WomenRX

THE BIOTIN BRIEFING CARD

Before your blood test.

Bring the product label and this card to the clinician or laboratory. Ask for instructions for the specific test, rather than choosing a waiting period yourself.

Biotin can interfere with certain lab methods. Some affected results can be incorrect even when the product is sold for hair, skin or nails.

Product / brand

Amount AND unit per serving (mcg or mg)

How much I actually take

Date and time last taken

Planned test(s) / appointment

Test date

Other supplements or medicines to mention

ASK THE TESTING TEAM

Could biotin affect these tests? Do you need the label and dose timing? What instructions should I follow, and whom should I ask if they conflict?

Instructions / contact / follow-up

Original WomenRX worksheet. Sources: FDA biotin-interference information; NIH ODS; AACC 2020.