FDA Announcement that Biotin (vitamin B7) May Interfere with Lab Tests

The FDA issued a Safety Communication warning that “Biotin May Interfere with Lab Tests.” Providence Regional Laboratories is working with assay manufacturers to investigate the potential effects of this interference.

Biotin (vitamin B7) is a water-soluble B vitamin that helps turn carbohydrates, fats, and proteins into energy. The recommended daily intake varies based on age (adults: 30 µg/day). Dietary supplements marketed for hair, skin, and nail growth may contain biotin concentrations up to 650 times (5–10 mg) the recommended dose. Also, patients with certain inherited metabolic deficiencies/diseases or conditions such as multiple sclerosis (MS) may be recommended high dose supplementation of biotin (>10 mg/day).

Some clinical laboratory assays use a biotin-streptavidin complex in their formulation. When a patient’s blood contains biotin in high amount, inaccurate results may be observed. If a lab result does not match the clinical presentation of the patient, consider interference as a possible source of error. To ensure that test results are not impacted by biotin interference, have the patient refrain from taking biotin for three days prior to sample collection.

References:


For additional information, please see the Providence Test Catalog online at https://testmenu.com/providence or contact Dr. Alec Saitman or Dr. Veronica Luzzi, at (503) 215-6555.