

NUTRIENT DEFICIENCY REFERENCE CHART

Common Physical Indicators & Dietary Sources

Nutrient	Common Symptoms	Food Sources
Vitamin D	Bone pain, muscle weakness, fatigue, frequent illness.	<i>Fatty fish, egg yolks, fortified milk.</i>
Iron	Pale skin, shortness of breath, cold hands/feet, brittle nails.	<i>Red meat, spinach, lentils, quinoa.</i>
Magnesium	Muscle cramps, tremors, irregular heartbeat, insomnia.	<i>Dark chocolate, almonds, pumpkin seeds.</i>
Vitamin B12	Numbness in hands/feet, brain fog, swollen tongue.	<i>Beef, clams, dairy, nutritional yeast.</i>
Vitamin C	Bleeding gums, slow wound healing, easy bruising.	<i>Citrus fruits, bell peppers, strawberries.</i>
Calcium	Muscle spasms, numbness in fingers, weak nails.	<i>Yogurt, sardines, kale, tofu.</i>
Zinc	Loss of taste/smell, hair loss, skin sores.	<i>Oysters, chickpeas, cashews, red meat.</i>
Potassium	Palpitations, constipation, muscle twitches.	<i>Bananas, potatoes, avocados, beans.</i>

Note: This chart is for informational purposes only. Consult a healthcare professional for diagnosis.