

Nutrient Imbalances Report

This report helps you and your practitioner identify potential nutrient imbalances that may be playing a role in your overall health. It highlights your symptoms and risk factors related to each potential nutrient imbalance, along with additional information about that nutrient.

Nutrient imbalances in this report fall under four major categories:

 **Vitamins**

 **Minerals**

 **Fats**

 **Water/Electrolytes**

When looking at this report, please remember the following:

- An elevated 'Imbalance Score' for a particular nutrient imbalance does not mean that the imbalance is necessarily an issue for you. It only means that you have symptoms that can be related to that imbalance and you should discuss with your practitioner whether or not that imbalance may be a factor for you.
- The same symptom can be associated with many different nutrient imbalances. This does not mean that all of those nutrient imbalances are actually occurring. It just helps you identify possible causes of that symptom.
- Nutrient imbalances can be interrelated, meaning that certain imbalances can contribute to other imbalances.
- Many of the symptoms listed under a nutrient imbalance can also occur for other reasons unrelated to nutrient imbalances.

You and your practitioner should review all of the information for a particular imbalance to decide whether or not it may be an issue for you.

Common and Uncommon Imbalances

Potential nutrient imbalances are grouped into common and uncommon imbalances. Common imbalances are seen more frequently in the general population. Uncommon imbalances are seen less frequently and mainly occur due to specific risk factors or situations. In most cases, you can rule out the uncommon imbalances if the risk factors don't apply to you.

