

SKIN MANIFESTATIONS OF VITAMIN DEFICIENCY

VITAMIN / NUTRIENT	SKIN & MUCOSAL SIGNS	CLINICAL NOTES
Vitamin A	Follicular hyperkeratosis (phrynoderma), extreme dryness (xerosis).	"Gooseflesh" appearance on extensors.
Vitamin B2 (Riboflavin)	Angular cheilitis, seborrheic dermatitis-like rash.	Often affects nasolabial folds and scrotum/vulva.
Vitamin B3 (Niacin)	Photosensitive dermatitis (Casal necklace), hyperpigmentation.	Characteristic of Pellagra; symmetrical distribution.
Vitamin B7 (Biotin)	Periorificial dermatitis, thinning hair (alopecia).	Red, scaly rash around eyes, nose, and mouth.
Vitamin C	Perifollicular hemorrhage, corkscrew hairs, easy bruising.	Scurvy; impaired collagen synthesis.
Vitamin K	Purpura, ecchymosis (easy bruising), petechiae.	Due to coagulation factor impairment.

**VITAMIN /
NUTRIENT**

SKIN & MUCOSAL SIGNS

CLINICAL NOTES

Zinc

Acrodermatitis enteropathica
(erosive plaques).

Typically affects
extremities and perioral
areas.