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DEFICIENCY SIGNS AND SYMPTOMS

Vitamin A; night blindness, loss of sight, frequent infections of the respiratory system, gastrointestinal tract, urinary tract, vagina and inner ear, frequent diarrhea and acne. Skin becomes dry, rough and scaly, small lumps can develop on upper arms.

Food sources include; liver, kidneys, butter, cheese, egg yolk, fish liver oil, cream and dark green and yellow/orange vegetables.

Vitamin B2; anxiety, irritability, fatigue, headaches, weight loss, easy exhaustion, gastrointestinal disturbances (constipation, discomfort), muscle fatigue and pain and confusion.

Food sources include; brewers yeast (Marmite, Vegemite), organ meats (liver and kidneys), pork, whole grains and legumes.

Vitamin B3; halitosis, oral ulcers, tender gums, insomnia, irritability, fatigue, abdominal pains, weight loss, bright red swollen tongue.

Food sources include; chicken, fish, legumes, brewers yeast, liver, beef, wheat bran, peanuts and whole grains. There are small amounts in mushrooms, asparagus and green leafy vegetables as well as dairy products.

Vitamin B4; dermatitis, hair loss, acne, cracking or dry lips, red lower eye lid rim, dry itchy eyes, aversion to bright light, digestive disturbances, anemia.

Food sources include; brewers yeast, organ meats, milk and dairy products, oily fish, eggs, green leafy vegetables, whole grains, meat and legumes.

Vitamin B6; cracks on the tongue, reduced appetite, irritability, depression, insomnia, poor concentration, confusion, atherosclerosis, cardiovascular disease, dermatitis, kidney stones. In pregnancy deficiency

is associated with morning sickness, pre-eclampsia and problems with blood glucose regulation.

Food sources include; chicken, fish, red meat, organ meats, brewers yeast, potatoes, legumes, nuts and seeds, whole grains and avocado.

Vitamin B9; anemia, inflamed tongue, reduced appetite, gastrointestinal problems, diarrhea, forgetfulness, depression and cardiovascular disease. Deficiency can also cause reproductive problems such as infertility and increased risk of Neural Tube Defects in pregnancy.

Food sources include; liver, brewers yeast, dark leafy vegetables, legumes, green vegetables, oranges, avocado and whole grains.

Vitamin B12; anemia, digestive disturbances, weight loss, constipation, numbness and tingling in hands and feet, unsteadiness, poor muscle coordination, moodiness, mental slowness, poor memory, confusion, agitation, depression.

Food sources include; organ meats, shellfish, meat, milk, dairy products, fish and egg yolk.

Choline; fatty liver, impaired liver function, gallstones, high cholesterol levels, atherosclerosis, nerve degeneration and kidney disease.

Food sources include; egg yolk, liver, soy beans, legumes, yeast, whole grains, meats, nuts and seeds, mushrooms, lettuce and cauliflower.

Inositol; fatty liver changes, elevated cholesterol, nervous system disturbances and intestinal problems.

Food sources include; wholegrain, seeds, rock melon, brewers yeast, wheat germ, navy beans and oatmeal.

Para Amino Benzoic Acid (PABA); de-pigmentation of the skin and hair and digestive disturbances.

Food sources include; liver, brewers yeasts, wheat germ, molasses, eggs, whole grains, nuts and seeds.

Vitamin C; fatigue, muscle weakness, gingivitis, bleeding gums, broken capillaries under the skin, nose bleeding, thick skin development on buttocks and thighs, poor wound healing, dry scaly skin, deep bone and joint pain and regular infections and colds.

Food sources include; citrus fruit, potatoes, green vegetables, peppers, tomatoes, berries and other fruits.

Coenzyme Q10; fatigue, irritability and reduced immunity, frequent colds, reduced endurance and poor recovery from exercise and cardiovascular disease.

Food sources include; liver, meat and fish.

Vitamin D; bow legs, decaying teeth, easy bone fracturing, constipation, weak muscles, pain in the pelvis, lower back and legs. Deficiency can also cause worsening symptoms of osteoporosis, osteoarthritis and rheumatoid arthritis.

The main source of this is sunshine.

Food sources include; fish liver oil, oily fish, liver, eggs and fortified milk.

Vitamin E; anemia, loss of co-ordination and reflexes, impaired vision and speech, infertility, abortion.

Food sources include; vegetable oils (wheat germ, corn, almond, sunflower, soy) margarines, peaches, avocado, broccoli, leafy greens, cereals and grains (wheat germ, oats, millet, brown rice) small amount are also found in nuts and seeds.

