

Key triggers or symptoms of vitamin B12 deficiency are:

- Tiredness
- Depression
- Hair loss
- Pins & needles
- Numbness in the hands or feet
- Tremors or palsies
- Palpitations
- Recurrent headaches
- Dizziness

The one-minute health check

Circle your symptoms in each group and then score the severity from 0-10 (where 0 = no symptoms, 5 = symptom affects daily life to a moderate extent or 10, where the symptom is present all the time, severe and debilitating).

One Minute Health Check – Vitamin B12 Deficiency

Please circle your symptoms in each group and then score the severity from 0-10

(where 0 = no symptoms (leave blank), 5 = symptom affects daily life to a moderate extent or 10, where the symptom is present all the time, severe and debilitating).

Signs & Symptoms	Score 1-10	Signs & Symptoms	Score 1-10
Energy/haemopoietic		Cardiovascular/respiratory	
Weariness, lethargy, tiredness, fatigue or fainting		Shortness of breath/Wheeziness	
Sleepy, tired in the afternoon		Palpitations, chest pain	
Nervous System		Pallor, lemon yellow complexion	
Tremor, foot drop		Bruising, vasculitis	
Loss of balance, Seizures, Falls*		Gastro-Intestinal (GI)	
Tingling or numbness in hands and/or feet, burning sensation*		Sore tongue, bleeding gums	
Restless leg syndrome		Red beefy tongue	
Facial Palsy		Cracking in the angles of the mouth	
Spastic movements, crampy pain in limbs		Metallic taste, unusual taste, loss of appetite, loss of weight	

Stiffness of limbs, muscle wasting*		Gastric symptoms – acidity, heartburn	
Weakness or loss of sensation in limbs, shooting pain in back/limbs, paralysis*		Intermittent diarrhoea, IBS	
Migrainous headache		Skin, Hair, Nails & Skeletal	
Psychiatric		Premature greying	
Irritable, snappy, disturbed sleep		Alopecia, unexplained hair loss	
Confused, memory disturbance, forgetfulness, foginess		Joint inflammation, swelling, pain	
Tension headaches		Dry skin, brittle nails	
Mental slowness, mood swings, anxiety, panic attacks, depression*		Genito-urinary (GU)	
Psychosis, hallucinations, delusion*		Heavy painful periods, irregular periods, infertility and frequent miscarriages	
Ear, Eye & Throat		Polycystic ovarian disease	
Blurred vision, double vision, drooping of eyelid, orbital pain		Loss of libido	
Dizziness, tinnitus		Shooting pain from groin to perineum	
Difficulty swallowing persistent cough		Incontinence	
Immune System		Personal & Family History	
Prone to recurrent URTI, UTI Respiratory infections		Family history of B12 deficiency (pernicious anaemia), underactive thyroid, diabetes, vitiligo, depression	
Other auto-immune conditions		Vegetarian, vegan, poor diet	
Hypoadrenalism, myxoedema, underactive thyroid		Alcoholism, smoking	

1-3 Body systems – Clinically significant
4-6 Body systems – Severe B12 deficiency