

Online Supplemental Material

Supplemental Table 1. Seven-day rotational menu consumed by pregnant, lactating, and control women for 10-12 weeks^{1,2}

Day (total amount of biotin for the day)	Breakfast	Lunch	Dinner
Monday (Total: 56 µg)	2 eggs, scrambled 2 slices toast 1 peach fruit cup Juice	Pesto sandwich: 2 slices bread Pesto Swiss Cheese Romaine lettuce Celery sticks Carrot sticks	Beef & cheese tacos: 3 corn tortillas Ground beef Cheddar Cheese Iceberg lettuce Melon Milk
Tuesday (Total: 90 µg)	Waffle 1 egg, hard-boiled Juice	Tuna sandwich: 2 slices bread Tuna, canned Cheddar cheese Iceberg lettuce Mayonnaise Grapes	Spaghetti: Cooked pasta Tomato sauce Mushrooms Parmesan cheese Mozzarella cheese Milk
Wednesday (Total: 32 µg)	Fitness crunch cereal Milk 1 box of raisins 1 banana Juice	Pastrami sandwich: 2 slices bread Pastrami Swiss cheese Romaine lettuce Cucumber	Vegetarian pizza: Homemade dough Tomato sauce Red peppers, jarred Mushrooms Spinach Mozzarella cheese Apple sauce Milk
Thursday (Total: 101 µg)	2 blueberry pancakes Juice	Egg salad sandwich: 2 slices bread 1 egg, hard-boiled Mayonnaise Romaine lettuce Celery sticks Carrot sticks	Beef & broccoli stir-fry: Beef Broccoli Rice Onions Cantaloupe Melon Milk
Friday (Total: 22 µg)	1 bagel 1 orange fruit cup Juice	Bean burrito: Black beans, canned Cheddar cheese Rice 1 large tortilla	Lasagna: Noodles Tomato sauce Ground beef Cottage cheese Mozzarella cheese Parmesan cheese Summer squash Zucchini Milk

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Saturday (Total: 13 µg)	2 raspberry muffins 1 banana Juice	Turkey sandwich: 2 slices bread Turkey Provolone cheese Iceberg lettuce Cucumber	Chicken quesadilla: Chicken 2 large tortillas Cheddar cheese Corn, frozen Milk
Sunday (Total: 84 µg)	Oat granola cereal Milk 1 box of raisins 1 peach fruit cup Juice	Vegetable soup Corn muffin Grapes	Goulash: Cooked pasta Beef Onions Red peppers, jarred Tomatoes, canned Tomato puree Potatoes, canned Pineapple, canned Milk

¹Juice choices included apple, cranberry-grape, or cranberry juice.

² Snacks were provided daily and contained 4µg biotin (which was added to the final biotin content for each day). The snacks included a yogurt (vanilla, raspberry, or peach flavored) and V8 juice (Campbell Soup Company)