

NUTRITIONAL DEFICIENCY SYMPTOM CHART

Reference Guide Date: _____

Body Area	Observed Symptoms	Potential Deficiency
Hair & Scalp	Brittle hair, thinning, premature graying, dandruff.	<i>Biotin, Zinc, Protein, Essential Fatty Acids.</i>
Eyes	Night blindness, dry eyes, pale inner eyelids.	<i>Vitamin A, Iron, Vitamin B12.</i>
Mouth & Tongue	Cracks at corners (cheilosis), swollen tongue, bleeding gums.	<i>B-Complex (B2, B3, B6), Vitamin C, Iron.</i>
Skin	Dry/flaky skin, easy bruising, slow wound healing.	<i>Vitamin E, Vitamin K, Vitamin C, Omega-3.</i>
Nails	White spots, spoon-shaped nails, vertical ridges.	<i>Zinc, Iron, Magnesium, Protein.</i>
Neurological	Muscle cramps, tingling in hands/feet, fatigue.	<i>Magnesium, Potassium, Vitamin B12, Calcium.</i>

This document is for educational purposes only. Consult a healthcare professional for clinical diagnosis.