

Vitamin E deficiency?	No Never	Few Sometimes	Moderately Regularly	Much Often	Extreme Always
Do you have the following:	0	±	+	++	+++
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		