

Vitamin H Biotin (B7)

General:

Physiology: vitamin H belongs to the water-soluble, essential vitamins and is supplied by food as biotinylsins (biocytins). Biotinylsin is transformed by biotinidase into biotin which is absorbed in very small quantities. No supply is required in intact intestine flora, otherwise approx. 0.3 mg.

Clinical symptoms:

Skin: (seborrhoic) dermatitis predominately of the extremities, cheilosis, alopecia, signs of immune deficiency. The biotinidase defect is of importance (see **Newborn screening**).

Material: 1 ml serum, **Frozen**

Preanalytics: Dispatch light-protected

Stability of serum sample:

ambient: 5 days

2–8 °C: 4 weeks

-20 °C: 21 months

For later requests we recommend frozen serum. For long-term storage please freeze sample.

Please note: In patients who take exogenous biotin as a dietary supplement, however, there is a risk of artificial interference of test systems with false high or false low results. Since biotin has a short half-life, we recommend a temporarily stop taking the supplement **24 hours before blood collection**.

TAT: 10 -14 days*

Method: EIA

Units: ng/L

Ref.- range: see report

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>