



Nutrient Assessment Chart

(Micronutrients for a Healthy Immune System in **Red**)

Nutrient	Signs of Imbalance	
Vitamin A	<input type="checkbox"/> Chicken skin on backs of arms <input type="checkbox"/> Chronic acne <input type="checkbox"/> Diarrhea <input type="checkbox"/> Dry eyes <input type="checkbox"/> Food allergies <input type="checkbox"/> Loss of appetite	<input type="checkbox"/> Poor night vision <input type="checkbox"/> Recurrent infections and colds <input type="checkbox"/> Reduced hair growth in children <input type="checkbox"/> Ulcers <input type="checkbox"/> Hair loss
B Vitamins	<input type="checkbox"/> Afternoon slump <input type="checkbox"/> Cold hands and feet <input type="checkbox"/> Chronic fatigue <input type="checkbox"/> Focus issues <input type="checkbox"/> Geographic tongue <input type="checkbox"/> Moodiness <input type="checkbox"/> Poor digestion <input type="checkbox"/> Splitting nails	<input type="checkbox"/> Vertical ridges on nails <input type="checkbox"/> Flaky cuticles <input type="checkbox"/> Splitting skin in corners of mouth <input type="checkbox"/> Thin hair <input type="checkbox"/> Tongue and mouth pain <input type="checkbox"/> Hair loss <input type="checkbox"/> Canker sores <input type="checkbox"/> Cracks in corner of mouth
Vitamin B1	<input type="checkbox"/> Anxiety <input type="checkbox"/> Depression <input type="checkbox"/> Hysteria <input type="checkbox"/> Loss of appetite; in extreme cases beriberi (mostly in alcoholics). <input type="checkbox"/> Muscle cramps	
Vitamin B2	<input type="checkbox"/> Cracks and sores around the mouth and nose <input type="checkbox"/> Visual problems. <input type="checkbox"/> Low energy <input type="checkbox"/> Eyes sensitive to light and tire easily <input type="checkbox"/> Sore lips <input type="checkbox"/> Sensitive tongue <input type="checkbox"/> Insomnia <input type="checkbox"/> Trembling <input type="checkbox"/> Itching of skin around eyes, ears, mount, scrotum, forehead and scalp	

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Nutrient	Signs of Imbalance	
Vitamin B3 - Niacin	<input type="checkbox"/> Bad breath <input type="checkbox"/> Canker sores <input type="checkbox"/> Confusion <input type="checkbox"/> Depression <input type="checkbox"/> Dermatitis <input type="checkbox"/> Diarrhea <input type="checkbox"/> Emotional instability <input type="checkbox"/> Fatigue	<input type="checkbox"/> Irritability <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Memory impairment <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Nausea <input type="checkbox"/> Skin eruptions and inflammation <input type="checkbox"/> Puffy gums
Vitamin B5 - Pantothenic Acid	<input type="checkbox"/> Abdominal pains <input type="checkbox"/> Burning feet <input type="checkbox"/> Chronic gas or constipation <input type="checkbox"/> Depression <input type="checkbox"/> Eczema <input type="checkbox"/> Fatigue <input type="checkbox"/> Hair loss <input type="checkbox"/> Immune impairment	<input type="checkbox"/> Insomnia <input type="checkbox"/> Irritability <input type="checkbox"/> Low blood pressure <input type="checkbox"/> Muscle spasms <input type="checkbox"/> Nausea <input type="checkbox"/> Poor coordination <input type="checkbox"/> Seasonal allergies <input type="checkbox"/> Beefy tongue
Vitamin B6	<input type="checkbox"/> Anemia <input type="checkbox"/> Breast cysts <input type="checkbox"/> Carpal tunnel <input type="checkbox"/> Convulsions <input type="checkbox"/> Dandruff <input type="checkbox"/> Excess ear wax <input type="checkbox"/> Irritability <input type="checkbox"/> Patches of itchy, scaling skin <input type="checkbox"/> PMS <input type="checkbox"/> Poor dream recall <input type="checkbox"/> Stiff fingers in AM <input type="checkbox"/> Water retention in AM <input type="checkbox"/> Scalloped tongue <input type="checkbox"/> Tooth decay <input type="checkbox"/> Breaking nails <input type="checkbox"/> Essential Fatty Acid deficiency that doesn't respond to taking fats <input type="checkbox"/> Magnesium deficiency that doesn't respond to magnesium	LABS: <input type="checkbox"/> AST – <input type="checkbox"/> Alt – <input type="checkbox"/> GGT – <input type="checkbox"/> Iron + <input type="checkbox"/> MCV – <input type="checkbox"/> MCH – <input type="checkbox"/> MCHC – <input type="checkbox"/> RDW + <input type="checkbox"/> RBC – <input type="checkbox"/> Hematocrit – <input type="checkbox"/> Hemoglobin – <input type="checkbox"/> Alkaline Phosphatase –



