

# VITAMIN & MINERAL DEFICIENCY GUIDE

A reference for common physical signs and dietary sources

NUTRIENT	COMMON DEFICIENCY SIGNS	KEY DIETARY SOURCES
<b>Vitamin A</b>	Night blindness, dry eyes, frequent infections, dry skin.	<i>Carrots, sweet potatoes, spinach, beef liver.</i>
<b>Vitamin B12</b>	Fatigue, numbness in hands/feet, brain fog, pale skin.	<i>Eggs, meat, dairy, fortified cereals, shellfish.</i>
<b>Vitamin C</b>	Bleeding gums, easy bruising, slow wound healing, joint pain.	<i>Citrus fruits, bell peppers, strawberries, broccoli.</i>
<b>Vitamin D</b>	Bone pain, muscle weakness, low mood, hair loss.	<i>Sunlight, fatty fish, egg yolks, mushrooms.</i>
<b>Iron</b>	Extreme fatigue, brittle nails, cold hands/feet, pica.	<i>Red meat, lentils, spinach, pumpkin seeds.</i>
<b>Magnesium</b>	Muscle cramps, eyelid twitching, insomnia, palpitations.	<i>Dark chocolate, almonds, avocados, black beans.</i>
<b>Zinc</b>	White spots on nails, loss of taste/smell, thinning hair.	<i>Oysters, chickpeas, cashews, pumpkin seeds.</i>

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<b>Folate (B9)</b>	Mouth sores, tongue swelling, gray hair, irritability.	<i>Leafy greens, asparagus, beans, citrus.</i>

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