



Biotin & Thyroid Testing

XYMOGEN's **RegeneMax Plus** containing **ch-OSA®** (choline-stabilized orthosilicic acid) naturally helps nourish your body's beauty proteins by supporting and activating enzymes used by collagen-generating cells to make collagen in hair, skin, nail, joint and bone. The formula has seen some amazing benefits with patients and also includes biotin. Biotin supplementation supports healthy hair growth and is a common method for enhancing skin health and hair and nail strength.

You may have seen or heard however that biotin can inadvertently effect thyroid testing. The machines that are used to do thyroid testing use biotin as part of the test. Which means taking a biotin supplement can lead to highly inaccurate result on a thyroid function test. The **thyroid stimulating hormone test, or TSH**, is the test most often used to measure thyroid function.

Thyroid Testing & Biotin

To avoid any testing issues it is recommended patients supplementing with biotin discontinue the formula 24-48hrs prior to any thyroid laboratory testing. It is important to have patients remember that when supplementing with biotin, the thyroid does not get effected just the testing process.

Along with the **RegeneMax Plus** capsule, the formula **ALAmox CR** contains 450mcg of biotin which would also be recommended to stop usage prior to thyroid testing.

I hope this information is helpful for you and your patients and please don't hesitate to reach out with questions on additional biotin or thyroid research. Have a great day and see you soon!