BBH | BIO AND BRAIN HEALTH INFO

Vitamin B5 Food & Symptom Tracker

A 7-day printable worksheet for noticing food patterns, energy, sleep and questions worth discussing with a healthcare professional.

Purpose: This is an observation tool, not a vitamin B5 deficiency test. Vitamin B5 (pantothenic acid) deficiency is rare; tiredness, tingling and other symptoms can have many causes.

Name (optional): _____ Week starting: _____

How to use

For seven days, record your meals and observations without trying to diagnose yourself. Include varied foods such as eggs, poultry, mushrooms, whole grains, legumes and avocado when suitable for your diet. There is no need to calculate exact vitamin B5 intake.

Daily food and routine log

Day	Foods / meals (brief notes)	Energy (1–5)	Sleep (hours)	Other observations
Day 1	_____	_____	_____	_____
Day 2	_____	_____	_____	_____
Day 3	_____	_____	_____	_____
Day 4	_____	_____	_____	_____
Day 5	_____	_____	_____	_____
Day 6	_____	_____	_____	_____
Day 7	_____	_____	_____	_____

Energy scale: 1 = very low, 3 = moderate, 5 = high. This scale is for personal tracking, not medical assessment.

Body and symptom observations

Check only what you actually noticed. These observations are nonspecific and do not establish a vitamin deficiency.

Observation	Days noticed / details
Unusual tiredness	_____
Difficulty concentrating	_____
Sleep disruption	_____
Tingling, burning or numbness	_____
Digestive discomfort	_____
Mood or irritability changes	_____
Other concerns	_____

Context that may matter

Recent illness, stress, travel, dietary changes, medicines, supplements or sleep changes:

_____

_____

Symptoms that are new, worsening, persistent or interfering with daily life should be discussed with a qualified healthcare professional. Seek urgent medical help for sudden weakness, speech changes, severe confusion or other emergency symptoms.

Nutrition and supplement safety

Vitamin B5 helps form coenzyme A, which is essential for normal metabolism. Most people obtain enough through varied foods. For adults aged 19 and older, the US adequate intake is 5 mg/day; pregnancy 6 mg/day; lactation 7 mg/day. These are population reference values, not personalized prescriptions.

Food variety checklist

Food group	Included this week?	Notes
Whole grains	[ ] Yes [ ] No	_____
Legumes / lentils	[ ] Yes [ ] No	_____
Vegetables / mushrooms	[ ] Yes [ ] No	_____
Eggs / dairy / other proteins	[ ] Yes [ ] No	_____
Poultry / fish / alternatives	[ ] Yes [ ] No	_____

Supplement safety checklist

[ ] I wrote down the names and doses of supplements I currently use.

[ ] I checked whether a multivitamin already contains vitamin B5.

[ ] I will not use high-dose vitamin B5 to self-treat brain fog, fatigue or nerve symptoms.

[ ] I will ask a qualified clinician or pharmacist about supplements if I have ongoing symptoms, medical conditions or medication concerns.

My current supplements / medicines (optional): _____

_____

Your 7-day review and next steps

1. What foods were easiest to include consistently?

_____

_____

2. Did energy, sleep or symptoms vary during the week?

_____

_____

3. What practical food habit would I like to continue?

_____

4. Questions for a healthcare professional

[ ] Could my symptoms have causes other than a nutrient deficiency?

[ ] Would any clinical assessment or laboratory testing be appropriate?

[ ] Do my medications, health conditions or dietary restrictions affect nutrition advice?

[ ] Is any supplement necessary, and what dose would be appropriate?

My own question: _____

Research and safety references

NIH Office of Dietary Supplements — Pantothenic Acid Fact Sheet for Health Professionals: https://ods.od.nih.gov/factsheets/PantothenicAcid-HealthProfessional/

NIH Office of Dietary Supplements — Pantothenic Acid Fact Sheet for Consumers: https://ods.od.nih.gov/factsheets/PantothenicAcid-Consumer/

Medical disclaimer: This worksheet provides general education and cannot diagnose, prevent or treat disease. Consult a qualified healthcare professional for persistent symptoms or supplement decisions.

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