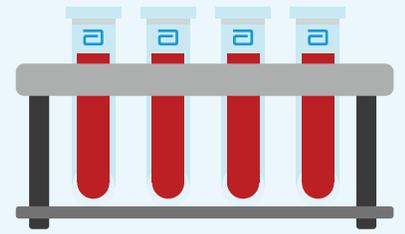


# NOT SURE WHAT TO SAY OR ASK WHEN TALKING ABOUT BIOTIN SUPPLEMENTS WITH YOUR DOCTOR? THIS GUIDE MAY HELP!

**BIOTIN** supplement use is on the rise thanks to the desire for healthier and stronger hair, skin and nails.<sup>1</sup> Early research also suggests that biotin may help conditions such as diabetes and multiple sclerosis.<sup>2-4</sup>

But if you're taking biotin, know that it can interfere with some types of blood test results. The good news is that not all brands of blood tests are affected. Talk to your doctor about the vitamins and supplements you're taking, especially if biotin is included. Your doctor can request a biotin-friendly blood test.



Biotin is one of the B-complex vitamins (also known as vitamin B7). Biotin can be found in most foods that are high in protein, such as meat, dairy products and vegetables.<sup>5</sup> Biotin is also in many supplements including:

- Hair, Skin, and Nail Supplements
- Pre-Natal Vitamins
- Multivitamins

## QUESTIONS TO ASK ?

The best way to make sure you get the answers that you're looking for about supplements is to have a list of questions you want to ask your doctor. Below are a few questions to help you start the conversation:

- ✓ Have you heard about biotin interfering with some blood test results?
- ✓ I'm currently taking biotin, or a supplement that includes biotin, and have heard that it may affect some blood results. Will the tests you order be impacted by my taking biotin?
- ✓ I prefer not to stop taking my supplements. Can you use a blood test that does not use biotin to generate results so that we can avoid the potential of inaccurate result?



### REFERENCES

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5. Biotin: *MedlinePlus Supplements*. 17 March 2015. Retrieved November 16, 2016.

Learn more about biotin by visiting [Abbott.com/biotin](https://www.abbott.com/biotin).