



Dr HERTOEGHE CLINIC

TEST YOURSELF AND DISCOVER YOUR DEFICIENCIES

VITAMIN A DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Vegan or vegetarian diet	0	1	2	3	4
2. Dry eyes	0	1	2	3	4
3. Dry hair	0	1	2	3	4
4. Dry, rough skin (rough on upper arm and back)	0	1	2	3	4
5. Eczema, dermatitis	0	1	2	3	4
6. Night blindness (poor vision in the evening)	0	1	2	3	4
7. Acne	0	1	2	3	4
8. Soft stools	0	1	2	3	4
9. Fissures, cracks on the heels	0	1	2	3	4
10. Women: Vaginal dryness	0	1	2	3	4
11. Men: Smaller testicles	0	1	2	3	4
Total					
Overall TOTAL					

Score	10 or less	Satisfactory level
	Between 10 and 20	Possible Vitamin A deficiency
	21 or more	Probable Vitamin A deficiency

VITAMIN B1 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Leg weakness	0	1	2	3	4
2. Calf muscle tenderness	0	1	2	3	4
3. Difficulty rising from a squatting position	0	1	2	3	4
4. Decreased vibratory sensation in the toes	0	1	2	3	4
5. Foot drop (inability to lift the foot)	0	1	2	3	4
6. Disorientation	0	1	2	3	4
7. Loss of vision	0	1	2	3	4
8. Double vision (diplopia)	0	1	2	3	4
9. Abnormal eye movements, including involuntary eye oscillations	0	1	2	3	4
10. Poor coordination (ataxia)	0	1	2	3	4
Total					
Overall TOTAL					

Score	10 or less	Satisfactory level
	Between 10 and 20	Possible Vitamin B1 deficiency
	21 or more	Probable Vitamin B1 deficiency

VITAMIN B2 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Dietary inadequacy (vegans not eating leafy green vegetables) or alcoholism	0	1	2	3	4
2. Burning and itching eyes	0	1	2	3	4
3. Small blood vessels in the eyes	0	1	2	3	4
4. Cracks, fissures in the corners of the mouth (angular stomatitis)	0	1	2	3	4
5. Fissures on the tongue	0	1	2	3	4
6. Sore, red throat	0	1	2	3	4
7. Dry, flaky peeling skin scales, widespread, esp. on legs and feet	0	1	2	3	4
Total					
Overall TOTAL					

Score	7 or less	Satisfactory level
	Between 7 and 14	Possible Vitamin B2 deficiency
	15 or more	Probable Vitamin B2 deficiency

VITAMIN B3 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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

VITAMIN B5 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Diffuse scalp hair loss	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 B5 deficiency
	11 or more	Probable Vitamin B5 deficiency

VITAMIN B6 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible Vitamin B6 deficiency
	11 or more	Probable Vitamin B6 deficiency

VITAMIN B7 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Hair difficult to comb (especially in children)	0	1	2	3	4
2. Diffuse scalp hair loss	0	1	2	3	4
3. Red, inflamed eyes	0	1	2	3	4
4. Body hair loss and thinning	0	1	2	3	4
5. Unusual distribution of fat in the face	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible Vitamin B7 deficiency
	11 or more	Probable Vitamin B7 deficiency

FOLIC ACID (B9) DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Alcohol and/or tobacco smoking	0	1	2	3	4
2. Pale face	0	1	2	3	4
3. Sore tongue	0	1	2	3	4
4. Pale skin	0	1	2	3	4
5. Restless legs syndrome at night	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible folic acid deficiency
	11 or more	Probable folic acid deficiency

VITAMIN B12 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. History of stomach disorders	0	1	2	3	4
2. Vegan/vegetarian diet	0	1	2	3	4
3. Fatigue	0	1	2	3	4
4. Pale, yellowish face	0	1	2	3	4
5. Low back pain	0	1	2	3	4
Total					
Overall TOTAL					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B12 deficiency		
	11 or more		Probable vitamin B12 deficiency		

VITAMIN C DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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 C deficiency		

VITAMIN D DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Poor sun exposure	0	1	2	3	4
2. Swollen, deformed bones	0	1	2	3	4
3. Excruciating bone pains upon pressure	0	1	2	3	4
4. Muscle pains	0	1	2	3	4
5. Tender points, painful at pressure	0	1	2	3	4
6. Sore legs	0	1	2	3	4
7a. Adults: Curved back	0	1	2	3	4
7b. Children: Severely deformed bone	0	1	2	3	4
Total					
Overall TOTAL					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin D deficiency		
	15 or more		Probable vitamin D deficiency		

VITAMIN E DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Excessive sensitivity to light	0	1	2	3	4
2. Muscle weakness, wasting	0	1	2	3	4
3. Muscle pains	0	1	2	3	4
4. Uncoordinated movements	0	1	2	3	4
5. Age spots, premature aging skin	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible Vitamin E deficiency
	11 or more	Probable Vitamin E deficiency

VITAMIN K DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
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
Total					
Overall TOTAL					
Score	7 or less		Satisfactory level		
	Between 7 and 14		Possible vitamin K deficiency		
	15 or more		Probable vitamin K deficiency		

OMEGA 3 POLYUNSATURATED FATTY ACID DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Drinking all the time water and other liquids	0	1	2	3	4
2. Frequent urination	0	1	2	3	4
3. Attention deficit (disorder)	0	1	2	3	4
4. Tendency to socially isolate yourself	0	1	2	3	4
5. Tendency to repeat words or acts	0	1	2	3	4
Total					
Overall TOTAL					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible omega 3 fatty acid deficiency		
	11 or more		Probable omega 3 fatty acid deficiency		

OMEGA 6 POLYUNSATURATED FATTY ACID DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Dry hair	0	1	2	3	4
2. Diffuse scalp hair loss	0	1	2	3	4
3. Dry, scaly skin	0	1	2	3	4
4. Cracking, peeling fingertips and heels	0	1	2	3	4
5. Dull nails, lacking surface shine	0	1	2	3	4
Total					
Overall TOTAL					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible omega 6 fatty acid deficiency		
	11 or more		Probable omega 6 fatty acid deficiency		

ZINC DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Poor sense of smell	0	1	2	3	4
2. Impaired taste	0	1	2	3	4
3. Poorly flexible, elastic skin, prone to stretch marks	0	1	2	3	4
4. Acne	0	1	2	3	4
5. White spots on the nails	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible zinc deficiency
	11 or more	Probable zinc deficiency

IRON DEFICIENCY TEST

Do you follow? Do you suffer from? Do you have?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. A vegan or vegetarian diet	0	1	2	3	4
2. Fatigue in the evening	0	1	2	3	4
3. Diffuse scalp hair loss	0	1	2	3	4
4. Pale face, paleness	0	1	2	3	4
5. Brittle nails	0	1	2	3	4
Total					
Overall TOTAL					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible iron deficiency		
	11 or more		Probable iron deficiency		

MAGNESIUM DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Afternoon fatigue	0	1	2	3	4
2. Tensed muscles in face, lower back	0	1	2	3	4
3. Regular muscle twitching of eyelids	0	1	2	3	4
4. Muscle cramps in legs, feet	0	1	2	3	4
5. Irregular heartbeats (arrhythmia)	0	1	2	3	4
Total					
Overall TOTAL					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible magnesium deficiency		
	11 or more		Probable magnesium deficiency		