

# FAT SOLUBLE VITAMIN DEFICIENCY CHART

A quick reference guide for Vitamins A, D, E, and K

VITAMIN	DEFICIENCY SYMPTOMS	COMMON SOURCES
<b>Vitamin A</b>	Night blindness, dry eyes (xerophthalmia), frequent infections, follicular hyperkeratosis (dry/bumpy skin).	<i>Liver, carrots, sweet potatoes, spinach, dairy products.</i>
<b>Vitamin D</b>	Bone pain, muscle weakness, rickets (children), osteomalacia (adults), increased fracture risk.	<i>Sunlight exposure, fatty fish, egg yolks, fortified milk.</i>
<b>Vitamin E</b>	Muscle weakness, vision problems, immune system impairment, peripheral neuropathy (tingling/numbness).	<i>Vegetable oils, nuts, seeds, green leafy vegetables.</i>
<b>Vitamin K</b>	Easy bruising, excessive bleeding from wounds, nosebleeds, heavy menstrual periods, reduced bone density.	<i>Kale, broccoli, Brussels sprouts, fermented foods, beef liver.</i>

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