



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		