you should wait before being tested.
- ➔ If you have had a lab test done and are concerned about the results because you take biotin, talk to your health care provider about the possibility of biotin affecting the test result.



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