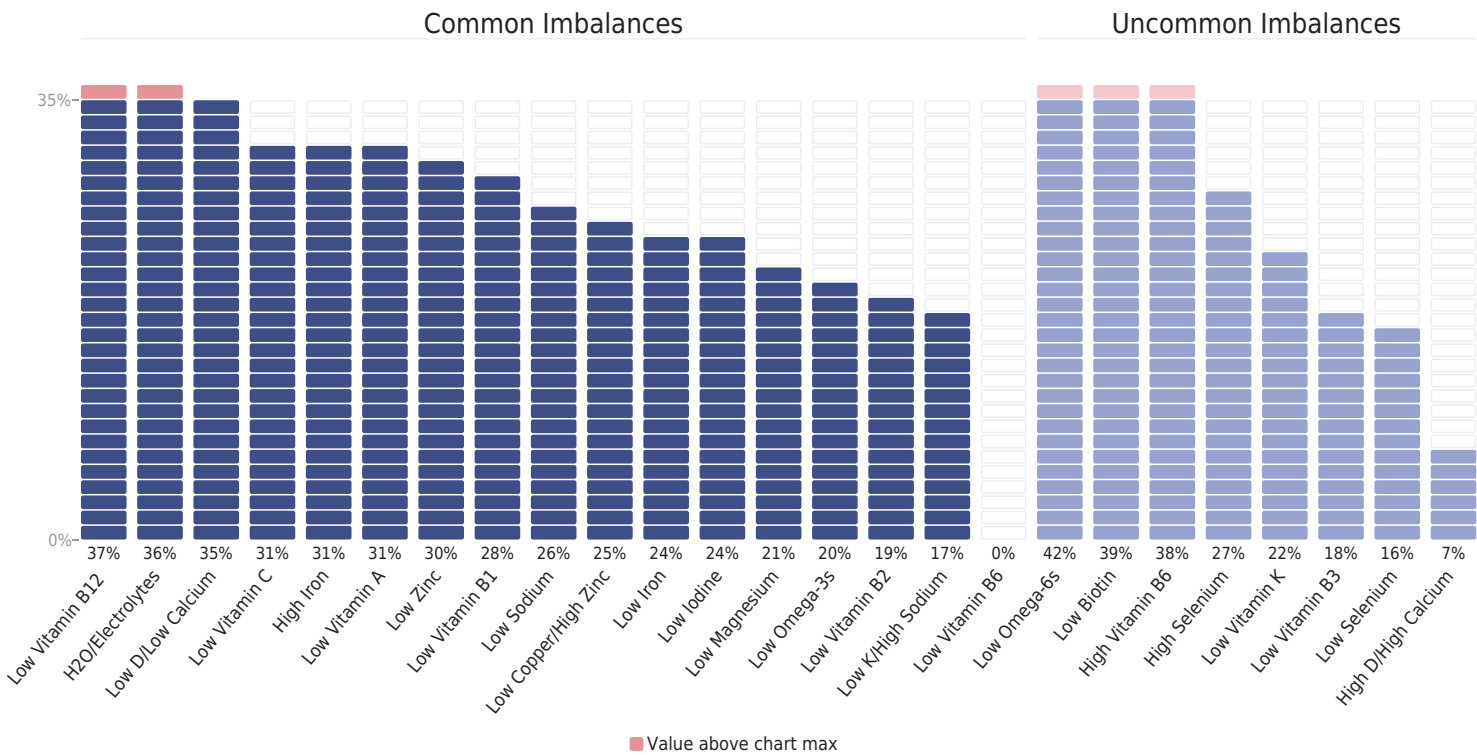
Summary

Considerations

Additional considerations regarding nutrient imbalances.

- You indicated that you may be under a significant amount of stress. Stress can deplete a number of nutrients, especially magnesium and zinc. It can also deplete calcium, iron, sodium, and B vitamins. You may want to consider additional support for some of these nutrients.
- You indicated that you're consuming alcohol on a regular basis. Alcohol consumption can increase your risk of deficiencies across a number of nutrients by reducing nutrient absorption and increasing nutrient excretion. Levels of vitamins A and C, magnesium, and a number of B vitamins can be especially impacted. You may want to consider overall vitamin and mineral support or reducing alcohol intake if nutrient deficiencies are suspected.
- You indicated that you experience numbness or tingling in your hands or feet on a regular basis. There are many different causes of numbness or tingling in the hands and feet. With nutritional deficiencies or toxicities, the numbness, loss of reflexes, or weakness is more specific to the ankles, feet, and hands. Some deficiencies can include numbness around the mouth or eyes as well. It's also more likely to be symmetrical, occurring on both feet or both hands. (Similar numbness or tingling may occur for other reasons as well such as high blood sugar, hypothyroidism, or infections.)

Symptoms by Potential Nutrient Imbalance



What does this graph represent?

The bars on this graph show your current symptom level for each of the potential nutrient imbalances covered by this report. They do not include historical risk factors and things that cannot change. You can use this to quickly see which nutrient imbalances your symptoms may be associated with.

Common Imbalances

The following nutrient imbalances occur somewhat frequently in the general population. They are ordered based on the percentage of the total possible score.

 Low Vitamin B12 Vitamins

Imbalance Score
7 out of 19
37%

Vitamin B12 deficiency is common, especially among populations at increased risk such as older adults, vegetarians, vegans, and people with malabsorption issues. It is one of the possible causes of anemia. Other symptoms include dry eyes, numbness or tingling in the hands or feet, memory issues, balance issues, warts, and fatigue. An inflamed tongue with linear smooth lines can be an early sign of vitamin B12 deficiency.

You indicated that you experience numbness or tingling in your hands or feet. In regards to low B12, issues may start with numbness, sensory symptoms, or movement problems in both the hands and feet simultaneously and often occur in both of these upper and lower extremities.

Current Symptoms

- Excessive fatigue (2 of 3)
- Poor memory (2 of 3)
- Numbness or tingling in hands and feet (2 of 3)
- Warts (1 of 2)

Current Risks

No current dietary/lifestyle factors that might impact Low Vitamin B12.

Historical Risks

- Cumulative birth control usage (2 of 2)
- Age (2 of 3)
- History of anemia (1 of 2)

 Water/Electrolytes Water/Electrolytes

Imbalance Score
21 out of 59
36%

Proper water consumption and hydration are important for your overall health. Water helps your cells and your body get rid of waste, it transports nutrients and oxygen to your cells, it lubricates your joints, and it helps you regulate your blood pressure and body temperature. Due to its role in the overall health of our bodies and cells, dehydration can lead to a wide range of symptoms including fatigue, dizziness, headaches, muscle cramps, dry skin, chapped lips, constipation, heart palpitations, low blood pressure, and intolerance to heat. It has also been linked to mental health issues such as depression.

