

Mineral Deficiency Worksheet

Name _____

Case # _____

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 |

| | |
|-----------------------------------|--|
| hypotention (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 |