BBH Biotin Food & Symptom Tracker

A 7-day observation worksheet | Brain Health > Vitamins & Minerals

Purpose: Log meals, symptoms, supplements and questions for a healthcare professional. This worksheet cannot identify or diagnose biotin deficiency.

1. What prompted you to check your nutrition?

My concerns: _____

Symptoms started approximately: _____ Changes over time: _____

2. Your 7-day food and symptom log

Day	Foods eaten (incl. eggs, nuts, legumes, etc.)	Hair / skin / nails / energy / tingling	Notes
1			
2			
3			
4			
5			
6			
7			

Supplement & Appointment Notes

3. Supplements and medicines

Record the exact product, dose and timing. Tell your clinician and laboratory staff about biotin supplements before blood tests.

Product / dose: _____

When started / last taken: _____

Other medication details to discuss: _____

4. Questions for a healthcare professional

■ Could another condition explain these symptoms (such as thyroid, iron, B12 or skin conditions)?

Notes: _____

■ Do my diet, medications or medical history raise concern about biotin inadequacy?

Notes: _____

■ Would any tests be appropriate, and could my biotin supplement interfere with them?

Notes: _____

■ Do I need treatment or dietary changes, and what follow-up is appropriate?

Notes: _____

5. When to seek help

Arrange medical assessment for ongoing or progressive symptoms. Seek emergency care for seizures, sudden confusion, sudden weakness, chest pain, or other severe neurological symptoms. Do not delay care while trying supplements.

Medical safety: Biotin deficiency is uncommon. Symptoms are not specific, and biotin-containing supplements may interfere with certain laboratory assays, including thyroid and cardiac troponin tests. Do not stop prescribed medication without clinical advice.

Evidence source: NIH Office of Dietary Supplements — Biotin Health Professional Fact Sheet: https://ods.od.nih.gov/factsheets/Biotin-HealthProfessional/

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