



Dr HERTOGHE CLINIC

VITAMIN K DEFICIENCY TEST

Do you have the following? Do you suffer from?	No Never 0	Few Sometimes ±	Moderately Regularly +	Much Often ++	Extreme Always +++
1. Eye hemorrhages	0	1	2	3	4
2. Nosebleeds frequent, prolonged	0	1	2	3	4
3. Gum bleeding	0	1	2	3	4
4. Easy bruising	0	1	2	3	4
5. Curved back	0	1	2	3	4
6. Calcium deposits in tissues	0	1	2	3	4
7a. Women: Heavy menstrual bleeding	0	1	2	3	4
7b. Men: Lower bone density	0	1	2	3	4
7c. Children: Small nose, mouth, ears, short fingers	0	1	2	3	4
Total					
Overall TOTAL					

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