

<b>Omega-3 polyunsaturated fatty acid deficiency?</b>	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
<b>Do you have the following:</b>	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
<b>Total</b>					
<b>Overall total</b>					
<b>Score</b>	<b>5 or less</b>		Satisfactory level		
	<b>Between 5 and 10</b>		Possible ω6 fatty acid deficiency		
	<b>11 or more</b>		Probable ω6 fatty acid deficiency		