Essential fatty acids (Omega 3); dry, flaky, itchy skin, eczema, psoriasis, acne, dandruff, retarded wound healing, cardiovascular disorders, attention deficit hyperactivity disorder, reproductive failure, blurred vision.

Food sources include; flaxseed oil, hemp seeds oil, canola oil, soybeans, walnuts, coldwater fish such as salmon, trout, mackerel, sardines, herring, halibut, tuna, mullet and anchovy.

Calcium; cramping, muscle twitching, eye twitching, palpitations, brittle nails, bending of bones, skeletal aches made worse with pressure, spontaneous fractures.

Food sources include; milk and dairy products, tofu and soy, almonds, sesame seeds, whole grains, mustard and turnip greens, bok choy, kale parsley, watercress and broccoli. Tinned fish with the bones included is also a good source.

Sodium; rapid weight loss, decreased blood pressure, poor circulation to extremities, abdominal cramps.

Food sources include; meats, eggs, dairy, kelp, olives, celery, spinach, watercress, peanut butter, soy sauce.

Potassium; muscle weakness, irritability, insomnia, poor concentration, confusion, fatigue, palpitations, hypertension, muscle wasting.

Food sources include; fresh fruit and vegetables, bananas, apricots, figs, peaches, prunes, nuts, seeds, kelp, molasses, brewers yeast.

Magnesium; irritability, weakness, tiredness, vertigo, nervousness, muscle cramps, involuntary muscle movement, palpitations, twitches, tremors, abdominal cramping, spastic colon, menstrual cramps.

Food sources include; green vegetables, whole grains, wheat germ and wheat bran, nuts, soya beans and soy products, molasses, brewers yeast, seafood.

Silicon; bone deformities, easy bone fractures and breaks, osteoporosis, osteomalacia, rheumatoid arthritis, gout, arthritis of the spine.

Food sources include; citrus fruit, apples, whole grains (rice, wheat, oats), guar gum, alfalfa tea, horsetail, kelp, cucumber, garlic, onions, lettuce, avocado, strawberries, hard drinking water.

Zinc; poor wound healing, weight loss, white spots under finger nails, menstrual irregularities, increased rate of miscarriage, impotence or low libido, infertility, poor resistance to colds and infections, dry flaky skin, acne, eczema on face and hands, falling hair, dandruff, vitamin A deficiency symptoms, sluggish metabolism.

Food sources include; all seafood particularly oysters, eggs, dairy products, red meat, liver, pumpkin seeds, pecan nuts, brazil nuts, legumes, buckwheat, whole grains, ginger root, chili, black pepper.

Iron; tired, unmotivated, lacking stamina, restless leg syndrome, poor concentration, poor short term memory, headaches especially upon waking, dizziness, anorexia, weight loss, constipation, reduced resistance to infection, pale conjunctiva of the eyes, pale skin, blue haze around the sclera of the eyes.

Food sources include; liver, red meat, poultry, fish, beans, nuts and seeds, dried fruit such as apricots and prunes, whole grains, spinach, kale, dandelion, broccoli, asparagus, black strap molasses.

Copper; anemia, reduced pigmentation of hair and skin, high cholesterol levels, high blood pressure, poor skin elasticity, poor wound healing, reproductive problems, decreased resistance to infection, hypothyroidism, depression, insomnia due to decreased serotonin levels.

Food sources include; oysters, legumes such as soy beans, whole grains, nuts, seeds, organ meats such as liver, shellfish, dark green leafy vegetables.

Chromium; elevated blood lipid levels, high cholesterol, impaired glucose tolerance, hypoglycemia, hyperglycemia, diabetes like symptoms: increased thirst, hunger and urination, weight loss, weight gain, fatigue.

Food sources include; unrefined grains, liver, brewers yeast, nuts and seeds, cheeses, egg yolk, beef, poultry, oysters, black pepper, molasses, potatoes.

Iodine; hypothyroidism symptoms; fatigue, low energy, feeling cold frequently, puffy swollen face, drowsiness, increased need for sleep, constipation, muscle weakness, dry rough skin, hair loss, irregular or suppressed menses, poor circulation, brittle nails, loose teeth, enlarged thyroid gland in the neck, husky voice.

Food sources include; all seafood and salt water fish such as clams, shrimps, oysters, salmon, sardines, seaweed, kelp, beef liver, milk and milk products, iodized table salt.

Selenium; cardiovascular disease, cancer of the lung or gastrointestinal tract, cataracts, haemolytic anemia, lowered immune response, muscle pain and tenderness, reproductive failure, spontaneous abortion.

Food sources include; organ meats, fish and shellfish, whole grains and cereals, dairy products, brazil nuts, broccoli, mushrooms, cabbage, celery.