



Dr HERTOGHE CLINIC

VITAMIN E DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Excessive sensitivity to light	0	1	2	3	4
2. Muscle weakness, wasting	0	1	2	3	4
3. Muscle pains	0	1	2	3	4
4. Uncoordinated movements	0	1	2	3	4
5. Age spots, premature aging skin	0	1	2	3	4
Total					
Overall TOTAL					

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

7 avenue Van Bever | 1180 Brussels | Belgium | PHONE +32 (0)2 736 68 68 | FAX +32 (0) 2 732 57 43

secretary@hertoghe.eu | www.hertoghe.eu | www.rdv-hertoghe.eu