

NUTRIENT Deficiency test

(check the box if it applies)

Protein

- Excess fluid retention (edema)
- Nausea or dizziness
- Poor coordination
- General, overall weakness
- Anemia
- Cataracts
- Catch colds, flu, infections easily
- Cuticles tear easily
- Hair dull, dry, sparse, loose and falling

Essential Fatty Acids

- Rough, dry flaky or scaly skin
- Dry, brittle hair
- Eczema
- Psoriasis
- Poor memory
- Irregular menstrual periods

Minerals

Calcium

- Osteoporosis
- Bones break easily
- Irregular heartbeat
- Brittle nails
- Muscle cramps
- Crowded teeth
- Insomnia

Chromium

- High blood cholesterol
- Intolerance to alcohol
- Diabetic or hypoglycemic
- Overweight
- Sugar cravings
- Chronic dieter
- Kidney disease

Iodine

- Fatigue, extreme lack of energy
- Dry hair
- Thyroid problems; goiter
- Overweight
- Constipation
- Hands and feet always cold
- Brittle nails

Iron

- Lack of energy or strength
- Dizziness
- Craving for ice
- Pale lower eyelid
- Tachycardia
- Spoon shaped nails

Magnesium

- Muscle spasms or tremors
- Gallstones
- Craving for chocolate
- Irregular heartbeat
- Excessive body odour

Manganese

- Joint pains
- Bursitis, tendonitis
- Prone to injuries
- Weak knees
- Creaking or clicking of joints
- Weak muscles

Potassium

- High blood pressure
- Swelling of ankles
- Always thirsty
- Irregular heartbeat
- Muscular weakness & fatigue

Selenium

- Dry hair
- Thin hair
- Weak immunity; frequent infection
- Dandruff
- Cataracts

Zinc

- White spots on fingernails
- Acne
- Male: poor sperm production
- Frequent infection
- Poor dream recall
- Cuts/wounds heal slowly
- Loss of sense of smell or taste
- Thinning hair
- Red stretch marks