Current Symptoms

- Dry skin (3 of 3)
- Excessive fatigue (2 of 3)
- Dizziness when standing quickly (2 of 3)
- Heart palpitations with exertion (2 of 3)
- Heart palpitations at rest (2 of 3)
- Chapped lips (1 of 2)
- Intolerance to heat (1 of 2)
- Other types of headaches (1 of 3)
- Muscle cramps when at rest (1 of 3)

Current Risks

- Limited water intake between meals (2 of 3)
- Diarrhea, unrelated to eating meals (1 of 3)

Historical Risks

- Age (2 of 3)

 Low Vitamin D/Low Calcium

Vitamins & Minerals

Imbalance Score
12 out of 34
35%

Calcium and vitamin D levels are intricately related so they have been combined here. Sufficient vitamin D levels are required for calcium absorption, so the symptoms associated with low vitamin D are often actually the symptoms of the resulting low calcium. Deficiencies in either of these nutrients can lead to osteoporosis, muscle cramps at rest, immune issues, and numbness or tingling in the hands or feet. Low vitamin D levels have also been linked to insomnia.

You indicated that you experience numbness or tingling in your hands or feet. In regards to low calcium, it is often specifically in the finger tips, toes, and around the mouth.

Current Symptoms

- Insomnia where you wake up and can't go back to sleep (3 of 3)
- Numbness or tingling in hands and feet (2 of 3)
- Recurrent respiratory infections (1 of 2)
- Muscle cramps when at rest (1 of 3)
- Insomnia with trouble falling asleep initially (1 of 3)

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)
- Limited days with outdoor time (2 of 3)

Historical Risks

No historical factors associated with Low Vitamin D/Low Calcium.

 Low Vitamin C

Vitamins

Imbalance Score
5 out of 16
31%

Adequate vitamin C levels are important for skin, cartilage, bone, teeth, and immune system health. It is necessary for the production of collagen and therefore plays an important role in connective tissue throughout the body. In this manner, Vitamin C deficiency can lead to fragile blood vessels and skin, with symptoms such as bleeding gums, slow wound healing, and brown, purple or red pinpoint-type spots from bleeding under the skin. Joint pain and osteoporosis have also been linked to vitamin C deficiency. Additionally, vitamin C is a cofactor for the enzyme that breaks down histamine, so issues eating high histamine foods such as wine, beer, kraut, tomatoes, citrus fruits, dried/aged/leftover meats, and aged cheeses can occur.

Current Symptoms

- Gums bleed when brushing or flossing (2 of 3)
- Histamine intolerance (1 of 2)
- Recurrent respiratory infections (1 of 2)
- Joint pain (1 of 3)

Current Risks

- Average alcoholic drinks per week (2 of 4)

Historical Risks

- Cumulative birth control usage (2 of 2)
- Smoked cigarettes (1 of 2)

 High Iron

Minerals

Imbalance Score
10 out of 32
31%

Excess iron or iron overload is fairly common. It can cause significant problems with the excess iron depositing in and causing damage to organs such as the liver, heart, thyroid, and pancreas, along with other areas of the body. Early symptoms typically include physical and mental fatigue and joint pain or stiffness. Later symptoms that are more specific include gray or brown skin coloration, especially in areas of the skin that are exposed to the sun. Excess iron can also play a role in mental health or cognitive symptoms such as depression, foggy thinking, and memory issues. It has also been linked to elevated cholesterol, blood sugar issues such as type 2 diabetes, and reproductive issues. If this imbalance is suspected, check for possible iron sources in supplements, iron-fortified foods, and cast iron pans.

Current Symptoms

- Skipped monthly periods (3 of 3)
- Elevated cholesterol (2 of 2)
- Excessive fatigue (2 of 3)
- Poor memory (2 of 3)
- Joint pain (1 of 3)

Current Risks

No current dietary/lifestyle factors that might impact High Iron.

