



Nutrient Deficiency

Scan the symptom list and highlight any symptoms that relate to you. This is for your benefit to see if you have any nutrient deficiencies that you might be unaware of. Schedule a lab assessment for additional testing by calling 1-800-447-7276 x1385 or x1302.

Beta-Carotene

Poor night vision
Recurrent colds & flu
Sinus problems
Facial or back acne
Dull hair
Rigid nails that peel
Low white blood cell count
Diminished fertility
Loss of smell
Dry, hard skin
Bumps — back of upper arms
Folliculitis of thighs
Loss of appetite
Diminished saliva
Achy, tired, burning, itchy, dry eyes / lids
Eyeball pain
Vitamin E deficiency
Low thyroid history
Diabetes / insulin resistant

B1 Thiamine

Depression
Fatigue
Insomnia
Numbness or burning in feet / hands
Apathy
Confusion
Emotional instability
Irritability
Weight loss
Noise sensitivity
Pain sensitivity
Headache
Indigestion
Diarrhea / constipation
Poor appetite
Low blood pressure
Alcoholism

B2 Riboflavin

Trembling
Dizziness
Insomnia
Mental sluggishness
Purplish tongue
Cracks in corners of mouth and lips
Chapped lips
Watery eyes
Eyelids crusted
Bloodshot eyes
Oily / scaly skin
Scaling around the nose, mouth, forehead, ears
Whiteheads
Surface blood vessels are prominent
Sensitivity to light
Hair loss
Loss of eyebrows
Alcoholism

Bioflavonoids

Easy bleeding
Easy bruising
Allergies
Miscarriage history
Heavy menstrual bleeding
Hemorrhoids
Allergies
Eczema
Asthma
Atherosclerosis

Selenium

Cardiomyopathy
Heart failure
Heart attack
Free radical injury
Low glutathione
Thyroid disorder
Immune dysfunction
Osgood-Schlatter's
Chemical hypersensitivity

WICHITA

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Wichita, KS 67219
316-682-3100

HAYS

1010 E 17th Street
Hays, KS 67601
785-628-3215

OVERLAND PARK

6300 W 143rd Street, Suite 205
Overland Park, KS 66223
913-745-4757

1.800.447.7276
riordanclinic.org

B3 Niacin

Diarrhea
 Dermatitis: dry, scaly, course and wrinkled, later - red, itchy, burning, inflamed
 Dementia: apprehensions, fears, delusions, hallucinations
 Mental fatigue
 Irritability
 Abdominal pain
 Constipation
 Tongue changes:
 tip reddened
 crevices and cracks
 red and swollen
 scalloped margins
 taste buds atrophied
 Sore mouth: swollen and painful gums
 Depression
 Insomnia
 Loss of appetite
 Poor concentration
 Headaches
 Muscle weakness
 Burning sensations
 Nausea
 Dizziness
 Acne
 Malabsorption
 Arthritis
 Heart disease
 High blood pressure
 High cholesterol
 Vascular disease

Copper

Anemia
 Easy bone fractures
 Decreased immunity
 Mental symptoms
 Neurotransmitter imbalances
 Poor blood formation
 High cholesterol
 Reduced skin / hair pigment
 Connective tissue defects
 Cardiac arrhythmias
 Prediabetes
 Diabetes
 Atherosclerosis

B5 Pantothenic Acid

Fatigue
 Insomnia
 Respiratory infection-prone
 Sullenness
 Loss of appetite
 Depression
 Constipation
 Withdrawal
 Adrenal exhaustion
 Burning sensation in feet
 Irritability
 Alcohol cravings
 Sugar cravings
 Low blood pressure
 Allergies
 Teeth grinding

B6 Pyridoxine

Nervousness
 Mood swings
 Depression
 Insomnia
 Hypoglycemia
 Fluid retention
 Dandruff
 Oily scales on scalp, eyebrows, nasal folds
 Breast fibro cysts
 Autism
 Neuropathy
 Seborrhea
 Numbness
 Asthma
 Diabetes
 Sore tongue / mouth
 Morning nausea
 Anemia
 PMS
 Morning sickness
 Fatigue
 Eczema
 Kidney stones
 Acne
 Muscle twitches
 Carpal Tunnel Syndrome
 Learning disorders
 Arthritis

Folic Acid

Fatigue
 Depression
 Disorientation
 Confusion
 Paranoia
 Hallucinations
 Apathy
 Poor concentration
 Poor memory
 Withdrawal
 Irritability
 Slowed thinking
 Tongue soreness
 Cracks at corners of the mouth
 Cervical dysplasia
 Low stomach acid
 Malabsorption
 Diarrhea
 Scaly lips
 Anemia
 Low white blood cell count
 Low infection resistance
 Asthma
 Arthritis

B12 Cobalamin

Fatigue
 Apathy
 Nervousness
 Mood swings
 Depression
 Paranoia
 Hallucinations
 Poor concentration
 Slow learning
 Confusion
 Tongue changes:
 Reddened tip
 Smooth
 No bumps
 Shiny red
 MCV - 90 or higher
 Anemia
 Bursitis
 Tendonitis — calcific
 Poor memory
 Asthma
 Arthritis
 Low stomach acid
 Sciatica
 Alcohol cravings
 Metformin blocks

