

## RESOLUTION

Subject: Raising Awareness of High-Dose Biotin Interference with Lab Results  
Submitted by: Onajia Stubblefield, MS and Sarah Taheri, MS (Medical Student Section)  
Referred to: Reference Committee

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WHEREAS, the use of over-the-counter biotin supplements for hair and nail growth has increased immensely in recent years<sup>1</sup>; and

WHEREAS, the Food and Nutrition Board of the Institute of Medicine has recommended 30 micrograms per day of biotin and current ranges of the some of the most popular brands have dosages ranging from 2500 micrograms to 10000 micrograms<sup>1</sup>; and

WHEREAS, several studies have demonstrated that biotin can interfere with several routine laboratory tests, including thyroid panels and troponins, leading to misdiagnosis and even death<sup>2-14</sup>; and

WHEREAS, the American Medical Association has adopted policy to raise awareness among patients and physicians of potential lab test interference resulting from biotin megadoses<sup>13</sup>; now, therefore, be it

RESOLVED, that KMA advises physicians to educate patients who use biotin supplements about the potential for lab test interferences and recommend practical strategies to reduce biotin intake to recommended levels, such as dividing the tablets; and be it further

RESOLVED, that KMA advises physicians to recommend patients abstain from biotin supplements prior to a planned blood test that could be affected by biotin when possible.

## References:

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