



Dr HERTOGHE CLINIC

FOLIC ACID (B9) DEFICIENCY TEST

| Do you have the following? Do you suffer from? | No Never 0 | Few Sometimes ± | Moderately Regularly + | Much Often ++ | Extreme Always +++ |
|--|------------------|-----------------------|------------------------------|---------------------|--------------------------|
| 1. Alcohol and/or tobacco smoking | 0 | 1 | 2 | 3 | 4 |
| 2. Pale face | 0 | 1 | 2 | 3 | 4 |
| 3. Sore tongue | 0 | 1 | 2 | 3 | 4 |
| 4. Pale skin | 0 | 1 | 2 | 3 | 4 |
| 5. Restless legs syndrome at night | 0 | 1 | 2 | 3 | 4 |
| Total | | | | | |
| Overall TOTAL | | | | | |

| | | |
|-------|------------------|--------------------------------|
| Score | 5 or less | Satisfactory level |
| | Between 5 and 10 | Possible folic acid deficiency |
| | 11 or more | Probable folic acid deficiency |