

Vitamin B12 deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
1. History of stomach disorders	0	1	2	3	4
2. Vegan/vegetarian diet	0	1	2	3	4
3. Fatigue	0	1	2	3	4
4. Pale, yellowish face	0	1	2	3	4
5. Low back pain	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible vitamin B12 deficiency		
	11 or more		Probable vitamin B12 deficiency		