

Assignment #5

Mineral Deficiency Worksheet

Name _____

Date _____

calcium

chromium

copper

EFA

excess caffeine

excess sugar

excess alcohol

folate

iodine

iron

lithium

magnesium

niacin

pantothenic acid

potassium

pyridoxine

riboflavin

rubidium

selenium

thiamine

vitamin C

vitamin A

vitamin B-12

vitamin E

vitamin B-6

vitamin D

zinc

Symptoms of common nutrient deficiencies

Symptom	Nutrient
acne	EFA, vitamin A, vitamin B-6, zinc
agitation	calcium, magnesium
alopecia (hair loss)	copper, EFA, riboflavin, vitamin B-6, zinc
anemia	copper, iron, magnesium, vitamin B-6
anemia (megoblastic)	folate
anorexia (poor appetite)	folate, iron, magnesium, niacin, thiamine, vitamin B-6, zinc
anxiety	calcium, chromium, EFA, excess alcohol, exc. caffeine, sugar, magnesium, niacin, pyridoxine, thiamine
apathy	folate, zinc
brittle nails	calcium, iron, zinc
canker sores	niacin
cognitive impairment	calcium, potassium
cold hands and feet	magnesium
cold, sensitivity to	iron
constipation	folate, iron, potassium, thiamine, vitamin B-12
delusions	calcium
depression	calcium, copper, excess caffeine, excess sugar, folic acid, iron, magnesium, niacin, potassium, riboflavin, rubidium, thiamine, vitamin B-12, vitamin B-6, vitamin C, zinc
diarrhea	EFA, niacin, vitamin D, zinc
disorientation	magnesium
dizziness	iron, riboflavin, vitamin B-12, vitamin B-6
eczema	EFA, zinc
edema (swelling, water retention)	magnesium, potassium
eczema	calcium
fatigue	chromium, copper, excess caffeine, excess sugar, folate, iron, magnesium, niacin, potassium, thiamine, vitamin A, vitamin B-12, vitamin B-6, vitamin C, vitamin E, zinc
gallstones	EFA
gums, bleeding	vitamin C
hair, dry	EFA, vitamin A
hallucinations	magnesium
headache	folate, iron, vitamin B-12, niacin
hyperactivity	calcium, copper, iron, magnesium, niacin, pyridoxine, thiamine, zinc
high cholesterol	chromium, copper, potassium, selenium, zinc
hypertension (high blood pressure)	calcium, magnesium, potassium
hypotension (low blood pressure)	magnesium, potassium

immunodepression	copper , EFA, folic acid, iodine, iron, magnesium, pantothenic acid, riboflavin, selenium, vit A, vit B12, vit B6, vit C, vit D, vit E, zinc
impotence	zinc
infertility (male or female)	EFA
infertility (male)	zinc
insomnia	calcium, copper, folate, iron, magnesium, niacin, potassium, vitamin A, vitamin D
irritability	calcium, excess sugar, iron, lithium, magnesium, niacin, thiamine, vitamin B-12, vitamin B6, vitamin C
kidney stones	magnesium
legs, restless	folate, calcium, magnesium
lethargy	zinc
memory, poor	folate, niacin, thiamine, zinc
mental confusion	iron, magnesium, niacin, thiamine
muscle cramps	calcium, magnesium
muscle pain	magnesium
muscle spasm	calcium
muscle tension	calcium
muscle tremor	magnesium
muscle weakness	magnesium, niacin, potassium
nausea	magnesium, niacin, vitamin B6
nervousness	calcium, magnesium, potassium, thiamine, vitamin B6, vitamin D,
numbness of limbs	calcium, thiamine, vitamin B12
palpitations	calcium, iron, vitamin B12
paranoia	folate, zinc
parasthesia (nerve tingling, etc)	calcium, magnesium
periodontal disease	calcium
skin inflammation	niacin, riboflavin
startle reflex	magnesium
teeth, loose	vitamin C
tooth decay	calcium
vertigo (dizziness)	magnesium
vision, blurred	riboflavin
vision, night blindness	vitamin A
weakness	copper, folate, thiamine, vitamin B6
wound healing, slow	vitamin C, zinc, EFA, vitamin B6