

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		