

# WATER SOLUBLE VITAMIN DEFICIENCY CHART

Reference Guide: B-Complex and Vitamin C

VITAMIN	COMMON NAME	KEY DEFICIENCY SIGNS & SYMPTOMS
<b>Vitamin B1</b>	Thiamine	Fatigue, irritability, Beriberi (muscle wasting, nerve damage), Wernicke-Korsakoff syndrome.
<b>Vitamin B2</b>	Riboflavin	Cracks at corners of mouth (cheilosis), swollen red tongue, light sensitivity, sore throat.
<b>Vitamin B3</b>	Niacin	Pellagra (Dermatitis, Diarrhea, Dementia), bright red tongue, vomiting.
<b>Vitamin B5</b>	Pantothenic Acid	"Burning feet" syndrome, numbness, tingling in hands, sleep disturbances.
<b>Vitamin B6</b>	Pyridoxine	Anemia, itchy rashes, depression, confusion, weakened immune function.
<b>Vitamin B7</b>	Biotin	Thinning hair, red scaly rash around eyes/nose/mouth, brittle nails, hallucinations.

<b>VITAMIN</b>	<b>COMMON NAME</b>	<b>KEY DEFICIENCY SIGNS &amp; SYMPTOMS</b>
<b>Vitamin B9</b>	Folate	Megaloblastic anemia, fatigue, shortness of breath, heart palpitations, neural tube defects (fetal).
<b>Vitamin B12</b>	Cobalamin	Pernicious anemia, numbness in extremities, memory loss, balance problems, fatigue.
<b>Vitamin C</b>	Ascorbic Acid	Scurvy, bleeding gums, easy bruising, poor wound healing, joint pain, corkscrew hairs.

Note: This chart is for educational purposes only. Consult a healthcare professional for diagnosis.