Nutrient	Signs of Imbalance	
Biotin (Vitamin B7)	<input type="checkbox"/> Dermatitis <input type="checkbox"/> Eye inflammation <input type="checkbox"/> Hair loss <input type="checkbox"/> Insomnia <input type="checkbox"/> Loss of muscle control <input type="checkbox"/> Dry lips <input type="checkbox"/> Breaking nails	
Folic Acid (Vitamin B9)	<input type="checkbox"/> Anemia <input type="checkbox"/> Apathy <input type="checkbox"/> Diarrhea <input type="checkbox"/> Fatigue <input type="checkbox"/> Gastrointestinal upsets <input type="checkbox"/> Headaches <input type="checkbox"/> Impaired cell division <input type="checkbox"/> Insomnia <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Neural tube defects in fetus <input type="checkbox"/> Paranoia <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Weakness <input type="checkbox"/> Puffy gums <input type="checkbox"/> Tender tongue <input type="checkbox"/> Canker sores <input type="checkbox"/> Geographic tongue	
Vitamin B12	<input type="checkbox"/> Tender tongue <input type="checkbox"/> Geographic tongue <input type="checkbox"/> Pale skin <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Fatigue <input type="checkbox"/> Dizziness <input type="checkbox"/> Headache <input type="checkbox"/> Cold hands and feet <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Chest pain <input type="checkbox"/> Nausea <input type="checkbox"/> Vomiting <input type="checkbox"/> Heartburn <input type="checkbox"/> Abdominal gas <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhea <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Weight loss without trying <input type="checkbox"/> Numbness and tingling in the hands and feet <input type="checkbox"/> Unsteadiness <input type="checkbox"/> Difficulty walking <input type="checkbox"/> Confusion <input type="checkbox"/> Depression <input type="checkbox"/> Hallucinations <input type="checkbox"/> Memory loss <input type="checkbox"/> Vertical ridges on nails <input type="checkbox"/> Bloating LABS: <input type="checkbox"/> Methylmalonic Acid <input type="checkbox"/> Serum Vitamin B12 <input type="checkbox"/> MCV + <input type="checkbox"/> MCH + <input type="checkbox"/> MCHC + <input type="checkbox"/> Iron + <input type="checkbox"/> RDW + <input type="checkbox"/> WBC – <input type="checkbox"/> RBC – <input type="checkbox"/> Hematocrit – <input type="checkbox"/> Hemoglobin – <input type="checkbox"/> Homocysteine + <input type="checkbox"/> Uric Acid –	