Historical Risks

No historical factors associated with High Iron.

 Low Vitamin A

Vitamins

Imbalance Score
10 out of 32
31%

World-wide, vitamin A deficiency is one of the most common nutrient deficiencies. It often leads to eye-related symptoms and diseases, so it should be an early consideration with eye-related issues. Chronic deficiency typically starts with the gradual development of night blindness, increased infections, and dry skin. Small bumps on the skin (also referred to as "toad skin") may develop. These bumps appear most frequently on the shoulders, buttocks, back of elbows, or front of knees. Low vitamin A has also been linked to slow wound healing, reproductive issues, and kidney stones.

Current Symptoms

- Dry skin (3 of 3)
- Poor night vision (1 of 2)
- Recurrent respiratory infections (1 of 2)

Current Risks

- Average alcoholic drinks per week (2 of 4)

Historical Risks

No historical factors associated with Low Vitamin A.

 Low Zinc

Minerals

Imbalance Score
17 out of 56
30%

Zinc deficiency is quite common. The human body can't efficiently store zinc so it needs to be continuously supplied in the diet. Typical symptoms of zinc deficiency include immune and skin-related issues. Skin problems can involve sores in the mouth, dry skin, chapped lips, acne, or rashes. These rashes are often around the mouth but not on the upper lip, and they may also appear on the hands, feet, or knees. Other symptoms include a changing or declining sense of taste or smell, slow wound healing, hair loss, diarrhea, warts, poor night vision, sensitivity to bright lights, and increased anxiety. It has also been linked to elevated blood sugar levels and high blood pressure.

Current Symptoms

- Dry skin (3 of 3)
- Hair loss through thinning hair (2 of 2)
- Anxiety (2 of 3)
- Recurrent respiratory infections (1 of 2)
- Chapped lips (1 of 2)
- Sensitive to bright lights (1 of 2)
- Poor night vision (1 of 2)
- Warts (1 of 2)
- Diarrhea, unrelated to eating meals (1 of 3)

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)

Historical Risks

- Cumulative birth control usage (2 of 2)

 Low Vitamin B1

Vitamins

Imbalance Score
11 out of 39
28%

Recent research indicates that B1 (thiamine) deficiency is much more common than originally thought. While most diets include enough B1, many common dietary habits block the absorption of this nutrient such as the consumption of caffeine, alcohol, nicotine, and many of the most common prescription and over-the-counter medications. For this reason, B1 should be considered when there are significant related symptoms. Initial symptoms can be non-specific with increased irritability, fatigue, foggy thinking, and short-term memory issues. Other symptoms of deficiency include constipation, low blood pressure, swollen ankles, balance issues, and numbness or tingling in the hands or feet.

You indicated that you experience numbness or tingling in your hands or feet. In regards to low B1, the numbness in the extremities is usually symmetric in that it occurs on both sides and it's accompanied by a loss of sensation or decreased ability to move some of these smaller muscles. There may also be tongue or facial weakness.

Current Symptoms

- Poor memory (2 of 3)
- Numbness or tingling in hands and feet (2 of 3)
- Excessive fatigue (2 of 3)
- Swollen ankles (1 of 2)

Current Risks

- Average alcoholic drinks per week (2 of 4)
- Take NSAIDs (1 of 2)

Historical Risks

- Smoked cigarettes (1 of 2)

 Low Sodium

Minerals

Imbalance Score
10 out of 39
26%

Sodium deficiency is somewhat common. It is an important electrolyte and plays a crucial role in fluid balance within the body. Deficiency symptoms occur when the ratio of the level of body water to total body sodium (technically sodium and potassium) is too high. This can happen for a variety of reasons such as consuming large quantities of water without electrolytes or certain diseases and conditions. In regards to health concerns about salt consumption, it is often the ratio of sodium and potassium consumption that is important when it comes to issues such as high blood pressure. Symptoms of low sodium can include mental health and mood disorders such as anxiety or excessive irritability, fatigue, thirst, balance issues, muscle weakness or cramps, headaches, dizziness when standing quickly, nausea, and vomiting. Low sodium levels have also been linked to diabetes.

