

INE INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY

Nutritionally Oriented Physical Exam: Lips and Mouth


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Lips and Mouth Evaluation



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INE: Nutritionally Oriented Physical Exam - Lips and Mouth

Lip and Mouth Evaluation	
Circle all that apply	Possible Interpretation
	Iron deficiency
Pale gums	
Gums, puffy/bleeding	Insufficiency of folic acid, coenzyme Q-10, bioflavonoids, vitamin C, niacin, zinc, or vitamin A
Ulcerations or canker sores	Insufficient friendly gut bacteria, low B vitamins (especially folic acid), low lysine, excess arginine, gluten sensitivity, food allergies, stress
Lines around mouth	Low estrogen, low essential fatty acids, or vitamins B, A or E
Cracks, fissures, and scales, especially at corners	Insufficiency of B vitamins, especially B2, B6, B8, and folic acid, imbalance of essential fatty acids, low magnesium
Dry flaking lips	Essential fatty acids imbalance, Low levels of biotin
Metallic taste	Heavy-metal toxicity, excess mineral intake, side effect of medications
Loss of tastes, especially sweets	Inadequate zinc, excess copper and/or selenium
Bitter taste	Infection or abscess
Salty taste	Excess salt intake, bleeding somewhere in body
Excessive salivation	Excess mercury
Painful dentures	Low stomach acid, low B vitamins, low glutamine
Bleeding gums	Deficiency of Vitamin C, bioflavonoids
Bad breath	Inadequate digestive enzymes, food allergies, infection, leaky gut, overeating, eating too frequently, stress
Acetone-like breath smells	Diabetes or active weight loss process
Urine-like breath smells	Protein maldigestion
Putrid breath smells	Mouth and/or lung infection
Red and inflamed lips	Low B vitamins, poor absorption in small intestine
