LIST OF VITAMIN & NUTRIENT DEFICIENCY SYMPTOMS

- **Biotin**
  - *Deficiency:*
    - Alopecia
    - Anemia
    - Anorexia and nausea
    - Depression
    - Fatigue
    - Hypercholesterolemia
    - Hyperglycemia (Diabetes)
    - Insomnia
    - Muscle pain and weakness
    - Dry, greyish skin
    - Pale smooth tongue

- **Essential Fatty Acid**
  - *Deficiency:*
    - Acne
    - Alopecia (hair loss)
    - Arthritis
    - Atrophy of endocrine glands
    - Diarrhea
    - Dry Brittle Hair
    - Eczema
    - Endocrine dysfunction
    - Fatty degeneration of the liver
    - Gall stones
    - Growth retardation
    - Immunologic dysfunction
    - Impaired wound healing
    - Infertility
    - Kidney dysfunction
    - Positive sweat test (cystic fibrosis. anorexia nervosa, etc.)
    - Xerosis

- **Folic Acid**
  - *Deficiency:*
    - Anemia (megaloblastic)
    - Anorexia
    - Apathy
    - Birth Defects (spina bifida, Hydrocephalus)
    - GI upsets/diarrhea
    - Dyspepsia
    - Geographic tongue
    - Growth retardation
    - Headaches
    - Insomnia
• Memory Loss
  • Paranoia
  • Vidalgo
  • Weakness

• Inositol
  • Deficiency:
    • Alopecia
    • Constipation
    • Eczema
    • Hypercholesterolemia

• Niacin
  • Deficiency:
    • Anorexia and Nauaea
    • Canker sores
    • Confusion
    • Depression
    • Dermatitis (localized scaly),
    • Dark pigmented derminatilis
    • Diarrhea
    • Dyspepsia
    • Crying jags, emotional
    • Fatigue
    • Halitosis (bad breath)
    • Headaches
    • Insomnia
    • Irritability
    • Limb pains
    • Memory loss
    • Muscular weakness
    • Skin eruptions/eczema

• Para Aminobenzoic Acid
  • Deficiency:
    • Constipation
    • Depression/headache/irritability
    • Fatigue
    • G I disorders
    • Graying hair

• Vitamin A
  • Deficiency:
    • Acne
    • Anosmia (loss of smell)
    • Birth Defects
    • Dry Hair/ Alopecia
    • Fatigue
    • Growth Retardation
    • Hyperkeratosis
    • Infections
    • Infertility
    • Insomnia
- Night Blindness
- Weight Loss
- Xerosis

**Vitamin B-1 (Thiamine)**
- *Deficiency:*
  - Anorexia
  - Brain atrophy (senility)
  - Confusion
  - Constipation
  - Coordination impairment
  - Depression
  - Dyspnea (labored breathing)
  - GI upset
  - Edema
  - Fatigue
  - Irritability
  - Memory loss
  - Muscle atrophy
  - Nervousness
  - Numbness hands and feet
  - Pain hypersensitivity
  - Palpitations
  - Sonophobia
  - Weakness

**Vitamin B-2 (Riboflavin)**
- *Deficiency:*
  - Alopecia (hair loss)
  - Blurred vision
  - Cataracts
  - Cheilosis
  - Depression
  - Dermatitis (drying, greasy, scaling)
  - Dizziness
  - Eyes (itching, burning, red)
  - Geographic tongue
  - Growth retardation
  - Pancreatic atrophy and fibrosis
  - Photophobia

**Vitamin B-5 (Pantothenic Acid)**
- *Deficiency:*
  - Abdominal pain
  - Alopecia (hair loss)
  - Burning feet
  - Coordination impairment
  - Depression
  - Eczema
  - Fainting/Fatigue
  - Hypotension
  - Infections
- Insomnia
- Muscle spasms
- Nausea & vomiting
- Nervousness
- Tachycardia
- Weakness

**Vitamin B-6 (Pyridoxine)**
- Deficiency:
  - Alopecia (hair loss)
  - Anemia
  - Anorexia & nausea
  - Arthritis
  - Cheilosis
  - Conjunctivitis
  - Depression
  - Dizziness
  - Facial Oiliness
  - Fatigue
  - Geographic Tongue
  - Impaired Wound healing
  - Irritability
  - Nervousness
  - Neurologic symptoms
  - Seizures
  - Stomatitis
  - Stunted Growth
  - Weakness

**Vitamin B-12**
- Deficiency:
  - Achlorhydria
  - Anemia
  - Birth Defects
  - Constipation
  - Depression
  - Dizziness
  - Dyspnea (labored breathing)
  - Fatigue
  - GI Upset
  - Geographic Tongue
  - Headache
  - Irritability
  - Moodiness
  - Numbness
  - Palpitations
  - Psychosis
  - Spinal cord degeneration

**Vitamin C**
- Deficiency:
  - Bleeding Gums/Loose gums
- Depression/malaise/tiredness
- Easy bruising
- Impaired wound healing
- Irritability
- Joint pain

**Vitamin D**
- *Deficiency:*
  - Burning in mouth and throat
  - Diarrhea
  - Insomnia
  - Myopia
  - Nervousness
  - Osteomalacia
  - Rickets

**Vitamin E**
- *Deficiency:*
  - Alopecia (hair loss)
  - Areflexia
  - Dermatitis
  - Gait Disturbances
  - Infertility
  - Malabsorption
  - Muscular Dystrophy
  - Ophthalmoplegia
  - Proprioception problems
  - RBC fragility
  - Vibratory sense dysfunction

**Vitamin K**
- *Deficiency:*
  - Poor clotting time
  - Osteoporosis