



Dr HERTOGHE CLINIC

### VITAMIN C DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Insufficient emotional control	0	1	2	3	4
2. Suspicious, paranoid psychic traits	0	1	2	3	4
3. Excessive sensitivity to light	0	1	2	3	4
4. Bleeding gums (gingivitis)	0	1	2	3	4
5. Loose teeth	0	1	2	3	4
6. Easy skin bruising	0	1	2	3	4
7a. Adults: age spots	0	1	2	3	4
7b. Children: Defective teeth formation	0	1	2	3	4
Total					
Overall TOTAL					

Score	7 or less	Satisfactory level
	Between 7 and 14	Possible vitamin C deficiency
	15 or more	Probable vitamin C deficiency

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