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Vitamin C	<ul style="list-style-type: none"> <input type="checkbox"/> Bruise easily <input type="checkbox"/> Hemorrhoids <input type="checkbox"/> Joint injuries <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Puffy, bleeding, red gums <input type="checkbox"/> Varicose veins <input type="checkbox"/> Weakened immune system <input type="checkbox"/> Mucus membranes raw and bleeding <input type="checkbox"/> Spongy and bleeding gums are spongy 	<p>LABS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hematocrit – <input type="checkbox"/> Alkaline Phosphatase + <input type="checkbox"/> RBC + <input type="checkbox"/> Hemoglobin – <input type="checkbox"/> Hematocrit – <input type="checkbox"/> MCV + <input type="checkbox"/> MCH + <input type="checkbox"/> MCHC +
Vitamin D	<ul style="list-style-type: none"> <input type="checkbox"/> Joint Pain <input type="checkbox"/> High Blood Pressure <input type="checkbox"/> Osteoarthritis <input type="checkbox"/> Diabetes <input type="checkbox"/> Depression <p><i>Note: Vitamin D deficiency can result in many imbalances in various systems. The best way to assess is lab testing.</i></p>	<p>LABS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 25 (OH) Vitamin D
Vitamin E	<ul style="list-style-type: none"> <input type="checkbox"/> Impaired balance and coordination <input type="checkbox"/> Peripheral neuropathy <input type="checkbox"/> Muscle weakness (Myopathy) <input type="checkbox"/> Pigmented retinopathy 	
Calcium	<ul style="list-style-type: none"> <input type="checkbox"/> Anxiety <input type="checkbox"/> Brittle nails <input type="checkbox"/> Cramps <input type="checkbox"/> Delusions <input type="checkbox"/> Depression <input type="checkbox"/> Insomnia <input type="checkbox"/> Irritability <input type="checkbox"/> Nervousness 	<ul style="list-style-type: none"> <input type="checkbox"/> Osteoporosis <input type="checkbox"/> Palpitations <input type="checkbox"/> Periodontal disease <input type="checkbox"/> Rickets <input type="checkbox"/> Tendency towards headaches <input type="checkbox"/> Tooth decay <input type="checkbox"/> Twitches <input type="checkbox"/> LAB: Serum Calcium



Nutrient	Signs of Imbalance	
Chromium	<input type="checkbox"/> Adult-onset diabetes <input type="checkbox"/> Anxiety <input type="checkbox"/> Fatigue <input type="checkbox"/> Glucose intolerance	
Copper	<input type="checkbox"/> Anemia <input type="checkbox"/> Arterial damage <input type="checkbox"/> Depression <input type="checkbox"/> Diarrhea <input type="checkbox"/> Fatigue	<input type="checkbox"/> Fragile bones <input type="checkbox"/> Hair loss <input type="checkbox"/> Hyperthyroidism <input type="checkbox"/> Weakness
Iodine	<input type="checkbox"/> Cretinism <input type="checkbox"/> Fatigue <input type="checkbox"/> Hypothyroidism <input type="checkbox"/> Weight gain	
Iron	<input type="checkbox"/> Anemia <input type="checkbox"/> Brittle nails <input type="checkbox"/> Confusion <input type="checkbox"/> Constipation <input type="checkbox"/> Depression <input type="checkbox"/> Dizziness <input type="checkbox"/> Fatigue <input type="checkbox"/> Headaches	<input type="checkbox"/> Inflamed tongue <input type="checkbox"/> Mouth lesions <input type="checkbox"/> Spooning nails <input type="checkbox"/> Pale blue nails LABS: <input type="checkbox"/> Low serum iron <input type="checkbox"/> Low ferritin
Magnesium	<input type="checkbox"/> Anxiety <input type="checkbox"/> Breast cysts <input type="checkbox"/> Confusion <input type="checkbox"/> Constipation <input type="checkbox"/> Chronic stress <input type="checkbox"/> Cramps <input type="checkbox"/> Dandruff <input type="checkbox"/> Depression <input type="checkbox"/> Excess ear wax <input type="checkbox"/> Heart attack <input type="checkbox"/> Hyperactivity <input type="checkbox"/> Insomnia	<input type="checkbox"/> Irregular heartbeats <input type="checkbox"/> Irritability <input type="checkbox"/> Irritable Bowel Syndrome <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Nausea <input type="checkbox"/> Nervousness <input type="checkbox"/> Noise sensitivity <input type="checkbox"/> PMS <input type="checkbox"/> Restlessness <input type="checkbox"/> Spasms <input type="checkbox"/> Twitching <input type="checkbox"/> Sores around mouth <input type="checkbox"/> Breaking nails



