

Vitamin A deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Vegan or vegetarian diet	0	1	2	3	4
2. Dry eyes	0	1	2	3	4
3. Dry hair	0	1	2	3	4
4. Dry, rough skin (rough on upper arm and back)	0	1	2	3	4
5. Eczema, dermatitis	0	1	2	3	4
6. Night blindness (poor vision in the evening)	0	1	2	3	4
7. Acne	0	1	2	3	4
8. Soft stools	0	1	2	3	4
9. Fissures, cracks on the heels	0	1	2	3	4
10. Women: Vaginal dryness	0	1	2	3	4
11. Men: Smaller testicles	0	1	2	3	4
Total					
Overall total					
Score	10 or less		Satisfactory level		
	Between 10 and 20		Possible vitamin A deficiency		
	21 or more		Probable vitamin A deficiency		

Vitamin B1 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Leg weakness	0	1	2	3	4
2. Calf muscle tenderness	0	1	2	3	4
3. Difficulty rising from a squatting position	0	1	2	3	4
4. Decreased vibratory sensation in the toes	0	1	2	3	4
5. Foot drop (inability to lift the foot)	0	1	2	3	4
6. Disorientation	0	1	2	3	4
7. Loss of vision	0	1	2	3	4
8. Double vision (diplopia)	0	1	2	3	4
9. Abnormal eye movements, including involuntary eye oscillations	0	1	2	3	4
10. Poor coordination (ataxia)	0	1	2	3	4
Total					
Overall total					
Score	10 or less		Satisfactory level		
	Between 10 and 20		Possible vitamin B1 deficiency		
	21 or more		Probable vitamin B1 deficiency		

Vitamin B2 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
Dietary inadequacy (vegans not eating leafy green vegetables) or alcoholism	0	1	2	3	4
Burning and itching eyes	0	1	2	3	4
Small blood vessels in the eyes	0	1	2	3	4
Cracks, fissures in the corners of the mouth (angular stomatitis)	0	1	2	3	4
Fissures on the tongue	0	1	2	3	4
Sore, redthroat	0	1	2	3	4
Dry, flaky peeling skin scales, widespread, esp. on legs and feet	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin B2 deficiency		
	15 or more		Probable vitamin B2 deficiency		

Vitamin B3 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Malaise	0	1	2	3	4
2. Fatigue	0	1	2	3	4
3. Poor sleep	0	1	2	3	4
4. Memory loss	0	1	2	3	4
5. Inflamed mouth, ulcerative lesions (stomatitis)	0	1	2	3	4
6. Sore throat	0	1	2	3	4
7. Burning sensation in various body parts	0	1	2	3	4
8. Red rose, scaling skin (prominent on sun-exposed skin)	0	1	2	3	4
9. Abdominal distress, burning	0	1	2	3	4
10. Diarrhea alternating with constipation	0	1	2	3	4
Total					
Overall total					
Score	10 or less		Satisfactory level		
	Between 10 and 20		Possible vitamin B3 deficiency		
	21 or more		Probable vitamin B3 deficiency		

Vitamin B5 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Diffuse scalp hairloss	0	1	2	3	4
2. Easy bruising	0	1	2	3	4
3. Sore, painful, burning legs	0	1	2	3	4
4. Headache	0	1	2	3	4
5. Poor sleep	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B5deficiency		
	11 or more		Probable vitamin B5deficiency		

Vitamin B6 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Cracks in mouth corners	0	1	2	3	4
2. Sore tongue	0	1	2	3	4
3. Hyperventilation (intense breathing)	0	1	2	3	4
4. Spasmophilia (painful contraction of muscles, especially of the hands)	0	1	2	3	4
5. Tensed muscles	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B6 deficiency		
	11 or more		Probable vitamin B6 deficiency		

Biotin (B7) deficiency? Do you have the following:	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
	0	±	+	++	+++
1. Uncombable hair (especially in children)	0	1	2	3	4
2. Diffuse scalp hair loss	0	1	2	3	4
3. Red, inflamed eyes	0	1	2	3	4
4. Body hair loss and thinning	0	1	2	3	4
5. Unusual distribution of fat in the face	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible biotin deficiency		
	11 or more		Probable biotin deficiency		

Folic acid (B9) deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
• Alcohol and/or tobacco smoking	0	1	2	3	4
• Pale face	0	1	2	3	4
• Sore tongue	0	1	2	3	4
• Pale skin	0	1	2	3	4
• Restless legs syndrome at night	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible folic acid deficiency		
	11 or more		Probable folic acid deficiency		

