

MICRONUTRIENT DEFICIENCY SIGNS

Clinical Reference Template Observation Chart

Area of Observation	Physical Signs & Symptoms	Potential Deficiency
Eyes	Night blindness, dry eyes (xerophthalmia), Bitot's spots	<i>Vitamin A</i>
Mouth	Cracks at corners (cheilosis), swollen/bleeding gums, magenta tongue	<i>Vitamin C, B2 (Riboflavin), B12</i>
Skin	Follicular hyperkeratosis, easy bruising, delayed wound healing	<i>Vitamin C, Vitamin K, Zinc</i>
Nails	Spoon-shaped nails (koilonychia), brittle texture, white spots	<i>Iron, Protein, Zinc</i>
Hair	Thinning, premature graying, easy pluckability	<i>Biotin, Protein, Copper, Iron</i>
Neurological	Numbness/tingling in hands, poor coordination, irritability	<i>Vitamin B12, B6, Magnesium</i>
Muscular	Muscle cramps, spasms, bone pain	<i>Vitamin D, Calcium, Magnesium</i>

Note: This chart is for educational purposes only. Physical signs should be confirmed with biochemical laboratory testing.