

## Nutrient Deficiencies

	Vitamin A	Vitamin B12	Vitamin D	Selenium	Zinc	Iodine	Iron
Blood test range	200 - 800	140 - 650	50 - 150 nmol/L	0.5 - 1.4	9-17	See notes below	Ferritin 20-380 Iron 10-30 Transferrin 2 - 3.6 Iron Saturation 20-50
Ideal range	Ideally towards the higher end of the scale	<350 is terrible 500 is still low 600 - 900 Ideal	Ideally >140 nmol/l.	Ideally your selenium should be 1.6 or over	Ideally towards the higher end of the scale		Ideally towards the higher end of the scale
Food Sources	Liver, Butter, Eggs, Carrots, Kumura, Kale Spinach, Apricots, Pumpkin	Beef, Chicken, Liver, Eggs, Tuna, Salmon, Lamb, Raw Milk, Cottage Cheese, Raw Cheese, Sardines	Sunlight, Cod Liver Oil, Sardines, Salmon, Raw Milk, Eggs, Mushrooms	Brazil nuts, Fish, Tuna, Sardines, Eggs, Beef, Chicken, Eggs, Spinach	Beef, Lamb, Chicken, Pumpkin Seeds, Chickpeas, Cacao Powder, Cashews, Kefir & Yoghurt, Mushrooms, Spinach	Seaweeds, Kelp, Salt, dried prunes, cranberries, eggs, raw milk, navy beans	Spirulina, Liver, Beef, Lentils, Black Beans, Dark Chocolate, Spinach, Pistachios, Raisins.
Further Reading		<a href="https://draxe.com/vitamin-b12-benefits/">https://draxe.com/vitamin-b12-benefits/</a>	<a href="https://draxe.com/vitamin-d-deficiency-symptoms/">https://draxe.com/vitamin-d-deficiency-symptoms/</a>	<a href="https://draxe.com/selenium-benefits/">https://draxe.com/selenium-benefits/</a>	<a href="https://draxe.com/zinc-deficiency/">https://draxe.com/zinc-deficiency/</a>	<a href="https://draxe.com/iodine-deficiency/">https://draxe.com/iodine-deficiency/</a>	<a href="https://draxe.com/iron-deficiency/">https://draxe.com/iron-deficiency/</a>
Symptoms of deficiency	Blurry vision or other vision changes, Bone pain, Poor Appetite, Dizziness, Nausea & Vomiting, Sensitive to sunlight, dry, rough skin.	Whole body: anaemia, fatigue, or poor balance Also common: memory loss, pallor, reduced sensation of touch, shortness of breath, or tingling feet	Depression, bone pain, frequent colds, cancer diagnosis	Hypothyroidism, extreme fatigue, mental slowing, goiter, cretinism, and recurrent miscarriage.	Poor sense of taste or smell, Stretch marks, Acne, White spots on the nails, Poor growth - mostly in children, Hair loss, Anorexia., Poor wound healing.	Enlargement of the thyroid gland causing a bulge in the neck (goitre). Fatigue, constipation and sensitivity to cold temperatures may also occur.	Dizziness, fatigue, or light-headedness Fast heart rate or palpitations, Brittle nails, pallor, or Shortness of breath

Some of the most widespread nutrient deficiencies include iron, magnesium, choline, vitamin D, B vitamins, and omega-3 fats.

If you have nutrient deficiencies you may well have a bacterial overgrowth in the intestines called SIBO, left untreated, can cause potentially serious health complications. It's important to get rid of the bacterial overgrowth as soon as possible. Bacteria overgrowth in the small intestine can lead to malnutrition, one of the biggest concerns with SIBO.

## Nutrient Deficiencies

Essential nutrients, protein, carbohydrates and fats aren't properly absorbed, causing deficiencies, including **iron deficiency**, vitamin B12 deficiency, **calcium deficiency** and deficiencies in the fat-soluble vitamins – **vitamin A deficiency**, **vitamin D deficiency**, **vitamin E deficiency** and **vitamin K deficiency**.

The only reliable test for iodine deficiency in an individual is to show the normalisation of a raised TSH (thyroid stimulating hormone) blood test following iodine supplementation. TSH test - TSH is the usual test for thyroid function. The range in NZ is reported by laboratories as 0.3 to 5. For good thyroid function one really needs to be less than 1.5. Many people will feel lethargic with thinning hair and lowish early morning body temperatures (signs of thyroid deficiency) but their TSH may be 4.0 and are told their thyroid function is normal because their blood test falls within the normal range, however their energy levels usually go back to normal if they got their TSH to below 1.5.

Your Dr may be able to prescribe B12 injections, Vitamin D and other minerals to support your recovery.

## What Are Nutritional Deficiencies?

- Nutritional deficiencies, known as malnutrition, are the result of your body not getting enough of the nutrients it needs.
- Children are more at risk for serious complications due to nutritional deficiencies than adults.
- You can prevent nutritional deficiencies by making sure you get enough nutrients from your diet.

The body requires many different vitamins and minerals that are crucial for both development and preventing disease. These vitamins and minerals are often referred to as micronutrients. They aren't produced naturally in the body, so you have to get them from your diet.

A nutritional deficiency occurs when the body doesn't absorb the necessary amount of a nutrient. Deficiencies can lead to a variety of health problems. These can include problems of digestion, skin problems, stunted or defective bone growth, and cancer.

The amount of each nutrient you should consume depends on your age. In New Zealand, many foods that you buy in the supermarket (such as cereals, bread, and milk) are fortified with nutrients that are necessary to prevent nutritional deficiency. But sometimes your body is unable to absorb certain nutrients even if you are consuming them.

The usual cause of nutritional deficiencies is a poor diet that lacks essential nutrients. The body stores nutrients, so a deficiency is usually caught after it's been without the nutrient for some time.