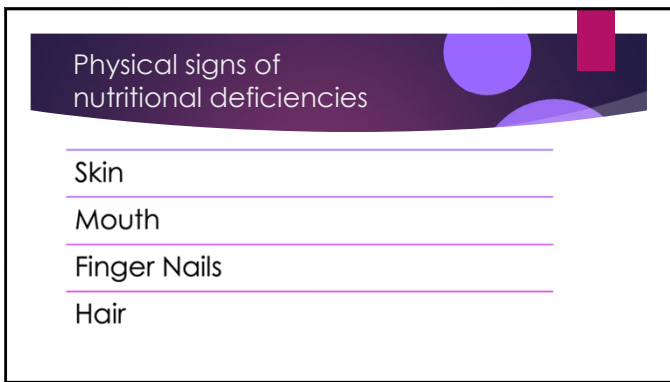


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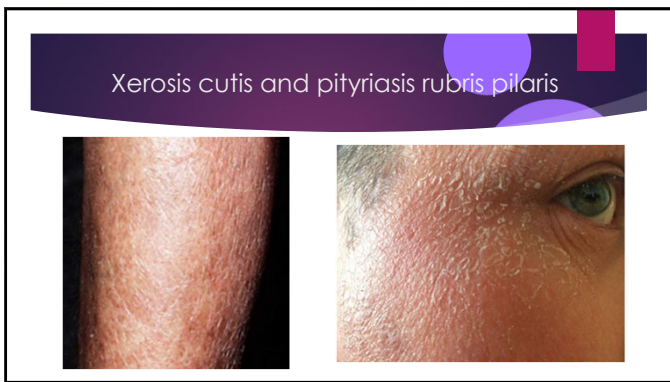
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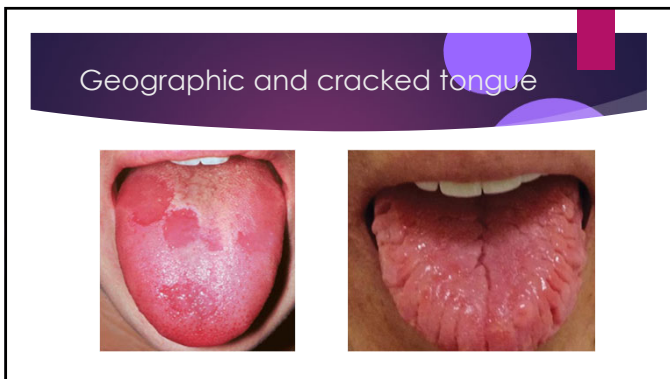
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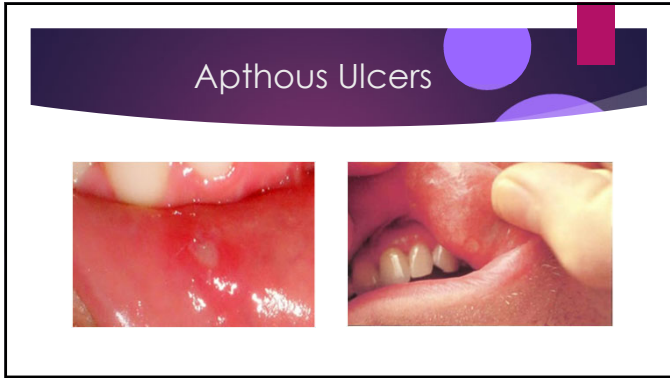
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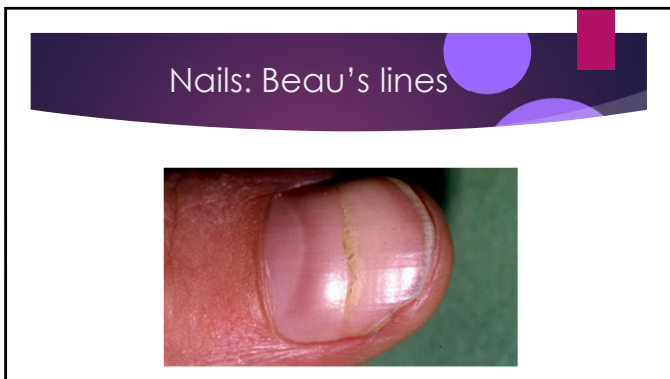
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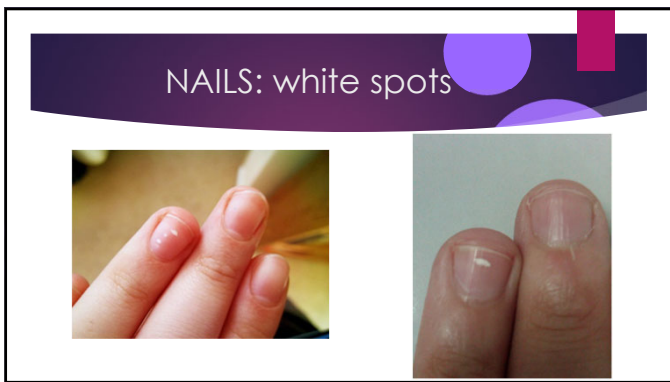
