

Vitamin Cheatsheet

Vitamin	Signs/Symptoms of Deficiency
Vitamin A	Night blindness, dry eyes, impaired immunity, skin issues
Vitamin B1 (Thiamine)	Beriberi (weight loss, emotional disturbances, impaired sensory perception), Wernicke-Korsakoff syndrome
Vitamin B2 (Riboflavin)	Cracks at corners of the mouth, sore throat, swollen tongue, skin disorders
Vitamin B3 (Niacin)	Pellagra (diarrhea, dermatitis, dementia), fatigue, headache
Vitamin B5 (Pantothenic Acid)	Fatigue, irritability, numbness, muscle cramps
Vitamin B6 (Pyridoxine)	Anemia, dermatitis, depression, confusion, weakened immune function
Vitamin B7 (Biotin)	Hair loss, skin rashes, brittle nails, neurological symptoms
Vitamin B9 (Folate)	Megaloblastic anemia, fatigue, mouth sores, neural tube defects in pregnancy
Vitamin B12 (Cobalamin)	Pernicious anemia, fatigue, weakness, neurological issues, glossitis
Vitamin C	Scurvy (bleeding gums, joint pain, poor wound healing, fatigue)
Vitamin D	Rickets (in children), osteomalacia (in adults), bone pain, muscle weakness
Vitamin E	Hemolytic anemia, peripheral neuropathy, muscle weakness
Vitamin K	Increased bleeding tendency, easy bruising, heavy menstrual bleeding
Vitamin H (Biotin)	Hair loss, dermatitis, neurological symptoms
Vitamin B2 (Riboflavin)	Cracked lips, sore throat, inflammation of the tongue and mouth, anemia
Vitamin B6 (Pyridoxine)	Dermatitis, cracked and sore lips, inflamed tongue, confusion, depression
Vitamin B9 (Folic Acid)	Megaloblastic anemia, fatigue, mouth sores, growth problems in children
Vitamin B12 (Cobalamin)	Anemia, fatigue, nerve damage, memory problems, difficulty walking