

Vitamin B6 deficiency?  Do you have the following:	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
	0	±	+	++	+++
1. Cracks in mouth corners	0	1	2	3	4
2. Sore tongue	0	1	2	3	4
3. Hyperventilation (intense breathing)	0	1	2	3	4
4. Spasmophilia (painful contraction of muscles, especially of the hands)	0	1	2	3	4
5. Tensed muscles	0	1	2	3	4
<b>Total</b>					
<b>Overall total</b>					
<b>Score</b>	<b>5 or less</b>		Satisfactory level		
	<b>Between 5 and 10</b>		Possible vitamin B6 deficiency		
	<b>11 or more</b>		Probable vitamin B6 deficiency		