



Dr HERTOGHE CLINIC

### VITAMIN D DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Poor sun exposure	0	1	2	3	4
2. Swollen, deformed bones	0	1	2	3	4
3. Excruciating bone pains upon pressure	0	1	2	3	4
4. Muscle pains	0	1	2	3	4
5. Tender points, painful at pressure	0	1	2	3	4
6. Sore legs	0	1	2	3	4
7a. Adults: Curved back	0	1	2	3	4
7b. Children: Severely deformed bone	0	1	2	3	4
Total					
Overall TOTAL					

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

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