Current Symptoms

- Crave salt (2 of 2)
- Anxiety (2 of 3)
- Dizziness when standing quickly (2 of 3)
- Excessive fatigue (2 of 3)
- Other types of headaches (1 of 3)
- Muscle cramps when at rest (1 of 3)

Current Risks

- Stress (3 of 3)
- Elevated cholesterol (2 of 2)
- Stressful major life event (2 of 2)
- Take NSAIDs (1 of 2)

Historical Risks

- Age (2 of 3)
- Smoked cigarettes (1 of 2)
- History of Hashimoto's thyroiditis (1 of 2)

 Low Copper/High Zinc

Minerals

Imbalance Score
7 out of 28
25%

Copper and zinc are antagonistic meaning that high zinc levels can lead to a corresponding copper deficiency and vice versa. The symptoms that arise from this imbalance may be from both the low copper and the high zinc so they have been combined into a single imbalance. Elevated zinc can lead to nausea, vomiting, dizziness, and headaches, while symptoms of low copper levels include loss of color in skin or hair and connective tissue problems involving bones, joints, tendons, ligaments, or blood vessels. Copper is also needed for the enzyme that breaks down histamine, so issues eating high histamine foods such as wine, beer, kraut, tomatoes, citrus fruits, dried/aged/leftover meats, and aged cheeses can occur. Low copper can also play a role in low white blood cell levels, osteoporosis, elevated cholesterol, and numbness or tingling in the hands or feet. Additionally it can lead to anemia that looks similar to that of iron or B12/folate deficiency. If these symptoms are occurring, rule out long-term zinc supplementation that isn't paired with copper.

Current Symptoms

- Elevated cholesterol (2 of 2)
- Numbness or tingling in hands and feet (2 of 3)
- Histamine intolerance (1 of 2)
- Other types of headaches (1 of 3)

Current Risks

No current dietary/lifestyle factors that might impact Low Copper/High Zinc.

Historical Risks

- History of anemia (1 of 2)

 Low Iron

Minerals

Imbalance Score
10 out of 41
24%

Iron deficiency is very common, but many of the symptoms are non-specific such as fatigue, hair loss, dizziness, muscle weakness, depression, and immune issues. For more specific symptoms, low iron levels are the most common cause of anemia and later signs of deficiency can include pale skin due to that anemia. Leg cramps during exercise (as opposed to at rest or during the night) can also be a symptom of iron deficiency as can restless legs syndrome. When low iron levels are involved, many symptoms such as shortness of breath or heart palpitations may be more pronounced with exertion. There is also a strong association between iron deficiency and low thyroid function and symptoms of low thyroid function such as cold intolerance and hair loss may be present. As with some of the other nutrient imbalances, cracks or sores in the corners of the mouth or an inflamed tongue may also occur. Use caution with iron supplements since excess iron can also lead to health issues.

You indicated that you have or had issues with low thyroid function. Low thyroid function and iron deficiency can often be related, with iron deficiency contributing to low thyroid function and low thyroid function potentially contributing to iron deficiency by reducing iron absorption.

Current Symptoms

- Intolerance to cold (2 of 2)
- Hair loss through thinning hair (2 of 2)
- Excessive fatigue (2 of 3)
- Heart palpitations with exertion (2 of 3)
- Heart palpitations at rest (2 of 3)

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)

Historical Risks

- History of anemia (1 of 2)
- History of Hashimoto's thyroiditis (1 of 2)

 Low Iodine

Minerals

Imbalance Score
8 out of 33
24%

Iodine deficiency is common overall, but less frequent among populations that eat iodized salt. Symptoms are typically related to low thyroid function resulting from the low iodine levels such as hair loss, intolerance to cold, constipation, loss of eyebrow hair, and a puffy-looking face. Overactive thyroid may also occur as the iodine deficiency leads to chronic thyroid stimulation as compensation. Additionally, iodine deficiency can contribute to immune issues.

