

Vitamin C deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Insufficient emotional control	0	1	2	3	4
2. Suspicious, paranoid psychic traits	0	1	2	3	4
3. Excessive sensitivity to light	0	1	2	3	4
4. Bleeding gums (gingivitis)	0	1	2	3	4
5. Loose teeth	0	1	2	3	4
6. Easy skin bruising	0	1	2	3	4
7a Adults: age spots	0	1	2	3	4
7b Children: Defective teeth formation	0	1	2	3	4
Total					
Overall total					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin C deficiency		
	15 or more		Probable vitamin E deficiency		