

Folic acid (B9) deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
• Alcohol and/or tobacco smoking	0	1	2	3	4
• Pale face	0	1	2	3	4
• Sore tongue	0	1	2	3	4
• Pale skin	0	1	2	3	4
• Restless legs syndrome at night	0	1	2	3	4
Total					
Overall total					
Score	5 or less		Satisfactory level		
	Between 5 and 10		Possible folic acid deficiency		
	11 or more		Probable folic acid deficiency		