

The deficiency of nutrients occurs when a person does not receive sufficient amount of their amount with food or when the body is difficult to absorb them. This can lead to fatigue, a change in appetite and other health problems.

**Inexplicable fatigue.** Most often, the lack of vitamins of group B, especially B12, iron, vitamin D.

**Brittle or dry hair.** A deficiency of zinc is associated with this feature. A lot of this substance in chicken, fish and seafood, enriched products (dry breakfasts), red meat.

**Ribbed or spoon -shaped nails.** An explicit sign of iron deficiency anemia is the groove of the nails or their spoon -shaped form (coilonichia).

**Oral cavity problems.** The lack of vitamin B2 can lead to pain in the language, a change in its color (on raspberry), the appearance of painful cracks in the corners of the mouth and on the lips. Loss of taste is associated with a deficiency of zinc and folic acid, pain in the tongue - with a lack of folic acid.

**Mood changes and appetite.** We are talking about apathy, irritability, depression. They can accompany folic -deficiency anemia. Due to a lack of zinc, appetite can also be abuse.

**Strong hair loss.** Lack of omega-3 and omega-6 fatty acids, vitamin B3 or niacin, vitamin D, zinc can affect hair growth.



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**Slowly healing wounds.** In people with a lack of zinc, vitamins C and D, wounds can be delayed more slowly.

**Burning in the feet or language.** This may indicate a deficiency of vitamin B12 (cobalamine).

**Bone pain.** This is a possible sign of vitamin D deficiency. Especially if you also experience fatigue, weakness, mood swings, muscle pain.

**An irregular heartbeat.** The lack of vitamin D.

**Deterioration of night vision.** The lack of vitamin A leads to a worsening vision at night and ultimately to blindness.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***