

Vitamin (check the box if it applies)

Vitamin A

- Hard little bumps around elbows (on arms)
- Dry or rough skin
- Dry hair, acne
- Poor night vision; night blindness
- Susceptibility to resp. infections
- Slow light to dark adaptation
- Eyes unable to produce tears
- Weak tooth enamel
- Dandruff

B vitamins – B1 (thiamine)

- Fatigue
- Apathy, depression
- Loss of knee jerk response
- Irregular heartbeat
- GI disorders

B2 (riboflavin)

- Dry skin around nose and lips
- Cracks/sores in corner of mouth
- Bloodshot or itchy eyes
- Cataracts
- Eyes sensitive to light
- Abnormal hair loss
- Trembling painful and purplish-red tongue

B3 (niacin)

- Sore tongue
- Fatigue
- Loss of appetite
- Skin disorders
- Swelling of mouth
- Smooth tongue
- Mental confusion
- Loss of sense of humor
- Canker sores in mouth

B6 (pyridoxine)

- Anemia
- Irritability or nervousness
- Insomnia, poor dream recall
- Sore thumbs, kidney stones
- Female: acne worse during menstruation
- Female: morning sickness during pregnancy

B5 (panthothenic acid)

- Abdominal pain
- Anorexia
- Nausea
- Burning feet
- Depression and irritability
- Headache
- Nervousness
- Purplish red tongue

B12 (cobalamin)

- Fatigue and weakness
- Light headiness or dizziness
- Heart palpitations
- Shortness of breath; chest pain
- Sore, red, glazed-looking tongue
- Irritability; inability to concentrate
- Ringing in ears (tinnitus)
- Nausea and diarrhea
- Memory loss, forgetfulness
- Poor coordination

Biotin

- Skin disorders
- Smooth and pale tongue
- Loss of appetite
- Pale fingernails
- Irregular heartbeat
- Severe depression
- Mild anemia
- Hair loss

Choline

- High blood pressure
- High blood cholesterol
- Overweight
- Eczema
- Bleeding ulcer
- Disoriented, memory loss
- Difficulty losing weight

Folic Acid

- Paleness
- Sore red tongue
- Bleeding gums
- Diarrhea
- Insomnia
- Irritability
- Fatigue

P.A.B.A. (para-amino-benzoic acid)

- Constipation
- General gastrointestinal disorders
- Premature greying
- Depression & irritability
- Fatigue
- Headache

Vitamin. C

- Bleeding gums
- Urinary tract infections
- Abnormal nose bleeds
- Slow healing of wounds
- General weakness
- Shortness of breath
- Skin bruises easily
- Ruptured blood vessels in eyes
- Excessive hair loss
- Aching bones and joints

Vitamin D

- Muscle weakness
- Pain in ribs, spine, legs
- Malformation of bones
- Osteomalacia
- Osteoporosis
- Muscle cramps
- Rickets, insomnia
- Nearsightedness (myopia)

Vitamin E (tocopherol)

- Heart disease
- Premature aging
- Weakness
- Irritability
- Diarrhea
- Poor skin condition
- Brittle hair
- Muscle wasting

