

THE COACH'S PLAN

The Biotin Blood Test Rule

For anyone taking biotin for hair, skin or nails who has never been told what it does to their lab results.

30 mcg

Adequate intake

The daily amount adults actually need

20 mg

In some hair supplements

Hundreds of times the adequate intake

12 weeks

Fair nail trial

Nails grow slowly, so judge on a photo

Biotin does not thicken hair in people who are not short of biotin. What it reliably does is change what your blood test says, including the troponin result used to diagnose a heart attack. This plan keeps the narrow honest use and removes the risk.

What the evidence actually says

- 1 NIH ODS: hair, skin and nail claims are supported at best by a few case reports and small studies.
- 2 NIH ODS: thinning hair, brittle nails and a facial rash are signs of actual biotin deficiency.
- 3 NIH ODS: adequate intake for adults is 30 micrograms a day; overt deficiency is rare.
- 4 MedlinePlus: no good scientific evidence supports biotin for hair loss at normal biotin levels.
- 5 FDA: high-dose biotin can produce falsely low troponin results, and one patient death has been reported.

Your 3-step plan

1 Step 1: Decide what you are actually treating.

Thicker hair with no reason to suspect a shortage is not a target this pill hits. Brittle nails or a documented deficiency is. Be honest about which one you are.

2 Step 2: Write the blood test rule on the bottle.

Stop biotin several days before any blood draw and tell the ordering clinician you take it. Put a note on the lid. Lab interference is invisible unless somebody says it out loud.

3 Step 3: Give nails twelve weeks, then judge on evidence.

Photograph one hand in the same light on day one. Nails grow slowly, so anything shorter is guesswork. No change means stop, and if hair is the real concern, book the appointment.

The safety line

Tell every clinician who orders blood work that you take biotin, and stop it beforehand unless told otherwise; interference affects thyroid, hormone and cardiac troponin assays. Hair thinning has many causes, including thyroid disease, low iron, medications and pattern hair loss, and those need a clinician rather than a capsule. Supplements are not reviewed by the

Read the full article: <https://www.agelesscoach.com/articles/biotin-wont-regrow-your-hair-heres-what-it-does>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.