

<b>Vitamin A deficiency?</b>	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
<b>Do you have the following:</b>	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
<b>Total</b>					
<b>Overall total</b>					
<b>Score</b>	<b>10 or less</b>		Satisfactory level		
	<b>Between 10 and 20</b>		Possible vitamin A deficiency		
	<b>21 or more</b>		Probable vitamin A deficiency		