



Dr HERTOGHE CLINIC

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

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