Nutrient	Signs of Imbalance		
Manganese	<ul style="list-style-type: none"> <input type="checkbox"/> Atherosclerosis <input type="checkbox"/> Dizziness <input type="checkbox"/> Elevated cholesterol <input type="checkbox"/> Glucose intolerance <input type="checkbox"/> Hearing loss <input type="checkbox"/> Loss of muscle control <input type="checkbox"/> Ringing in ears 		
Molybdenum	<p>LABS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Increased Serum Iron <input type="checkbox"/> Decreased Uric Acid 		
Phosphorus	<ul style="list-style-type: none"> <input type="checkbox"/> Anorexia <input type="checkbox"/> Bone pain <input type="checkbox"/> Weakness 		
Potassium	<ul style="list-style-type: none"> <input type="checkbox"/> Anorexia <input type="checkbox"/> Irritability <input type="checkbox"/> Muscle cramps <input type="checkbox"/> Muscle weakness <input type="checkbox"/> Nausea 		
Zinc	<table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Acne <input type="checkbox"/> Decreased sense of taste <input type="checkbox"/> Form scars easily <input type="checkbox"/> History of Crohn's disease <input type="checkbox"/> Overconsumption of sweets <input type="checkbox"/> Poor perception of sweet <input type="checkbox"/> Rashes <input type="checkbox"/> Retarded growth and delayed sexual development in children </td> <td style="vertical-align: top; width: 50%;"> <ul style="list-style-type: none"> <input type="checkbox"/> Slow wound healing <input type="checkbox"/> Smelly feet <input type="checkbox"/> Tendency towards infections <input type="checkbox"/> White spots on fingernails <input type="checkbox"/> Puffy gums <input type="checkbox"/> Cracked finger tips <p>LAB:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alkaline Phosphatase low </td> </tr> </table>	<ul style="list-style-type: none"> <input type="checkbox"/> Acne <input type="checkbox"/> Decreased sense of taste <input type="checkbox"/> Form scars easily <input type="checkbox"/> History of Crohn's disease <input type="checkbox"/> Overconsumption of sweets <input type="checkbox"/> Poor perception of sweet <input type="checkbox"/> Rashes <input type="checkbox"/> Retarded growth and delayed sexual development in children 	<ul style="list-style-type: none"> <input type="checkbox"/> Slow wound healing <input type="checkbox"/> Smelly feet <input type="checkbox"/> Tendency towards infections <input type="checkbox"/> White spots on fingernails <input type="checkbox"/> Puffy gums <input type="checkbox"/> Cracked finger tips <p>LAB:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alkaline Phosphatase low
<ul style="list-style-type: none"> <input type="checkbox"/> Acne <input type="checkbox"/> Decreased sense of taste <input type="checkbox"/> Form scars easily <input type="checkbox"/> History of Crohn's disease <input type="checkbox"/> Overconsumption of sweets <input type="checkbox"/> Poor perception of sweet <input type="checkbox"/> Rashes <input type="checkbox"/> Retarded growth and delayed sexual development in children 	<ul style="list-style-type: none"> <input type="checkbox"/> Slow wound healing <input type="checkbox"/> Smelly feet <input type="checkbox"/> Tendency towards infections <input type="checkbox"/> White spots on fingernails <input type="checkbox"/> Puffy gums <input type="checkbox"/> Cracked finger tips <p>LAB:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Alkaline Phosphatase low 		
Selenium	<ul style="list-style-type: none"> <input type="checkbox"/> Hair Loss <input type="checkbox"/> Skin and Finger Nail Discoloration <input type="checkbox"/> Fatigue <input type="checkbox"/> Hypothyroidism <input type="checkbox"/> Mental Fog 		



Nutrient	Signs of Imbalance	
Amino Acids	<input type="checkbox"/> ADHD <input type="checkbox"/> Depression <input type="checkbox"/> Difficulty building muscle mass <input type="checkbox"/> Inability to concentrate	<input type="checkbox"/> Insomnia <input type="checkbox"/> Lack of motivation <input type="checkbox"/> Learning disabilities <input type="checkbox"/> Mood swings
Essential Fatty Acids	<input type="checkbox"/> Acne <input type="checkbox"/> Breast cysts <input type="checkbox"/> Dandruff <input type="checkbox"/> Diarrhea <input type="checkbox"/> Dry skin and hair <input type="checkbox"/> Eczema <input type="checkbox"/> Excess ear wax <input type="checkbox"/> Gall stones <input type="checkbox"/> Hair loss <input type="checkbox"/> Immune impairment	<input type="checkbox"/> Infertility <input type="checkbox"/> Liver degeneration <input type="checkbox"/> Poor wound healing <input type="checkbox"/> Premenstrual syndrome <input type="checkbox"/> Sores around mouth <input type="checkbox"/> Dry lips <input type="checkbox"/> Split cuticles <input type="checkbox"/> Splitting nails