

Vitamin B5 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Diffuse scalp hairloss	0	1	2	3	4
2. Easy bruising	0	1	2	3	4
3. Sore, painful, burning legs	0	1	2	3	4
4. Headache	0	1	2	3	4
5. Poor sleep	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B5deficiency		
	11 or more		Probable vitamin B5deficiency		