



### 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		