

Supplement inventory

Bring this record, product labels or photos, and a medication list to a pharmacist or clinician. Include occasional products and fortified foods/drinks. Do not stop prescribed treatment because of this worksheet.

1. What are you trying to address?

Reason for use, eating pattern, restrictions, life stage, or diagnosed need:

2. Record the complete products

Use the full labeled serving and your actual intake, not just “one bottle.”

Exact product / reason	Serving and actual frequency	Key nutrients / amounts / units

3. Include medicines and relevant foods

Prescription/nonprescription medicines, fortified drinks, cereals, powders, and other meaningful sources:

mg and mcg are different: 1mg = 1,000mcg. Daily Value is a label reference—not a personalized dose or an upper safe limit.

Overlap and appointment questions

4. Check overlapping amounts

List one nutrient at a time using consistent units. Do not treat an arithmetic total as proof of safety or need.

Nutrient / unit	Product contributions	Combined amount / questions

Example only: 10mcg + 25mcg vitamin D = 35mcg from those two products. This is not a recommended dose or a safety judgment; other sources and your circumstances matter.

5. Ask the useful questions

- What specific need are we addressing? Could food or a targeted product meet it?
- Do products overlap, interact with medicines, or affect laboratory tests?
- Is testing indicated? What would its result change?
- What exact product, dose, duration, and follow-up apply to me?
- Should any existing product be changed, and who will review the plan?

6. Record the agreed plan

Product / amount / timing / duration / follow-up:

Symptoms alone do not diagnose a vitamin deficiency. Disclose biotin before blood tests and ask about any required instructions. Seek appropriate assessment for persistent symptoms. Store all supplements securely away from children.