



Dr HERTOGHE CLINIC

VITAMIN B5 DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Diffuse scalp hair loss	0	1	2	3	4
2. Easy bruising	0	1	2	3	4
3. Sore, painful, burning legs	0	1	2	3	4
4. Headache	0	1	2	3	4
5. Poor sleep	0	1	2	3	4
Total					
Overall TOTAL					

Score	5 or less	Satisfactory level
	Between 5 and 10	Possible Vitamin B5 deficiency
	11 or more	Probable Vitamin B5 deficiency

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