

# TYPICAL SYMPTOMS OF VITAMIN & MINERAL INSUFFICIENCY

## MAGNESIUM

Tightness/tension, headache, anxiety, constipation, GERD, muscle spasm, heart palpitation, hypertension, asthma, frequent cough, arrhythmia, insulin resistance, crave chocolate

## IRON

Anemia, fatigue/lethargy, usually cold, poor extremity circulation, poor T4 to T3 thyroid conversion

## ZINC

Frequent illness, low WBC, brittle/dry hair, weak/ridged/splitting fingernails or white spots on nails, sensitivity to bright light, dry skin, poor wound healing, poor T4 to T3 thyroid conversion

## COPPER

Leukopenia (low WBC), neutropenia (low neutrophil count), fatigue, lightheaded. Unusual in a healthy diet as copper is high in most plant foods. Poor iron absorption (i.e. ongoing iron use without increase in ferritin, with no known issues with intestinal absorption). Low adrenaline production.

## VITAMIN D

Frequent illness, excessive sweating, bone tenderness, osteopenia

## VITAMIN B12

Anemia, peripheral neuropathy (esp. numbness and tingling), sluggish energy, unsteady or wide gait, elevated homocysteine/hypertension, symptoms of estrogen dominance (i.e. poor methylation), GERD/Belching post-meal, high MCV, low WBC, varicose veins

## POTASSIUM

Hypertension, muscle cramp (especially “charley horse”), malaise

## VITAMIN A

Acne (esp. in low-sugar/refined carb diet), dermatitis, any eye inflammation, poor night vision, dry or scaly or itchy skin, keratosis pilaris

## VITAMIN B6

Sore/red tongue, cheilosis in corner of lips, trigger finger, carpal tunnel, elevated homocysteine/hypertension, symptoms of estrogen dominance (i.e. poor methylation), nerve pain/dysfunction, varicose veins, insomnia, low glutathione, histamine intolerance

## FOLATE

Frequent illness, low WBC, high MCV, elevated homocysteine, (note that high folate can interfere with the action of Vitamin B12 and can mask/exacerbate a deficiency in it), low dopamine synthesis