



## SFDA SAFETY COMMUNICATION

28/01/2018

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### **Biotin and Vitamin B<sub>7</sub> containing products May End-up with Misleading Lab Results**

The Saudi Food and drug Authority (SFDA) would like to draw Health Care Professionals (HCPs) attention to a fact concerning the use of biotin or vitamin B<sub>7</sub> containing supplements. The use of high doses of biotin, or vitamin B<sub>7</sub>, may interfere with some laboratory tests causing misleading results, including troponin as a diagnostic marker for cardiac muscle injury for myocardial infarction (MI). There have been several international case reports, highlighting how risky was the biotin interference with lab tests. One of those reported cases resulted in death.

Biotin exists in various multivitamin preparations including, prenatal multivitamins, biotin supplements, supplements to keep hair, skin, and nail healthy. Some supplements may contain high levels of biotin that could be prescribed for conditions such as multiple sclerosis, which may interfere with cardiac enzymes tests causing misleading findings.

The SFDA emphasizes that HCPs should take extra precautions when interpreting lab tests after ingestion of large amount of biotin. Additionally, the SFDA advises HCPs to ask their patients if they are taking any biotin supplements when lab results do not reflect the actual patient health status.

#### **Report Adverse Drug Events (ADEs) to the SFDA**

The SFDA urges both HCPs and patients to report ADEs resulted from using any medications to the SFDA either online, by regular mail or by fax, using the following contact information:

National Pharmacovigilance and Drug Safety Center (NPC)

Saudi Food and Drug Authority-Drug sector

3292 Northern Ring Road

Al Nafal District

Riyadh 13312 – 6288

Kingdom of Saudi Arabia

Toll free number: 19999

Tel: 01 2038222 ext. 2317, 2356, 2340, 5769

Fax: 01 2057662

Email: NPC.Drug@sFDA.gov.sa