

ALL ABOUT VITAMINS - HANDOUT

Risks and Vitamin Deficiencies

Most Common deficiencies (risk varies depending on procedure type) –

In order of highest risk to lowest risk:

- **Vitamin D and Calcium** (Burning sensation in mouth, diarrhea, insomnia, myopia, nervousness, osteomalacia, **osteoporosis, rickets**, scalp sweating)
- **Copper** (Anemia, arterial damage, depression, diarrhea, fatigue, **fragile bones, hair loss, hyperthyroidism**, weakness)
- **Zinc** (Acne, amnesia, apathy, **brittle nails**, delayed sexual maturity, depression, diarrhea, eczema, fatigue, growth impairment, **hair loss, high cholesterol levels, immune impairment** impotence, irritability, lethargy, loss of appetite, loss of sense of taste, low stomach acid, male infertility, **memory impairment, night blindness**, paranoia, **white spots on nails**, wound healing impairment)
- **Vitamin A** (**Acne, dry hair**, fatigue, growth impairment, insomnia, hyperkeratosis (thickening and roughness of skin), **immune impairment, night blindness**, weight loss)
- **Folic Acid** (Anemia, apathy, diarrhea, **fatigue, headaches, insomnia**, loss of appetite, neural tube defects in fetus, paranoia, shortness of breath, weakness)
- **Iron** (**Anemia, brittle nails, confusion**, constipation, depression, dizziness, fatigue, headaches, inflamed tongue, mouth lesions)
- **B1** (**Confusion**, constipation, digestive problems, irritability, loss of appetite, **memory loss, nervousness**, numbness of hands and feet, pain sensitivity, poor coordination, weakness)
- **B12** (**Anemia and neurological** disorders)

