

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		