

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		