



### VITAMIN B2 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Dietary inadequacy (vegans not eating leafy green vegetables) or alcoholism	0	1	2	3	4
2. Burning and itching eyes	0	1	2	3	4
3. Small blood vessels in the eyes	0	1	2	3	4
4. Cracks, fissures in the corners of the mouth (angular stomatitis)	0	1	2	3	4
5. Fissures on the tongue	0	1	2	3	4
6. Sore, red throat	0	1	2	3	4
7. Dry, flaky peeling skin scales, widespread, esp. on legs and feet	0	1	2	3	4
Total					
Overall TOTAL					

Score	7 or less	Satisfactory level
	Between 7 and 14	Possible Vitamin B2 deficiency
	15 or more	Probable Vitamin B2 deficiency

