

## BIOTIN Instructions for Labs

Biotin or B7 associated interference is and increasingly recognized as a cause of abnormal lab results. Biotin is widely marketed for use of the promotion of hair, skin, and nail growth. High plasma concentrations of biotin can lead to falsely decreased or increased results of the molecule in question. There are many reports of this affecting TSH, T4, T3, parathyroid hormone (PTH) level, testosterone, estradiol, ferritin, and other various markers

Our provider requests that you **DO NOT** take any of the following for at least **5 days** prior to having your labs drawn:

- Multivitamins
- B-Complex vitamins
- Biotin or Any Biotin-containing supplements

Red Yeast, Soy Protein, Kelp, Bonemeal, Bugleweed, Iodine supplements can interfere with thyroid hormone levels