

What happens when these get too low?

Nutrient	When depleted, can lead to...
Vitamin A	(Beta-carotene is a precursor, so these also apply to beta-carotene) night blindness, lack of general eye tissue health and vitality, corneal ulcers, decreased protection against infectious agents and carcinogenesis, atrophy of the thymus and spleen, increased risk of many cancers, skin issues, hair and scalp issues, bone softness, abnormal menstruation, fatigue, insomnia, decrease in appetite, loss of smell and taste, rapid loss of Vitamin C from the body, dental disease, kidney stone formation, ear problems
Vitamin B1	(aka Thiamine) fatigue, instability, confusion, loss of memory, depression, clumsiness, insomnia, GI disturbances, abdominal pain, constipation, slow heart rate, burning chest pain, prickling sensation in the legs, tender and atrophied muscles, skin problems, symptoms of neurosis, mental deficiency, difficulty breathing
Vitamin B2	(aka Riboflavin) sensitivity or inflammation of the mucous membranes of the mouth; cracks or sores at the corners of the mouth; a red, sore tongue; eye redness or sensitivity to light, burning eyes, eye fatigue, or a dry, sandy feeling of the eyes; fatigue and/or dizziness; dermatitis with a dry yet greasy or oily scaling; nervous tissue damage; slow growth in infants and children; cataracts; hair loss; weight loss; general lack of vitality; digestive problems
Vitamin B3	(aka Niacin) skin's sensitivity to light; skin that is rough, thick, and dry; weakness, general fatigue, anorexia, indigestion, skin eruptions, irritability, insomnia, headaches, tremors, extreme anxiety, depression, psychosis, pellagra (diarrhea, dermatitis, and dementia)
Vitamin B6	(aka Pyridoxine) muscle weakness, nervousness, irritability, depression, fatigue, nervous system symptoms, anemia, paresthesia, incoordination, confusion, insomnia, hyperactivity, neuritis, convulsions, visual disturbances, dermatitis (or cracks and sores at the corners of the mouth and eyes)
Vitamin B12	anemia, fatigue, weakness, menstrual problems, decreased sensory perceptions, difficulty walking or speaking, neuritis, diminished reflex response, limb jerking, mood changes, mental slowness, irreversible nerve damage
Vitamin C	poor resistance to infection, slow wound healing, easy bruising, general weakness, loss of appetite, poor digestion, nosebleeds, sore and bleeding gums, anemia, joint tenderness and swelling, mouth ulcers, loose teeth, shortness of breath, reduced bone growth, scurvy
Vitamin D	chronic pain, chronic kidney disease, Crohn's disease, hyperparathyroidism, osteoporosis, osteopenia, osteomalacia, rickets, tetany, myopia (nearsightedness), loss of hearing
Vitamin E	acne, anemia, infections, some cancers, dental disease, cholesterol, gallstones, neuromuscular diseases, dementia/ Alzheimer's
Vitamin K	abnormal bleeding, miscarriage, easily bruised, bleeding from the GI tract, blood in urine and/or stool
Calcium	tooth loss, tooth decay, gingivitis, decrease in bone mass, rickets, osteomalacia, osteoporosis, toxemia of pregnancy, anxiety, hyperkinesis, otosclerosis, alcoholism, nerve sensitivity, paresthesias, muscle twitching, brittle nails, irritability, palpitations, insomnia, confusion, feeling of chronic depression, muscle cramps, heart palpitations, numbness, tingling, tetany
Coenzyme Q10	problems with coordination and balance, seizures, intellectual disability, poor muscle tone, involuntary muscle contractions, progressive muscle stiffness, abnormal eye movements, vision loss, hearing loss
Folate	birth defects, anemia, fatigue, irritability, anorexia, weight loss, headache, sore and inflamed tongue, diarrhea, heart palpitations, forgetfulness, hostility, feeling of paranoia, poor memory, general apathy, withdrawal, irritability, decrease in basic mental powers
Iron	anemia, fatigue, lack of stamina, decreased blood cell count, low hemoglobin, reduced ability to hold and carry oxygen, psychological problems, learning disabilities, lower IQ, headaches, dizziness, weight loss, constipation, lowered immunity, paleness of the skin, cheeks, lips, and tongue, sore tongue, canker sores in the mouth, hair loss, itching, brittle nails, general state of apathy, irritability, depression, decreased memory, morning sickness
Magnesium	fatigue, anorexia, irritability, insomnia, muscle tremors or twitching, apathy, apprehension, decreased learning ability, confusion, poor memory, rapid heartbeat, numbness, tingling, tetany, delirium, hallucinations, arterial spasm, possible heart attack, increased blood pressure, increased likelihood of kidney stones and other tissue calcification
Melatonin	sleep issues, seasonal affective disorder
Protein	weight loss; functional problems; edema; fatty liver; skin, hair, and nail problems; loss of muscle mass; bone fractures; stunted growth; infections; moodiness; bloating; fatigue
Potassium	hypertension, congestive heart failure, cardiac arrhythmias, fatigue, depression, mood changes, muscle weakness, slow reflexes, dry skin or acne, nervous disorders, insomnia, slow or irregular heartbeat, loss of GI tone, bone fragility, central nervous system changes, decreased heart rate, possible death
Selenium	eczema; psoriasis; rheumatoid arthritis; cataracts; cervical dysplasia; alcoholism; infections; increased risk of: certain cancers, heart disease, hypertension, strokes, heart attack, and kidney disease
Sodium	decreased blood volume, increased blood count, decreased blood pressure, muscle cramps, nausea, vomiting, dizziness, poor memory, impaired concentration, somnolence, muscle weakness, anorexia, fatigue, apathy, muscle twitching, poor carbohydrate metabolism
Zinc	slowed growth, slow sexual development, lowered resistance, fatigue, increased susceptibility to infection, sensitivity and reactions to environmental chemicals, poor appetite, learning disabilities, poor attention span, acne, hair loss or thinning, dermatitis, poor digestion, loss of taste sensation, brittleness of the nails or white spots on the nails (leukonychia), skin rashes, dry skin, delayed healing of skin wounds or ulcers, stretch marks, depression, morning sickness
Friendly Intestinal Bacteria	mental health issues such as anxiety and schizophrenia, digestive issues, vitamin and mineral deficiencies, autoimmune disease, skin issues