



COMMON SYMPTOMS OF VITAMIN AND MINERAL INSUFFICIENCIES



Symptoms of Vitamin Insufficiencies

Vitamin D: frequent illness, night sweats, bone tenderness, osteopenia, depression, estrogen dominance

Vitamin B12: anemia, peripheral neuropathy (esp. numbness and tingling), sluggish energy, unsteady or wide gait, idiopathic cough, elevated homocysteine/hypertension, symptoms of estrogen dominance (i.e. poor methylation), GERD/belching post-meal (evidence of hypochlorhydria), high MCV, low WBC, poor memory, blurred vision, ataxia, varicose veins (also Vitamin C and bioflavonoids)

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, cheilitis in corner of lips, trigger finger, carpal tunnel, elevated homocysteine/hypertension, nausea, notably low ALT and AST, symptoms of estrogen dominance (i.e. poor methylation), nerve pain/dysfunction, varicose veins, lowish hemoglobin despite good iron/ferritin

Vitamin B9/Folate: frequent illness, migraine, low WBC, high MCV, elevated homocysteine, depression, note that high folate interferes with the action of Vitamin B12 and can exacerbate a deficiency in it



Symptoms of Mineral Insufficiencies

Magnesium: tightness/tension, headache, anxiety, constipation, GERD, muscle spasm or cramp (e.g. in foot or hand), heart palpitation, poor sleep, hypertension, asthma, frequent cough. Stress depletes.

Iron: anemia, fatigue, pale, cold, poor extremity circulation, poor conversion T4 to T3 thyroid hormone, low MCV, low hemoglobin with low ferritin

Zinc: frequent illness, leukopenia (low WBC), brittle/dry hair, weak/ridged or white spots on nails, sensitivity to bright light, dry skin, poor wound healing, poor sense of smell/taste, metallic taste in mouth. Stress depletes.

Copper: leukopenia (low WBC), neutropenia (low neutrophil count), fatigue, lightheaded, trouble raising ferritin via iron boost. Unusual in healthy diets as copper is high in most plant foods (incl. dark chocolate)

Potassium: Hypertension, muscle cramp/twitch (esp. “charley horse”), malaise, fatigue, heart arrhythmia