B Complex

Fatigue
Depression
Nervousness
Sleep disturbance
Loss of appetite
Nausea
Tongue changes:
 reddened
 stippled
 coated
 cracked
 scalloped
 glossy
 shiny

Calcium

Muscle twitching
Muscle cramps
Backaches
Depression
Irritability
Nervousness
Anxiety
Osteoporosis
Poor diet
Menstrual cramps
Brittle nails
Periodontal disease
Dental cavities
Arthritis
Vitamin D3/K2 deficiency
Calcium intake > 500 mg a day

Omega Fats

Heart attack
Stroke
Arthritis
Cancer
High blood pressure
Depression
Schizophrenia
Dry skin
Brittle nails
Eczema
Decreased fertility
PMS

C Ascorbic Acid

Frequent colds
Fatigue
Confused
Depression
Anxiety
Adrenal exhaustion
Easy bruising
Bleeding gums
Loose teeth
Skin hemorrhages
Loss of appetite
Nosebleeds
Varicose veins
Slow wound healing
Aneurysms
Short of breath
Anemia
Joint / leg pains
High cholesterol
Hepatitis history
Severe mono history
Pneumonia history
Cancer history
Heart disease history
Food allergies
Hallucinations
Schizophrenia
Poor concentration
Slow learning
Confusion
Back pain
Spinal disk issues
Allergic rhinitis
Sugar cravings
Alcohol cravings
Lead poisoning
Sugar withdrawal

Chromium

Depression
Diabetes
Hypoglycemia
Fatigue
Low stamina
High cholesterol
High triglycerides
Aneurysm
Arteriosclerosis
Sugar craving

Amino Acids

Fatigue
Apathy
Weakness
Depression
Hyperglycemia
Slow healing
Water retention
Many skin lesions
Muscle loss
Liver damage
Depression
De-pigmented hair

Magnesium

Twitching
Tremors
Fatigue
Depression
Irritability
Nervousness
Muscle tension
Insomnia
PMS depression
Hyperactivity
Convulsions
Kidney stones
High blood pressure
Diabetes
Irregular heartbeat
Weak / failing heart
Coronary artery spasm / angina
Heart attack
Platelet adhesion
Back pain / spasm
Esophageal spasm
Pyloric valve spasm
Muscle spasm
Menstrual cramps
Gangrene
Eclampsia
Pregnancy
Lead toxicity
Alcohol cravings
Deficiency due to meds:
 Antacids
 Nexium (PPI's)
 Diuretics
 BCPs
 Tetracycline

E Tocopherols

Infertility
Miscarriages
Heavy menopausal symptoms
Fibrocystic breasts
Fatigue
Nervousness
Insomnia
Shortness of breath
Heart palpitations
High cholesterol
Heart attack
Peripheral vascular disease
Claudication
Thrombophlebitis
Blood clots
Pulmonary embolism
Anemia
Tendonitis
Nighttime leg cramps
Accelerated aging
Scar contracture
Poor healing burn
Malabsorption
Skin ulcers
Gangrene
Air pollution

K1

Easy bleeding
Easy bruising
Bleeding disorders
Pregnancy nausea
Osteoporosis

K2

Un-carboxylated osteocalcin
(prone to osteoporosis)
Heart attack
Breast cancer
Prostate cancer
All cancers
Obesity
Valvar calcific heart disease
Cataracts
Kidney stones
Bone spurs
Heel spurs
Calcific inflammation in
coronary arteries

Iron

Anemia
Fatigue
Irritability
Behavioral problems
Inattentiveness
Learning disorders
Academic issues
Depression
Dizziness
Diarrhea
Spoon-shaped nails
Brittle, dull nails
Flattened nails
Ridged nails
Swollen ankles
Hair loss
Infection prone
Dysmenorrhea
Abnormal periods
Pregnancy

D

Weight gain
Bone softening (low bone density)
Fractures
Fatigue
Generalized weakness
Muscle cramps
Joint pain: back and knees
Blood sugar issues
Low immunity
Low blood calcium
Mood changes
Irritability
Depression

Manganese

Frequent injuries to:
Cartilage
Ligaments
Tendons
Slow healing overall
Arthritis
Elevated pyrroles
Diabetes
Osteoporosis
Tardive dyskinesia

Zinc

Twitching
Small stature
Stretch marks
Pigmented skin
White spots on nails
Poor hair growth
Poor nail growth
Hair splits easily
Cracks in fingertips
Cracks behind ears
Slow wound healing
Delayed menstruation
Irregular menses
Small sex organs
Growing pains
Disturbed taste / smell
Low immunity
Chemical hypersensitivity
Nasal allergies
Eustachian tube dysfunction
Oily skin
Hair loss
Appetite loss
Lethargy
Acne
Eczema
Enlarged prostate
Night blindness
Poor vision response
Low thyroid status
Schizophrenia
Pyrroluria
Diabetes
Alcohol cravings
Sugar cravings
Steroids / BCPs