Vitamin B12 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. History of stomach disorders	0	1	2	3	4
2. Vegan/vegetarian diet	0	1	2	3	4
3. Fatigue	0	1	2	3	4
4. Pale, yellowish face	0	1	2	3	4
5. Low back pain	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B12 deficiency		
	11 or more		Probable vitamin B12 deficiency		

Vitamin C deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Insufficient emotional control	0	1	2	3	4
2. Suspicious, paranoid psychic traits	0	1	2	3	4
3. Excessive sensitivity to light	0	1	2	3	4
4. Bleeding gums (gingivitis)	0	1	2	3	4
5. Loose teeth	0	1	2	3	4
6. Easy skin bruising	0	1	2	3	4
7a Adults: age spots	0	1	2	3	4
7b Children: Defective teeth formation	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin C deficiency		
	15 or more		Probable vitamin E deficiency		

Vitamin D deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Poor sun exposure	0	1	2	3	4
2. Swollen, deformed bones	0	1	2	3	4
3. Excruciating bone pains upon pressure	0	1	2	3	4
4. Muscle pains	0	1	2	3	4
5. Tender points, painful at pressure	0	1	2	3	4
6. Sore legs	0	1	2	3	4
7a Adults: Curved back	0	1	2	3	4
7b Children: Severely deformed bone	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin D deficiency		
	15 or more		Probable vitamin D deficiency		

Vitamin E deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Excessive sensitivity to light	0	1	2	3	4
2. Muscle weakness, wasting	0	1	2	3	4
3. Muscle pains	0	1	2	3	4
4. Uncoordinated movements	0	1	2	3	4
5. Age spots, premature aging skin	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin E deficiency		
	11 or more		Probable vitamin E deficiency		

Vitamin K deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Eye hemorrhages	0	1	2	3	4
2. Nosebleeds frequent, prolonged	0	1	2	3	4
3. Gum bleeding	0	1	2	3	4
4. Easy bruising	0	1	2	3	4
5. Curved back	0	1	2	3	4
6. Calcium deposits in tissues	0	1	2	3	4
7a. Women: Heavy menstrual bleeding	0	1	2	3	4
7b. Men: Lower bone density	0	1	2	3	4
7c. Children: Small nose, mouth, ears, short fingers	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin K deficiency		
	15 or more		Probable vitamin K deficiency		

Omega-3 polyunsaturated fatty acid deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Drinking all the time water and other liquids	0	1	2	3	4
2. Frequent urination	0	1	2	3	4
3. Attention deficit (disorder)	0	1	2	3	4
4. Tendency to socially isolate yourself	0	1	2	3	4
5. Tendency to repeat words or acts	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible ω6 fatty acid deficiency		
	11 or more		Probable ω6 fatty acid deficiency		

Omega-6 polyunsaturated fatty acid deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following	0	±	+	++	+++
1. Dry hair	0	1	2	3	4
2. Diffuse scalp hair loss	0	1	2	3	4
3. Dry, scaly skin	0	1	2	3	4
4. Cracking, peeling fingertips and heels	0	1	2	3	4
5. Dull nails, lacking surface shine	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible ω6 fatty acid deficiency		
	11 or more		Probable ω6 fatty acid deficiency		

Zinc deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following	0	±	+	++	+++
1. Poor sense of smell	0	1	2	3	4
2. Impaired taste	0	1	2	3	4
3. Poorly flexible, elastic skin, prone to stretch marks	0	1	2	3	4
4. Acne	0	1	2	3	4
5. White spots on the nails	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible zinc deficiency		
	11 or more		Probable zinc deficiency		

Iron deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Vegan or vegetarian diet	0	1	2	3	4
2. Fatigue in the evening	0	1	2	3	4
3. Diffuse scalp hair loss	0	1	2	3	4
4. Pale face, paleness	0	1	2	3	4
5. Brittle nails	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible iron deficiency		
	11 or more		Probable iron deficiency		

Magnesium deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Afternoon fatigue	0	1	2	3	4
2. Tensed muscles in face, lower back	0	1	2	3	4
3. Regular muscle twitching of eyelids	0	1	2	3	4
4. Muscle cramps in legs, feet	0	1	2	3	4
5. Irregular heart beats (arrhythmia)	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible magnesium deficiency		
	11 or more		Probable magnesium deficiency		