

# Essential Nutrient Symptoms Checklist

Symptoms can be caused by deficiencies or excesses, associated with them, or part of what causes them. There is often a combination of these factors present. Keep in mind that the presence of the symptom may be indicative of the presence of imbalance, but the causes and associations can be complex. Using this checklist helps to narrow down the possibilities that these deficiencies or excesses may be present and is a tool to help your doctor with clinical diagnosis. (see Note 1 at end of list for examples)

Symptom (Please see all notes at end of list) Rate Your Symptoms from 1-5 (severity/frequency)	Essential Vitamins														See Note 4														
	Severity	Frequency	Vitamin A	Beta Carotene	Vitamin B1	Vitamin B2	Riboflavin	Vitamin B3	Niacin	Vitamin B5	Pantothenic Acid	Vitamin B6	Pyridoxine	Vitamin B7	Biotin	Vitamin B9	Folic Acid	Vitamin B12	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Endocrine System	Hormones	Essential	Amino Acids	Essential	Fatty Acids	
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4
D= Deficiency E= Excess *=Rare																													
Abdominal: low pain, cramps, stomach pain, heartburn				X					X																				X
Absorbing new information difficulties																													
Alcohol consumption: Exaggerated symptoms or hangover, intolerance																													
Allergies: increased, excess mucous																													X
Allergies: food																													X
Alzheimer's symptoms*																													
Anemia					X																								
Anger/Apathy/Hostility/Rage: increased/quick to anger																													X
Anxiety, panic attacks																													X
Appetite loss		X		X		X																							X
Asthma																													
Attention: less, poor, short																													
Attention Deficit Disorder (ADD)*																													
Attention Deficit Hyperactivity Disorder (ADHD)*																													
Autism*																													
Back Pain (unexplained)																													X
Balance off, "tippy" feeling																													
Bladder dysfunction/Irritable Bladder																													X
Bladder Infections																													
Bleeding: Excessive or wide-spread																													X
Blood Clots (Excessive)																													
Blood in Urine, dark urine																													
Body Odor (unusual)																													
Bone Pain		X		X																									
Bones fragile, fracture easily																													
Bowel function change: diarrhea, constipation																													X
Brain Fog																													
Breast milk production (unexplained)																													
Breast pain (unexplained)																													X
Breathing difficulty: "air hunger", chronic cough, asthma (unexplained)																													
Bruising easily																													
Burning/stabbing sensations																													
Cardiac Impairment																													
Celiac disease*																													X
Charley Horses																													
Chest wall pain																													
Chills (unexplained)																													
Chronic fatigue syndrome*																													X
Circulation, reduced, poor																													X
Cognitive problems																													X
Colitis (Inflammation of large intestine/colon)																													X

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	1-5		Essential Vitamins																				See Note 4						
			D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D
Coma																													
Concentrating/thinking difficulties				X														X							X		X		
Confusion				X												X		X							X				
Congestion: head, sinuses																													
Constitutional Symptoms (affecting the whole body)																													
Convulsions																													
Coordination difficulties, lack of														X															
Cravings: Sugar, alcohol																									X				
Cravings: Fatty foods																												X	
Crohn's disease symptoms*																								X					
Diabetes, blood sugar disruption (low or high)										X											X			X					
Dementia symptoms*								X																					
Dental: tooth decay, periodontal disease																						X							
Dental Pain: teeth, jaw joint, face muscles																													
Depression/Despair				X		X		X				X	X	X			X							X	X	X			
Disorientation, getting lost, going to wrong places																		X											
Dizziness, lightheaded, spinning, vertigo				X					X		X														X		X	X	
Dreams: Vivid or violent																													
Dry cough																													
Dry throat																													
Ears: buzzing, ringing, ear pain, decreased hearing, sound sensitivity																									X		X		
Emotions: over-emotional reactions, hypersensitive, cry easily																								X	X				
Encephalitis (inflammation of the brain)																													
Encephalopathy (brain dysfunction)																													
Epilepsy																													
Eyes: blindness, loss of vision																													
Eyes: Conjunctivitis																													
Eyes: doubled/blurred vision				X																			X						
Eyes: dryness																												X	
Eyes: increased floaters																													
Eyes: light sensitivity, photophobia								X																	X				
Eyes: night blindness				X																									
Eyes: Retinitis (swelling of Retina)																													
Eyes: swelling/inflammation																													
Facial paralysis (Bell's palsy)																													
Fatigue, tiredness, poor stamina		X	X	X								X	X	X	X	X						X			X	X	X		
Feet: shooting, burning pains, sore soles (especially in the morning)										X																			
Fevers (unexplained)																													
Fevers: High (unexplained)																													
Flu-like symptoms (early symptoms)																													
Flushing (unexplained)									X																X				
Forgetfulness					X										X	X									X				
Fibromyalgia symptoms*																													
Gastrointestinal Disorders/ Gastritis				X			X						X	X											X				X
Genital discharge (abnormal)																													
Growth: abnormal, depressed																													

