

# VITAMIN DEFICIENCY WARNING SIGNS

A quick-reference guide for nutritional monitoring

NUTRIENT	COMMON WARNING SIGNS	KEY FOOD SOURCES
<b>Vitamin A</b>	Night blindness, dry eyes, frequent infections, skin irritation.	Carrots, sweet potatoes, spinach, beef liver.
<b>Vitamin B12</b>	Fatigue, "pins and needles" sensation, swollen tongue, cognitive fog.	Eggs, meat, dairy, fortified cereals, shellfish.
<b>Vitamin C</b>	Bleeding gums, easy bruising, slow wound healing, joint pain.	Citrus fruits, bell peppers, strawberries, broccoli.
<b>Vitamin D</b>	Bone pain, muscle weakness, mood changes, hair loss.	Fatty fish, egg yolks, sunlight, fortified milk.
<b>Iron</b>	Pale skin, cold hands/feet, brittle nails, unusual cravings (pica).	Red meat, lentils, spinach, pumpkin seeds.
<b>Magnesium</b>	Muscle cramps, eye twitches, irregular heartbeat, insomnia.	Dark chocolate, almonds, black beans, avocados.

Disclaimer: This chart is for informational purposes only. Consult a healthcare professional for diagnosis.