

<b>Vitamin K deficiency?</b>	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
<b>Do you have the following:</b>	0	±	+	++	+++
1. Eye hemorrhages	0	1	2	3	4
2. Nosebleeds frequent, prolonged	0	1	2	3	4
3. Gum bleeding	0	1	2	3	4
4. Easy bruising	0	1	2	3	4
5. Curved back	0	1	2	3	4
6. Calcium deposits in tissues	0	1	2	3	4
7a. Women: Heavy menstrual bleeding	0	1	2	3	4
7b. Men: Lower bone density	0	1	2	3	4
7c. Children: Small nose, mouth, ears, short fingers	0	1	2	3	4
<b>Total</b>					
<b>Overall total</b>					
<b>Score</b>	<b>7 or less</b>		Satisfactory level		
	<b>Between 7 and 14</b>		Possible vitamin K deficiency		
	<b>15 or more</b>		Probable vitamin K deficiency		