

Alert: Biotin Users



**Biotin and Beet Root Powders can
interfere with labs! See
instructions inside.**



4300 N. BRANDYWINE DR • PEORIA, IL 61614 • P 309.692.0123 • F 309.692.0184

DRKNIGHT@THEKNIGHTCENTER.COM • WWW.THEKNIGHTCENTER.COM

Biotin Users: Taking over 300 mcg (RDI) of Biotin will interfere with your lab tests and require us to retest them.

- If you use assays with biotin technology, be aware that it is difficult to identify samples that contain biotin; therefore, it is important to communicate with health care providers and patients to prevent incorrect test results.
- If you are collecting samples in the lab, ask whether the patient is taking biotin.
- Educate health care providers about biotin interference with certain lab tests used in your lab.
- **Consider that the daily recommended allowance for biotin is 0.03 mg and these biotin levels do not typically cause significant interference.** However, supplements containing high biotin levels including those marketed for hair, skin, and nail benefits, may contain up to 20 mg of biotin, and physicians may recommend up to 300 mg per day for conditions such as multiple sclerosis. Biotin levels higher than the recommended daily allowance may cause significant interference with affected lab tests.
- Be aware that specimens collected from patients taking high levels of biotin may contain more than 100 ng/mL biotin. Concentrations of biotin up to 1200 ng/mL may be present in specimens collected from patients taking up to 300 mg per day.
- Currently available data is insufficient to support recommendations for safe testing using affected tests in patients taking high levels of biotin, including about the length of time for biotin clearance from the blood.
- Communicate with the lab test manufacturer if you have questions about biotin interference.

Washout for doses over 1000 mcg have not cleared until 2 weeks! Plan accordingly!