

# NEUROLOGICAL VITAMIN DEFICIENCY CHART

Vitamin	Neurological Symptoms	Associated Conditions
<b>Vitamin B1 (Thiamine)</b>	<ul style="list-style-type: none"><li>• Mental confusion</li><li>• Short-term memory loss</li><li>• Ocular paralysis</li><li>• Ataxia (gait instability)</li></ul>	Wernicke-Korsakoff Syndrome, Beriberi
<b>Vitamin B6 (Pyridoxine)</b>	<ul style="list-style-type: none"><li>• Peripheral neuropathy</li><li>• Irritability</li><li>• Depression</li><li>• Seizures (severe deficiency)</li></ul>	Microcytic Anemia
<b>Vitamin B9 (Folate)</b>	<ul style="list-style-type: none"><li>• Cognitive decline</li><li>• Mood disorders</li><li>• Neural tube defects (developmental)</li></ul>	Megaloblastic Anemia
<b>Vitamin B12 (Cobalamin)</b>	<ul style="list-style-type: none"><li>• Numbness/Tingling in extremities</li><li>• Loss of vibration sense</li><li>• Dementia-like symptoms</li><li>• Balance issues</li></ul>	Subacute Combined Degeneration
<b>Vitamin E (Tocopherol)</b>	<ul style="list-style-type: none"><li>• Muscle weakness</li><li>• Visual field impairment</li><li>• Loss of body movement control</li></ul>	Ataxia with Vitamin E Deficiency (AVED)

Disclaimer: This document is for educational purposes only. If you suspect a vitamin deficiency, consult a medical professional for clinical testing and diagnosis.