

Do you suffer from any of the following? If so please tick in the box. (Some are repeated please tick in all cases)

Vitamin A	Vitamin B1	Vitamin B2
Poor night vision	Tender muscles	Burning or gritty eyes
Acne	Eye pains	Sensitivity to bright lights
Frequent infections	Irritability	Sore tongue
Dry flaky skin	Poor concentration	Cataracts
Dandruff	'Prickly' legs	Dull or oily hair
Thrush or Cystitis	Poor memory	Eczema or dermatitis
Diarrhoea	Stomach pains	Split nails
	Constipation	Cracked lips
Vitamin B3	Tingling hands	
Lack of energy	Rapid heart beat	Vitamin B6
Diarrhoea		Infrequent dream recall
Insomnia	Vitamin B5	Water retention
Headaches or migraines	Muscle tremors or cramps	Tingling hands
Poor memory	Apathy	Depression or nervousness
Anxiety or tension	Poor concentration	Irritability
Depression	Burning feet or tender heels	Muscle tremors or cramps
Irritability	Nausea or vomiting	Lack of energy
Bleeding or tender gums	Lack of energy	Flaky skin
Acne	Exhaustion after light exercise	
	Anxiety or tension	Biotin
Vitamin B12	Teeth grinding	Dry skin
Poor hair condition		Poor hair condition
Eczema or dermatitis	Folic acid	Prematurely greying hair
Mouth over sensitive to hot/cold	Cracked lips	Tender or sore muscles
Irritability	Premature greying hair	Poor appetite or nausea
Anxiety or tension	Anxiety or tension	Eczema or dermatitis
Lack of energy	Poor memory	
Constipation	Lack of energy	Vitamin E
Tender or sore muscles	Depression	Lack of sex drive
Pale skin	Eczema	Varicose veins
	Stomach pains	Infertility
Vitamin C		Loss of muscle tone
Frequent colds	Vitamin D	Fatigue after light exercise
Bleeding or tender gums	Tooth decay	Easy bruising
Easy bruising	Excessive sweating	
Nose Bleeds	Muscle cramps or spasm	Iron
Slow wound healing	Heart disease	Pale skin
Red pimples on skin		Sore tongue
Poor circulation	Chromium	Fatigue
	Excessive or cold sweats	Loss of appetite or nausea
Calcium	Need for frequent meals	Heavy periods or blood loss
Muscle cramps or tremors	Sleepy during the day	
Insomnia or nervousness	Excessive thirst	Selenium
Joint pain or arthritis	Addicted to sweet foods	Family history of cancer
Tooth decay/gum disease	Cold hands	Signs of premature ageing
Brittle nails		Cataracts

High blood pressure	Manganese	High blood pressure
	Muscle twitches	Frequent infections
Magnesium	Muscle weakness	
Muscle tremors or spasms	Childhood 'growing pains'	Zinc
Muscle weakness	Dizziness or poor sense of balance	White spots on nails
Insomnia or nervousness	Fits or convulsions	Poor appetite
High blood pressure	Joint pain	Hair slow to grow
Irregular heart beat		Poor sense of smell
Constipation		Eczema or spotty skin
Hyperactivity		Fertility problems
Depression		Tendency to depression
Kidney stones		
EFAs		
Soft, fraying or brittle nails		
Dry, scaly or flaky skin		
Chicken skin (tiny bumps on my arms)		
Dandruff		
Pain or stiffness of my joints		
Dry, lackluster or unruly hair		
Excessive thirst		
Menstrual cramps		
Premenstrual breast pain		