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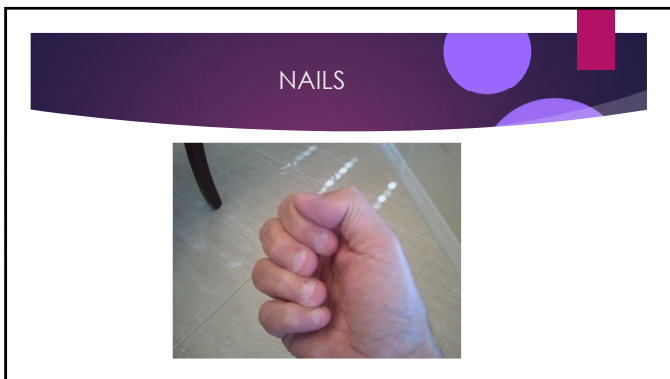
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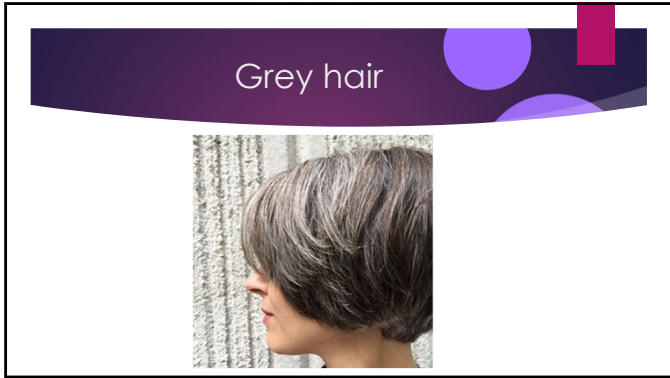
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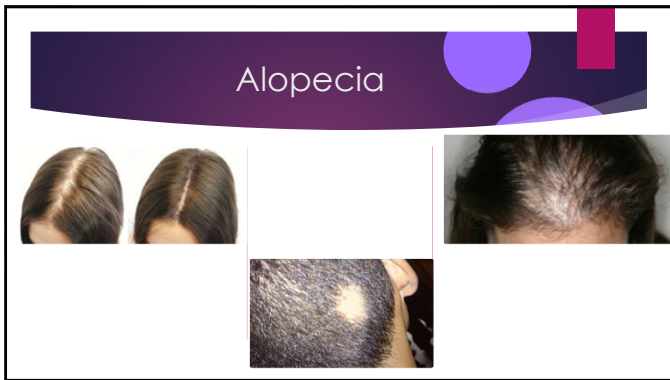
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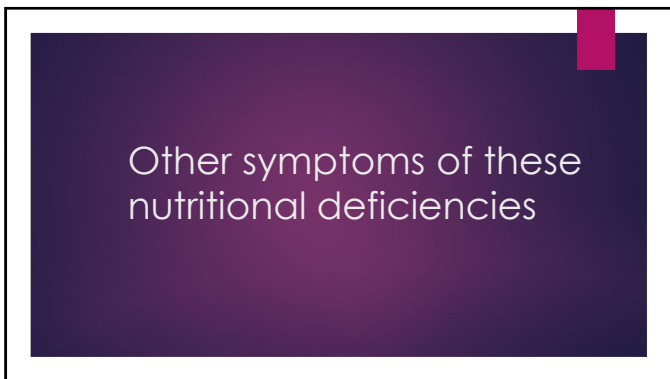
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16



