

# VITAMIN DEFICIENCY SYMPTOM CHART

<b>Nutrient</b>	<b>Common Symptoms</b>	<b>Common Food Sources</b>
<b>Vitamin A</b>	Night blindness, dry eyes, frequent infections, skin irritation.	Carrots, sweet potatoes, spinach, beef liver.
<b>Vitamin B12</b>	Fatigue, numbness in hands/feet, brain fog, pale skin.	Beef, clams, dairy, eggs, fortified cereals.
<b>Vitamin C</b>	Bleeding gums, slow wound healing, easy bruising, joint pain.	Citrus fruits, bell peppers, strawberries, broccoli.
<b>Vitamin D</b>	Bone pain, muscle weakness, low mood, hair loss.	Sunlight, fatty fish, egg yolks, mushrooms.
<b>Vitamin E</b>	Muscle weakness, vision problems, immune system impairment.	Almonds, sunflower seeds, spinach, avocado.
<b>Iron</b>	Extreme fatigue, cold hands/feet, brittle nails, shortness of breath.	Red meat, lentils, spinach, pumpkin seeds.
<b>Magnesium</b>	Muscle cramps, tremors, palpitations, insomnia.	Dark chocolate, nuts, seeds, whole grains.

**Disclaimer:** This chart is for educational purposes only. Always consult a healthcare professional for diagnosis and treatment.

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