BBH Vitamin B6 Food & Supplement Safety Tracker

Free 7-day reflection worksheet | Bio and Brain Health Info (BBH)

Purpose: Record food patterns, supplement-label details and questions for a healthcare visit. This worksheet does not estimate vitamin status, diagnose deficiency, or recommend a supplement dose.

1. Seven-day food & well-being record

Day	Foods containing B6 (if known)	Sleep / focus / symptoms (observations only)
Day 1	_____	_____
Day 2	_____	_____
Day 3	_____	_____
Day 4	_____	_____
Day 5	_____	_____
Day 6	_____	_____
Day 7	_____	_____

Examples of B6-containing foods: poultry, fish, potatoes, chickpeas, bananas, and fortified foods. Content varies with portion and preparation.

2. Supplement label audit

Review every multivitamin, B-complex, energy product and standalone B6 supplement you use. Copy the label exactly; do not guess.

Product / brand	B6 per serving (mg)	Servings used / frequency
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Label checklist

[ ] Standalone vitamin B6

[ ] B-complex or multivitamin

[ ] Magnesium or sleep / stress supplement containing B6

[ ] Fortified powders, drinks, or other products

Safety: Higher supplement doses are not automatically better. Excess vitamin B6 can cause peripheral neuropathy, sometimes with persistent symptoms. Do not exceed local clinical guidance or change prescribed treatment without consulting a clinician.

3. Symptoms and questions for your clinician

When did symptoms begin? _____

Have you noticed numbness, tingling, balance changes, mood changes, or confusion?

_____

Current medicines and health conditions to mention: _____

_____

Questions to ask

[ ] Could these symptoms have another explanation?

[ ] Is a dietary review or vitamin B6 test indicated for me?

[ ] Am I unknowingly combining several products containing B6?

[ ] Is the dose I am taking appropriate for my individual situation?

[ ] When should I seek follow-up if symptoms continue?

My next agreed step: _____

Appointment / follow-up date: _____

Urgent warning: Sudden confusion, facial drooping, one-sided weakness or trouble speaking requires immediate emergency evaluation. Progressive numbness or unsteady walking needs timely medical assessment.

Evidence and guidance: NIH ODS Vitamin B6 fact sheet (ods.od.nih.gov); NHS B vitamins and folic acid (nhs.uk); EFSA Vitamin B6 upper intake review (efsa.europa.eu). General education only. Not personalized medical advice.