



Dr HERTOGHE CLINIC

VITAMIN B12 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. History of stomach disorders	0	1	2	3	4
2. Vegan/vegetarian diet	0	1	2	3	4
3. Fatigue	0	1	2	3	4
4. Pale, yellowish face	0	1	2	3	4
5. Low back pain	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible vitamin B12 deficiency
	11 or more	Probable vitamin B12 deficiency

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