

Iron deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. Vegan or vegetarian diet	0	1	2	3	4
2. Fatigue in the evening	0	1	2	3	4
3. Diffuse scalp hair loss	0	1	2	3	4
4. Pale face, paleness	0	1	2	3	4
5. Brittle nails	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible iron deficiency		
	11 or more		Probable iron deficiency		