

VITAMIN DEFICIENCY INDICATOR CHECKLIST

Patient Name: _____ Date: _____

Target Area	Common Indicators / Symptoms	Potential Deficiency
Skin & Face	Dry, flaky skin	Vit A, C, K
	Easy bruising	
	Slow wound healing	
Eyes & Vision	Poor night vision	Vit A, B2
	Dry eyes (Xerophthalmia)	
	Vertical ridges on nails	
Mouth & Tongue	Cracks at mouth corners	Vit B2, B6, C
	Bleeding gums	
	Swollen/Magenta tongue	
Energy & Mood	Chronic fatigue	Vit D, B12, Magnesium
	Irritability / Anxiety	
	Muscle weakness	
Hair & Nails	Brittle hair / Hair loss	Biotin (B7), Iron, Zinc
	Spoon-shaped nails	

Target Area	Common Indicators / Symptoms	Potential Deficiency
	White spots on nails	
Neurological	Numbness in hands/feet Brain fog / Memory loss Poor balance	Vit B1, B6, B12

Note: This chart is for educational purposes only and does not replace professional medical diagnosis.