



**INE** | INSTITUTE OF  
NUTRITIONAL  
ENDOCRINOLOGY

# Nutritionally Oriented Physical Exam: Lips and Mouth

**Dr. Ritamarie Loscalzo**






**Medical Disclaimer:** The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, [drritamarie.com](http://drritamarie.com), and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



# Lips and Mouth Evaluation



## Lip and Mouth Evaluation

		Circle all that apply	Possible interpretation
  	Pale gums		Iron deficiency
	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, B5, B6, 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	