Note that you indicated that you are currently taking iodine.

Current Symptoms

- Intolerance to cold (2 of 2)
- Hair loss through thinning hair (2 of 2)

Current Risks

No current dietary/lifestyle factors that might impact Low Iodine.

Historical Risks

- Smoked cigarettes (1 of 2)

 Low Magnesium

Minerals

Imbalance Score
8 out of 39
21%

Magnesium plays a part in over 300 different types of reactions in the body. It is necessary for cellular energy production, nerve function, muscle contraction/relaxation, and bone and heart health. Magnesium deficiency is common, especially in older adults and people with malabsorption issues or chronic alcohol use. It is also depleted during times of stress. Due to magnesium's involvement in so many different reactions and processes in the body, the symptoms of deficiency can be quite broad. Early symptoms may include muscle cramps, spasms or weakness, as well as fatigue, nausea, or vomiting. Heart palpitations, balance issues, and mental health issues such as anxiety may also occur. Additionally, magnesium deficiency has been linked to elevated blood pressure, osteoporosis, kidney stones, diabetes, and migraines.

Current Symptoms

- Anxiety (2 of 3)
- Excessive fatigue (2 of 3)
- Heart palpitations at rest (2 of 3)
- Muscle cramps when at rest (1 of 3)

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)
- Average alcoholic drinks per week (2 of 4)

Historical Risks

- Cumulative birth control usage (2 of 2)
- Age (2 of 3)

 Low Omega-3s

Fats

Imbalance Score
6 out of 30
20%

Omega-3 fatty acids, especially DHA, are anti-inflammatory and crucial for proper brain, eye, nerve, and cell membrane function. While there are other omega-3 fatty acids such as ALA and EPA, which our bodies can convert into DHA, DHA alone is sufficient to meet our omega-3 needs. In the general population, omega-3 deficiency is fairly common. Since DHA is protective of neurons and cells in parts of the eye, low omega-3s can lead to visual impairment, along with mental health and cognitive symptoms such as depression, anxiety, difficulty concentrating, memory issues, and foggy thinking. Deficiencies can also lead to numbness or tingling in the hands and feet and carpal tunnel due to its role in protecting nerves. Additionally, low omega-3s have been linked to gallbladder issues due to its role in reducing inflammation and protecting the liver.

Current Symptoms

- Anxiety (2 of 3)
- Poor memory (2 of 3)
- Numbness or tingling in hands and feet (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact Low Omega-3s.

Historical Risks

- History of carpal tunnel syndrome (1 of 3)

 Low Vitamin B2

Vitamins

Imbalance Score
7 out of 36
19%

Vitamin B2 (also called riboflavin), is a common deficiency. As with many of the B-vitamin deficiencies, it often manifests as skin-related and/or anemia issues. Mouth issues from this deficiency tend to involve inflamed lips, cracks at the corners of the mouth, or an inflamed bumpy or unnaturally smooth tongue. Skin issues are typically a rash with red or white scales located in smile lines, on the sides of the nose, behind the ears, on the cheeks, or on the forehead. Other symptoms of vitamin B2 deficiency may include fatigue, hair loss, migraines, sensitivity to bright lights, and mental health issues such as depression.

Current Symptoms

- Hair loss through thinning hair (2 of 2)
- Excessive fatigue (2 of 3)
- Chapped lips (1 of 2)
- Sensitive to bright lights (1 of 2)

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)
- Average alcoholic drinks per week (2 of 4)

Historical Risks

- Cumulative birth control usage (2 of 2)
- Age (2 of 3)
- History of anemia (1 of 2)
- History of Hashimoto's thyroiditis (1 of 2)

 Low Potassium/High Sodium

Minerals

Imbalance Score
4 out of 24
17%

Potassium and sodium are electrolytes that work together to maintain fluid balance. The ratio of sodium and potassium consumption is more important than either of the individual minerals on their own in regards to issues such as high blood pressure and hypertension, so you may be able to address the symptoms of high sodium by increasing your consumption of high potassium foods. The processed foods that make up a large component of the Western diet are high in added sodium and low in added potassium contributing to this imbalance. Signs and symptoms due to fluid imbalance include elevated blood pressure and swollen ankles. Low potassium can contribute to heart palpitations, muscle weakness, and slow gut motility contributing to constipation or other digestive issues. High levels of sodium have also been linked to kidney stones.

