Nutritional Deficiencies

	Vitamins					Minerals													
	A	B1	B6	B12	B15	Biotin	Folic Acid	Niacin	PABA	Panto Acid	D	E	P	Calc	Iron	Mang	Magnesium	Phosphate	Potasium	Zinc
Apprehensiveness																	X			
Brain damage							X													
Brain damage resembling schizophrenia				X																
Body odor (unpleasant)				X																X
Capillary fragility (bruising)													X							
Confusion		X															X			
Coordination problems																X				
Depression			X			X		X	X	X										
Dementia								X												
Emotional instability		X																		
Irritability		X	X					X	X		X			X						
Lack of energy/fatigue									X			X			X			X	X	X
Learning disabilities							X													
Loss of memory		X																		
Memory defect				X																
Mental alertness (decreased)																				X
Mental illness							X													
Mental slowness		X		X																
Nerve disorder/nervous					X			X										X	X	X
Nervousness				X		X		X	X		X			X						
Psychotic symptoms (severe)				X																
Self-esteem	X																			
Sleeplessness/insomnia						X		X						X					X	X
Slow development							X													
Slow learning			X																	
Tension/anxiety								X												