

# Zinc Deficiency

## Check Sheet

Circle Here	CIRCLE ALL Applicable items which may apply!
→	Fatigue
→	Accelerated hair loss or damage
→	Slowing hair growth
→	Losing the quality of your vision
→	Blurred vision in low light or darkness
→	Decreased sense of taste
→	Unpleasant taste in your mouth between meals
→	Often diagnosed with anemia
→	Rapid decline in memory
→	Increased presence of dandruff
→	Darkening in color, the palms of hands or soles of feet
→	Increased skin dryness
→	Chronic stomatitis (Canker Sores)
→	Burning or tingling sensation on the tongue
→	Decreased secretion of saliva
→	Increased susceptibility to colds
→	Long recovery period for minor cuts or wounds
→	Nails becoming deformed
→	Nails grow at a much slower rate
→	Feeling of Coldness experienced in your extremities
♥	<b>Women Only</b>
→	Irregular menstruation
→	Premenstrual irritability or headaches
♣	<b>Men Only</b>
→	Rapid decline in energy and stamina

**Continued on back side - OVER**

## ♥ Assessment ♣

If you circle even one of the symptoms listed on the check sheet, you may be suffering from zinc deficiency.

But if you have circled several items, then it is very likely you are suffering from a deficiency in Zinc.

The above symptoms may be early warnings of malnutrition or stress.

They may also indicate the onset of a more serious disease!

Please seek medical advice and have a blood test for indications of zinc deficiency if you have circled five or more items above.

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