

# FIVE THINGS YOU NEED TO KNOW ABOUT BIOTIN

## Have you heard of biotin before?

Do you know high biotin levels may skew the results of some laboratory tests? Although not all test results are affected, it is important for you to know some facts about biotin before you see your doctor.

### 1. What is biotin?

Biotin is a water-soluble vitamin, also called B7. It's marketed as a nutritional supplement for healthy hair, skin and nails.

### 2. How do we get biotin?

Biotin is naturally found in eggs, dairy products, salmon, chicken, peanuts, sweet potatoes and many other foods.

### 3. How much biotin do we need every day?

Biotin at 30 microgram (mcg) per day will meet the daily nutritional needs of most adults. People eating a normal mixed diet rarely have a serious lack of biotin.



6 mcg



30 mcg



35 mcg

### 4. Who will take high doses of biotin?

People could ingest high levels of biotin from over-the-counter multivitamins including prenatal multivitamins, biotin supplements, and dietary supplements for hair, skin, and nail growth. Doctors sometimes prescribe high doses of biotin to treat nerve pain in diabetic patients and patients with multiple sclerosis.



0.2 mcg



3.8 mcg



10 mcg



33.3 mcg



10,000 mcg



300,000 mcg

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## 5. Why does biotin interfere with laboratory tests?

Some laboratory tests use biotin technology. Taking high doses of biotin might interfere with the testing technology and lead to falsely high or low laboratory results for tests that use biotin technology.

### TIPS

- › Let your doctor know if you are taking biotin or are thinking about adding biotin or biotin supplements to your diet
- › Be aware that multivitamin including prenatal multivitamin can have high doses of biotin
- › Know that you might not find clear information about high biotin doses in supplements labeled for hair, skin, and nail growth
- › If you are concerned about your laboratory results done in the past, ask your doctor about the possibility of biotin interference



### References

1. FDA Biotin Safety Communication. <https://www.fda.gov/Safety/MedWatch/SafetyInformation/SafetyAlertsforHumanMedicalProducts/ucm586641.htm>
2. NIH Biotin Fact Sheet for Health Professionals. <https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/>

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