

Vitamin B3 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Malaise	0	1	2	3	4
2. Fatigue	0	1	2	3	4
3. Poor sleep	0	1	2	3	4
4. Memory loss	0	1	2	3	4
5. Inflamed mouth, ulcerative lesions (stomatitis)	0	1	2	3	4
6. Sore throat	0	1	2	3	4
7. Burning sensation in various body parts	0	1	2	3	4
8. Red rose, scaling skin (prominent on sun-exposed skin)	0	1	2	3	4
9. Abdominal distress, burning	0	1	2	3	4
10. Diarrhea alternating with constipation	0	1	2	3	4
Total					
Overall total					
Score	10 or less		Satisfactory level		
	Between 10 and 20		Possible vitamin B3 deficiency		
	21 or more		Probable vitamin B3 deficiency		