



Dr HERTOEGHE CLINIC

### VITAMIN B3 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Malaise	0	1	2	3	4
2. Fatigue	0	1	2	3	4
3. Poor sleep	0	1	2	3	4
4. Memory loss	0	1	2	3	4
5. Inflamed mouth, ulcerative lesions (stomatitis)	0	1	2	3	4
6. Sore throat	0	1	2	3	4
7. Burning sensation in various body parts	0	1	2	3	4
8. Red rose, scaling skin (prominent on sun-exposed skin)	0	1	2	3	4
9. Abdominal distress, burning	0	1	2	3	4
10. Diarrhea alternating with constipation	0	1	2	3	4
Total					
Overall TOTAL					

Score	10 or less	Satisfactory level
	Between 10 and 20	Possible Vitamin B3 deficiency
	21 or more	Probable Vitamin B3 deficiency