

## Deficiency Signs and Predisposing Factors for Mineral Deficiencies

### Calcium

- ☐ Anxiety
- ☐ Brittle nails
- ☐ Cramps
- ☐ Delusions
- ☐ Depression
- ☐ Insomnia
- ☐ Irritability
- ☐ Nervousness
- ☐ A history of osteoporosis
- ☐ Palpitations
- ☐ Periodontal disease
- ☐ Rickets
- ☐ A tendency towards headaches
- ☐ Any tooth decay
- ☐ Twitches

### Chromium

- ☐ Adult-onset diabetes
- ☐ Insulin resistance
- ☐ Anxiety
- ☐ Fatigue
- ☐ Irritability or moodiness if a meal is skipped
- ☐ Hunger shortly after eating
- ☐ Cravings for sweets
- ☐ Sudden decreases in energy levels
- ☐ Sudden and abrupt rises in anxiety
- ☐ Mood swings
- ☐ Slow healing after injuries or surgery
- ☐ High cholesterol
- ☐ High blood pressure
- ☐ Blood sugar fluctuations

### Copper

- ☐ Anemia
- ☐ Depression
- ☐ Diarrhea
- ☐ Fatigue
- ☐ Fragile bones
- ☐ Hair loss
- ☐ Hyperthyroidism
- ☐ Weakness

## Iodine

- ☐ Goiter
- ☐ Cretinism in babies
- ☐ Unwanted weight gain
- ☐ Sluggishness
- ☐ Hypothyroidism
- ☐ A history of exposure to radiation
- ☐ History of drinking tap water
- ☐ Slowed brain function
- ☐ Slowed metabolism
- ☐ Lowered immunity
- ☐ Emotional upset and anxiety
- ☐ Cysts, soreness, and heaviness in breasts

## Iron

- ☐ Anemia
- ☐ Brittle nails
- ☐ Confusion
- ☐ Constipation
- ☐ Depression
- ☐ Dizziness
- ☐ Fatigue
- ☐ Headaches
- ☐ Having an inflamed tongue
- ☐ Any mouth lesions
- ☐ Spooning nails when the nail curves upwards
- ☐ Having pale, blue nails

## Magnesium

- ☐ Anxiety
- ☐ Breast cysts
- ☐ Confusion
- ☐ Constipation
- ☐ Chronic stress
- ☐ Cramps
- ☐ Dandruff
- ☐ Depression
- ☐ Excess ear wax
- ☐ History of heart attack
- ☐ Hyperactivity
- ☐ Insomnia
- ☐ Irregular heartbeats
- ☐ Irritability
- ☐ Muscle weakness and nausea
- ☐ Nervousness
- ☐ Noise sensitivity
- ☐ PMS
- ☐ Restlessness
- ☐ Spasms
- ☐ Twitching
- ☐ Sores around mouth
- ☐ Breaking nails

## Manganese

- ☐ Atherosclerosis
- ☐ Dizziness
- ☐ Elevated cholesterol levels
- ☐ Sugar intolerance
- ☐ Hearing loss
- ☐ Loss of muscle control
- ☐ Ringing in ears

## Phosphorus

- ☐ Fatigue
- ☐ Weakness
- ☐ Decreased attention span
- ☐ Seizures
- ☐ History of anorexia
- ☐ Bone pain
- ☐ Weakness

## Potassium

- ☐ Arrhythmia
- ☐ Shallow breathing
- ☐ A history of anorexia
- ☐ Irritability
- ☐ Muscle cramps
- ☐ Muscle weakness
- ☐ Nausea
- ☐ Vomiting
- ☐ Confusion
- ☐ Increased urination
- ☐ High blood pressure

## Zinc

- ☐ Acne
- ☐ Decreased sense of taste
- ☐ Form scars easily
- ☐ History of Crohn's disease
- ☐ Over consumption of sweets
- ☐ Poor perception of sweet taste
- ☐ Rashes
- ☐ Retarded growth and delayed sexual development as a child
- ☐ Slow wound healing
- ☐ Smelly feet
- ☐ Tendency towards infections
- ☐ White spots on fingernails
- ☐ Puffy gums
- ☐ Cracked finger tips