

SIGNS OF COMMON NUTRITIONAL DEFICIENCIES

WHAT CONTRIBUTES TO A NUTRITIONAL DEFICIENCY?



A lack of nutrients in the soil



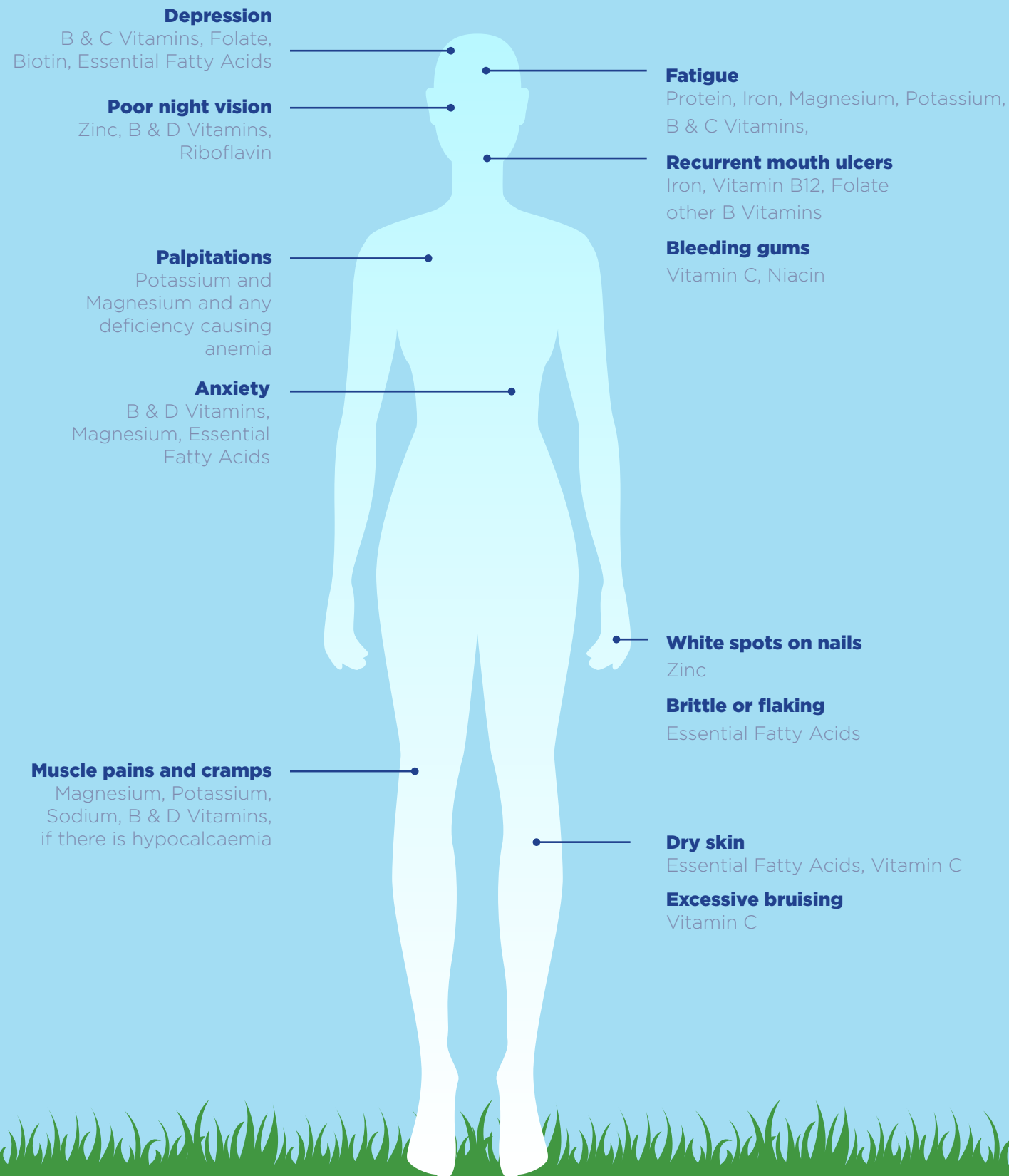
Poor absorption due to leaky gut and inflammatory diseases



Poor diet and lifestyle choices

SIGNS YOU MAY BE NUTRIENT DEFICIENT

Our body will always provide us with feedback and if you are deficient in a specific vitamin or mineral it can show up as a physical symptom. These physical clues are valuable wake-up calls and can alert us to any potential nutritional deficiencies.



OTHER SYMPTOMS AND POSSIBLE DEFICIENCIES

SYMPTOM POSSIBLE DEFICIENCY

Loss of appetite or taste	Zinc
Cold intolerance	Iron
Excessive calf muscle tenderness	Vitamin B1, B5 & B6, Magnesium
Restless legs	Iron or Folate

SKIN

SYMPTOM POSSIBLE DEFICIENCY

Red scaly skin in light-exposed areas	Vitamin B3
Redness at the sides of the nose	Vitamin B2 - Riboflavin, Vitamin B6 and Zinc
Ingrown hairs	Vitamin C
Pimpily rough skin at the back of the upper arms "chicken skin"	Essential Fatty Acids

NAILS

SYMPTOM POSSIBLE DEFICIENCY

Upturned or spoon-shaped nails	Iron
Horizontal ridges	B & C Vitamins, Zinc, Calcium, Iron

HAIR

SYMPTOM POSSIBLE DEFICIENCY

Hair loss	Iron
Dandruff	Essential Fatty Acids and Biotin

MOUTH

SYMPTOM POSSIBLE DEFICIENCY

Sore tongue	Iron, B Vitamins
Cracking and peeling of skin on the lips	Vitamin B2 - Riboflavin
Cracking at the corners of the mouth	Iron, Vitamin B2 - Riboflavin possibly other B vitamins

MENTAL STATE

SYMPTOM POSSIBLE DEFICIENCY

Depression	B & C Vitamins, Folate, Biotin, Essential Fatty Acids
Irritability	Folate
Poor concentration	Poor concentration Iron, Vitamins B1, B12, Folate and Essential Fatty Acids
Anxiety	B & D Vitamins, Magnesium, Essential Fatty Acids