17



18

Common **Vitamin A** deficiency symptoms

- ▶ Acne
- ▶ Xeroderma
- ▶ Xerophthalmia
- ▶ Night blindness
- ▶ Infertility
- ▶ Stunted growth
- ▶ Frequent or Chronic infections

19

Common **Vitamin D** deficiency symptoms

- ▶ Muscle Weakness
- ▶ Bone Pain
- ▶ Osteomalacia, Rickets
- ▶ Psoriasis
- ▶ Fatigue
- ▶ Depression
- ▶ Recurring infections; especially respiratory and viral

20

Common **Vitamin E** deficiency symptoms

- ▶ Muscle Weakness
- ▶ Muscular Dystrophy
- ▶ Infertility
- ▶ Gait/Balance disturbance
- ▶ Oxidative damage
- ▶ Frequent and prolonged infections
- ▶ Fatty Liver

21

Common **calcium** deficiency symptoms

- ▶ Osteopenia/Osteoporosis
- ▶ Dental & Gum Disease
- ▶ Hypertension
- ▶ Arrhythmias
- ▶ Muscle Cramps & Spasms
- ▶ Insomnia
- ▶ Kidney stones
- ▶ Hyperparathyroidism
- ▶ Seizures
- ▶ Dementia, Confusion

22

Common **zinc** deficiency symptoms

- ▶ Acne
- ▶ Anorexia
- ▶ Brittle nails
- ▶ Loss of smell or taste
- ▶ Diarrhea
- ▶ BPH
- ▶ Insulin Resistance
- ▶ Infertility
- ▶ Frizzy Hair
- ▶ Frequent Infections
- ▶ Impaired Wound Healing
- ▶ Hyperlipidemia
- ▶ Birth defects: cleft lip/palate, Down syndrome, umbilical hernia, webbed toes

23

Common **copper** deficiency symptoms

- ▶ Dry brittle hair
- ▶ Varicose veins
- ▶ Aneurysms
- ▶ Hernias
- ▶ High Histamine conditions
- ▶ Hypercholesterolemia
- ▶ Hypoglycemia
- ▶ Hypo/Hyperthyroidism

24

Common **selenium** deficiency symptoms

- ▶ Cardiomyopathy
- ▶ Cataracts
- ▶ Cystic Fibrosis
- ▶ Muscular Dystrophy
- ▶ Myalgia
- ▶ Type I and II Diabetes
- ▶ Pancreatitis
- ▶ Cirrhosis
- ▶ Impaired Immunity
- ▶ Cancers
- ▶ Heart palpitations

25

Common **iron** deficiency symptoms

- ▶ Fatigue
- ▶ Pale Skin
- ▶ Dizziness
- ▶ Dyspnea
- ▶ Palpitations
- ▶ Restless legs
- ▶ Anxiety
- ▶ Pica
- ▶ Cold hands and feet

26

Common **Vitamin b-1 (Thiamine)** deficiency symptoms

- ▶ Anorexia
- ▶ Fatigue
- ▶ Peripheral Neuropathy
- ▶ Reduced Reflexes
- ▶ Pain Hypersensitivity
- ▶ Muscle Weakness
- ▶ Blurry Vision
- ▶ Nervousness, Irritability
- ▶ Memory Loss

27

Common Vitamin b-2 (Riboflavin)
deficiency symptoms

- ▶ Anxiety, Hypochondriasis
- ▶ Depression
- ▶ Blurred Vision
- ▶ Burning, redness, itchy eyes
- ▶ Light Sensitivity
- ▶ Cataracts
- ▶ Diarrhea
- ▶ Dizziness
- ▶ Headaches/Migraines

28

Common Vitamin b-3 (NIACIN)
deficiency symptoms

- ▶ Dementia
- ▶ Confusion, Disorientation
- ▶ Depression, Apathy
- ▶ Diarrhea
- ▶ Fatigue
- ▶ Headaches
- ▶ Hyperlipidemia

29

Common Vitamin b-5 (pantothenic acid)
deficiency symptoms

- ▶ Burning Feet
- ▶ Fatigue
- ▶ Insomnia
- ▶ Depression
- ▶ Dull hair that breaks easily
- ▶ Hyperlipidemia
- ▶ Histamine Intolerance & Chronic Inflammatory conditions

30

Common **Vitamin b-6 (Pyridoxine)** deficiency symptoms

- ▶ Peripheral Neuropathy
- ▶ Fatigue
- ▶ Weakened Immune System
- ▶ Depression
- ▶ Anxiety
- ▶ Decreased pain threshold
- ▶ Elevated Homocysteine
- ▶ Seizures

31

Common **Biotin (B-7)** Deficiency symptoms

- ▶ Anorexia
- ▶ Depression
- ▶ Fatigue
- ▶ Insomnia
- ▶ Myalgia
- ▶ Nausea
- ▶ Paresthesia

32

Common **Folic acid (b-9)** deficiency symptoms

- ▶ Anorexia
- ▶ Depression, Apathy
- ▶ Fatigue
- ▶ Headaches
- ▶ Pale skin
- ▶ Shortness of breath
- ▶ Memory loss
- ▶ Elevated Homocysteine
- ▶ Hearing loss
- ▶ Vitiligo

33

Common **Vitamin b-12 (cyanocobalamin)** deficiency symptoms

- ▶ Peripheral Neuropathy
- ▶ Fatigue
- ▶ Depression
- ▶ Anxiety
- ▶ Dizziness
- ▶ "Jumpy" Legs
- ▶ Dyspnea
- ▶ Anemia
- ▶ Palpitations
- ▶ Elevated Homocysteine

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Common **Essential Fatty Acid** deficiency symptoms

- ▶ Acne
- ▶ Xerosis
- ▶ Dry Brittle Hair
- ▶ Immune Dysfunction
- ▶ Hyperlipidemia
- ▶ Arthritis
- ▶ Fatty Liver
- ▶ Cystic Fibrosis
- ▶ Chronic Inflammatory Conditions

35

90 essential nutrients

36
