

# Client Communication

## High Dose Biotin Supplementation Notice

This client communication is to alert practitioners of potential spurious blood test results in patients taking high dose biotin supplements (vitamin B7). High serum biotin levels have been shown to interfere with immunoassays offered by multiple instrument manufacturers.

Biotin supplementation has recently been marketed as beneficial to hair, skin and nail growth. The biotin content of these supplements is not always conspicuous on the labelling. Also, a recent clinical trial in Europe has used megadose biotin supplementation as treatment for multiple sclerosis. Significant immunoassay interference is seen with a minimum dose of 5 mg biotin per day. Adequate biotin wash-out periods to eliminate test interference are: 24 hours for 5-10 milligrams per day and 36-72 hours for greater than 10 milligrams per day.

Please note that typical multivitamins only contain 30-60 micrograms of biotin and do not interfere with testing. Also, many blood tests such as routine chemistry and hematology assays are not affected by high dose biotin supplements.

No patients or specimens will be denied testing by West Pacific Medical Laboratory on the basis of biotin supplementation. We recommend that clients inform their patients of potentially inaccurate blood test results due to high dose biotin supplements. If clinically feasible, clients may choose to defer their patients from draw until an appropriate biotin washout period has elapsed.

### **References:**

<https://www.fda.gov/medicaldevices/safety/alertsandnotices/ucm586505.htm>

<https://www.aacc.org/publications/cln/articles/2018/janfeb/meeting-the-biotin-challenge>

<https://www.future-science.com/doi/abs/10.4155/ipk-2017-0013>