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	1-5		Essential Vitamins																				See Note 4								
	D= Deficiency E= Excess *=Rare	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E
Hair loss (unexplained), dry, brittle hair				X												X											X	X	X		
Headaches		X	X								X		X														X		X		
Heart: Angina (chest pain caused by reduced blood flow to heart. Pain often spreads to shoulder, arms, and neck.)																															
Heart: Arrhythmia (beats too fast or slow)																											X	X	X		
Heart: Block on EKG																															
Heart: Endocarditis (inflammation of lining of heart)																															
Heart: Murmur																															
Heart: Palpitations, skips																		X		X							X	X			
Heart: Mitral Valve Prolapse																															
Hemolysis (rupture or destruction of red blood cells)																															
Hives																											X	X			
Hormonal Imbalance																								X			X	X			
Hot Flashes							X																				X	X			
Hypertension (High blood pressure)																							X	X		X		X	X		
Hypotension (Low blood pressure)																											X				
Hypoglycemia																															
Hyperthyroidism																									X			X			
Hypothyroidism																										X		X			
Immune dysfunction, weakened immune system		X									X		X											X	X		X	X			
Infections (frequent, recurrent): Sinus, Ear, Vaginal, Bladder, etc...		X																			X					X		X			
Infertility																										X	X	X			
Insomnia											X			X	X		X									X	X	X			
Interstitial Cystitis*																										X					
Irritability			X	X		X						X					X									X	X	X			
Irritable Bowel Syndrome, Inflammatory Bowel Disease*				X																						X					
Itching: Genitals, Anal																															
Itching: Skin																															
Jaundice																									X						
Joints: pain, stiffness, swelling (fingers, toes, ankles, wrists, knees, elbows, hips, shoulders, back, neck)		X																								X			X	X	
Kidneys: dysfunction, stones																							X						X		
Leaky Gut Syndrome*																										X				X	
Leukopenia (Low White Blood Cell count)																															
Liver: Elevated Enzymes																															
Lou Gehrig's disease symptoms (ALS) *																															
Low body temperature																										X					
Low White Blood Cell count																															
Lupus symptoms*																															
Lycopenia (skin discoloration)																															
Lymph Nodes/Glands: swollen, pain (persistent)																															
Malaise																										X	X	X	X		
Meningitis (inflammation of the protective membrane around the brain)																															
Menstrual irregularity (unexplained)																										X	X			X	
Migraines													X													X		X			
Mood swings																										X	X				



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	Essential Vitamins																			See Note 4									
	1-5	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E	D	E
Short-term memory loss																		X							X				
Skin: Acne																								X		X			
Skin: Athlete's foot																								X					
Skin: hypersensitivity																								X					
Skin: flaking, chapped, dry, Eczema, Psoriasis, Dermatitis		X				X		X				X							X					X		X		X	
Sleep Disturbance: too much, too little, fractionated																								X	X	X			
Sore throat																													
Speech difficulty: errors, wrong words, misspeaking																													
Stiffness of joints or back																													
Sweats, sweating (unusual)						X																		X	X		X		
Symptoms flare every 4-6 weeks, come and go, change																													
Testicular Pain																													
Thirst/dehydration (excessive)																					X						X	X	
Tibia pain (severe)																													
Tingling, electrifying feeling.				X									X				X			X						X			
Thrombocytopenia (abnormally low amount of platelets)																													
Thrush (white film in mouth)																													
Thyroid dysfunction																								X	X				X
Tinnitus (ringing in the ears)																								X					
Told repeatedly by doctors "It is all in your head"																													
Tongue: Sore																													
Tremors																								X	X				
Twitching of face or muscles																					X								
Ulcers: genital																								X	X				
Ulcers: oral, skin																													
Vaginal yeast infection (Candidiasis)																								X					
Vaginitis																								X					
Vocal Paralysis																													
Weakness															X		X		X							X	X		
Weight loss or gain (unexplained)																	X							X	X		X		X
Writing difficulty																													

**Note 1:** An example of this is Hormonal Imbalances can be caused by deficiencies or excesses in vitamins, minerals, amino acids, and/or fatty acids. An excess or deficiency in one can create excess or deficiencies in the others. All aspects of nutrition interrelate and have equal importance in our vital functions.

**Note 2:** You do not have to have all of the symptoms listed to have a particular deficiency or excess. It is always possible to have various underlying conditions present at the same time. This is why it is crucial to work closely with your doctor for diagnosis and treatment. Self-diagnosis and treatment without the oversight of a licensed physician can be dangerous.

**\*Note 3:** These are some of the most commonly misdiagnosed diseases on the symptoms list. There are over 350 diseases and syndromes that have common symptoms with Lyme disease and its co-infections. This does not mean that these diseases are or are not present, it just notes that symptoms of these diseases can be seen with other underlying conditions.

**Note 4:** Endocrine or Hormone imbalances vary between men and women, and depending on which part of the endocrine system is imbalanced. Amino Acid and Fatty Acid imbalances can also vary from person to person and can affect the Endocrine system. Symptoms shown for these items are generalized and can be interrelated. If you suspect any of these may be an issue, please see your physician for further testing.