



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