Vitamin Deficiency Test

Name:	Date:

Instructions: Please read each statement below and indicate whether you have experienced the symptom in the past month by selecting the appropriate response. Add your total points for each category at the end of the questionnaire to get a score. The score interpretation is provided at the end.

Category	Symptoms	Yes (1 point)	No (0 point)
Vitamin A		**Score:**	
Night blindness	I have difficulty seeing in low light or darkness.	◯	◯
Dry eyes	My eyes feel dry or irritated.	◯	◯
Dry skin	My skin is dry or itchy.	◯	◯
Vitamin B1 (Thiamine)		**Score:**	
Fatigue	I feel tired or lack energy.	◯	◯
Loss of appetite	I have little or no desire to eat.	◯	◯
Muscle weakness	My muscles feel weak or have aches.	◯	◯
Vitamin B2 (Riboflavin)		**Score:**	
Tingling in hands/feet	I experience tingling or numbness in my hands or feet.	◯	◯
Memory problems	I have difficulty remembering things or have memory loss.	◯	◯
Fatigue	I feel tired or lack energy.	◯	◯
Vitamin C		**Score:**	
Easy bruising	I quickly develop bruises or have trouble with bleeding.	◯	◯
Dry skin	My skin is dry or itchy.	◯	◯
Slow wound healing	My cuts or wounds take longer than usual to heal.	◯	◯
Vitamin D		**Score:**	
Muscle weakness	My muscles feel weak or have aches.	◯	◯
Bone pain	I experience bone pain or tenderness.	◯	◯
Mood swings	I experience mood swings all the time.	◯	◯
Vitamin E		**Score:**	
Weakness	My muscles feel weak or have aches.	◯	◯
Loss of balance	I experience a loss of balance or coordination.	◯	◯
Difficulty walking	I have difficulty walking or experience an unsteady gait.	◯	◯

Score Interpretation:

Add the points for each "Yes" response for each category to get a total score.

- **A score of 0-1 indicates no deficiency or mild deficiency.**
- **A score of 2 indicates a moderate deficiency.**
- **A score of 3 indicates a severe deficiency.**

Note: This questionnaire is not intended to diagnose or treat any condition. If you have any concerns about your health or suspect that you may have a vitamin deficiency, you should consult a healthcare provider.