



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		