

Could you be B12 Deficient?

Tick the boxes which correspond to your symptoms.

- | | | |
|--|--------------------------|------------------|
| <i>Strange</i> Tiredness | <input type="checkbox"/> | 5 points |
| The Fogs – lack of clarity/difficulty in concentrating | <input type="checkbox"/> | 5 points |
| Breathlessness - ‘The Sighs’ or ‘The Gulps’ | <input type="checkbox"/> | 5 points |
| Brittle nails | <input type="checkbox"/> | 5 points |
| Brittle nails <i>with ridges</i> | <input type="checkbox"/> | + extra 5 points |
| Pins and needles - usually in your hands and feet | <input type="checkbox"/> | 5 points |
| Swollen and/or sore Tongue | <input type="checkbox"/> | 5 points |
| Sudden unaccountable bouts of diarrhoea | <input type="checkbox"/> | 5 points |
| Balance problems | <input type="checkbox"/> | 5 points |
| General unsteadiness | <input type="checkbox"/> | 5 points |
| Vertigo | <input type="checkbox"/> | 5 points |
| Burning legs or feet | <input type="checkbox"/> | 5 points |
| Tinnitus | <input type="checkbox"/> | 2 points |
| Irritability/anger/lacking patience | <input type="checkbox"/> | 2 points |
| Family history of B12 Deficiency/Pernicious Anaemia | <input type="checkbox"/> | 2 points |
| Hair loss | <input type="checkbox"/> | 1 point |
| Dry skin (including scalp) | <input type="checkbox"/> | 1 point |
| Lack of concentration | <input type="checkbox"/> | 1 point |
| Memory loss | <input type="checkbox"/> | 1 point |
| Insomnia | <input type="checkbox"/> | 1 point |

Premature greying of hair	<input type="checkbox"/>	1 point
Psoriasis/eczema/acne	<input type="checkbox"/>	1 point
Rosacea	<input type="checkbox"/>	1 point
Arrhythmia	<input type="checkbox"/>	1 point
Vitiligo	<input type="checkbox"/>	1 point
Anaemia	<input type="checkbox"/>	1 point
Infertility	<input type="checkbox"/>	1 point
Dizziness	<input type="checkbox"/>	1 point
Bleeding gums/mouth ulcers	<input type="checkbox"/>	1 point
Loss of appetite/weight loss	<input type="checkbox"/>	1 point
Neuropathic pain	<input type="checkbox"/>	1 point
Numbness	<input type="checkbox"/>	1 point
Depression/anxiety	<input type="checkbox"/>	1 point
Confusion	<input type="checkbox"/>	1 point
Blurred vision	<input type="checkbox"/>	1 point

Add up your ticks and calculate your score then apply the following criteria:

- **66 + Make an urgent appointment to see your doctor to discuss these symptoms.**
- **1 - 65 - Make an appointment to see your doctor at your convenience to discuss the symptoms**

Note – this test is for information only and is NOT an aid to self-diagnosis. Your Doctor is the best person to give you advice.

This test is NOT a substitute for advice from your Doctor.