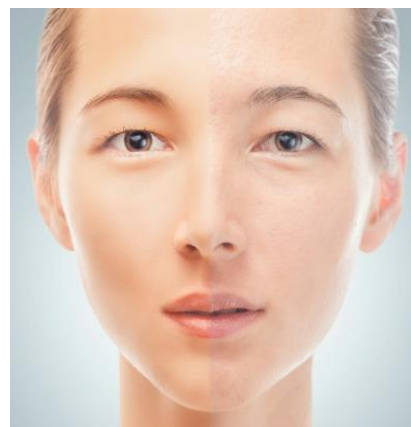


# Visual Exam for Nutritional Status

The foods you eat not only influence how you feel but also how you look. Certain physical signs can determine possible nutritional deficiencies.



Body Part	Symptoms	Possible Deficiency/Cause
Scalp	Red, itchy, dry	Omega-3, Omega-6, Vitamin A
	Dandruff, hair loss	Vitamin B6, Zinc, Limited protein absorption
Face	Rough, scaly skin on forehead and nose	Vitamin B2, Iron
	Acne	Zinc, Vitamin A
	Edema, puffy round face (moon face)	Limited protein absorption, Hypothyroidism, Allergies
Eyes	Dry, red, light sensitive	Vitamin A, Vitamin B2, Vitamin B6
	Puffy, dark circles	Allergies, Food sensitivities, kidney malfunction
Lips	Cankers, cracks in the corner of mouth	Vitamin B2, Vitamin B3
	Dry lips	Omega-3, Omega-6
Tongue	Red, irritated	Vitamin B2, Vitamin B3, Vitamin B12, Iron
Gums	Bleeding, tender	Vitamin C, Co-enzyme Q10



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD for you**  
 Health and Wellness  
 for Magna Employees

**MAGNA**

# Visual Exam for Nutritional Status

Skin	Dryness, hyperkeratosis (thickening of the skin)	Vitamin A, Omega-3, Omega-6
	Stretch marks, small broken blood vessels on surface of skin	Vitamin C, Zinc
	Bruises, excess bruising	Vitamin C, Vitamin K
	Small red bumps in back of arms	Omega-3, Omega-6
Hands	Cold hands	Magnesium, Hypothyroidism
Nails	Thin, splitting, brittle	Magnesium, Zinc, Manganese, Copper, Omega-3, Omega-6
	White spots	Zinc
	Spoon shaped	Iron
Muscles	Tenderness	Vitamin B1
	Excessive fatigue	Carnitine, Co-enzyme Q10
Nerves	Abnormal sensation of burning, tingling or aching	Magnesium, B-Complex (B1, B2, B3, B5, B6, B7, B9, B12)
	Fidgety	Vitamin B1, Vitamin B12
	Trembling	Vitamin B2

**Note:** Always consult with a health professional before taking any new supplements.



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD for you**  
 Health and Wellness  
 for Magna Employees

**MAGNA**