Current Symptoms

- Heart palpitations at rest (2 of 3)
- Swollen ankles (1 of 2)

Current Risks

- Chronic diarrhea can deplete potassium (1 of 3)

Historical Risks

No historical factors associated with Low Potassium/High Sodium.

 Low Vitamin B6

Vitamins

Imbalance Score
0 out of 23
0%

Vitamin B6 deficiency is somewhat common, especially with risk factors such as age, chronic alcohol consumption, and malabsorption issues. Early signs of deficiency include skin issues such as cracks in the lips or corners of the mouth, canker sores, or an inflamed tongue. Mood changes or mental health issues such as irritability, confusion, or depression may also be early symptoms of deficiency. Rashes due to B6 deficiency are often red, itchy, oily, and flakey. These rashes most commonly appear on the face, scalp, neck, shoulders, buttocks, or between the anus and genitals and it can be a cause of dandruff. Sun exposure may contribute to the rashes. Low B6 has also been linked to immune issues and kidney stones, and it is one of the many deficiencies that can cause anemia. You indicated that you consume alcohol on a regular basis. Alcohol consumption can significantly increase the risk of vitamin B6 deficiency in particular by increasing the breakdown of B6, leading to greater dietary requirements.

Current Symptoms

No current symptoms that may be related to Low Vitamin B6.

Current Risks

- Stress (3 of 3)
- Stressful major life event (2 of 2)
- Average alcoholic drinks per week (2 of 4)
- Take NSAIDs (1 of 2)

Historical Risks

- Cumulative birth control usage (2 of 2)
- Age (2 of 3)
- History of anemia (1 of 2)

Uncommon Imbalances

The following nutrient imbalances are uncommon. They are found infrequently in the general population and they mainly occur for specific reasons such as excessive supplementation. If you're experiencing symptoms associated with any of these imbalances, you should double check the details to see if it could be a potential concern for you.

 Low Omega-6s UNCOMMON

Fats

Imbalance Score
5 out of 12
42%

⚠️ This is an uncommon imbalance. Omega-6 deficiency is uncommon when consuming a standard Western diet or a diet high in processed foods that favors fats such as soybean, corn, sunflower, or safflower oils. The largest risk factors for this imbalance are an extremely low fat diet or a diet that includes very large quantities of fish oil or cod liver oil.

Omega-6s are an important group of fatty acids. They provide fluidity to cell membranes, and are especially important for healthy neurons and a well-functioning immune system. While they contribute to inflammation, they also play a role in resolving inflammation and wound healing. From a fatty acid perspective, skin issues such as dry skin and eczema are typically associated with omega-6 deficiency as opposed to omega-3 deficiency. Hair loss and thinning can also occur.

Current Symptoms

- Dry skin (3 of 3)
- Hair loss through thinning hair (2 of 2)

Current Risks

No current dietary/lifestyle factors that might impact Low Omega-6s.

Historical Risks

No historical factors associated with Low Omega-6s.

 Low Biotin UNCOMMON

Vitamins

Imbalance Score
9 out of 23
39%

⚠️ This is an uncommon imbalance. Biotin deficiency is rare in people eating a balanced diet since it is available in a variety of foods and is also be produced by gut bacteria. Deficiency most often occurs due to excessive consumption of egg whites (especially raw) without including the biotin-rich yolk. Double check that you're not consuming large amounts of egg whites (without yolks) and consider egg-white-based protein powders as well.

Biotin deficiency can lead to skin issues such as dry skin, fungal skin infections, and rashes. The rashes are similar to those from zinc deficiency and most commonly occur around the eyes, nose, and mouth. It can also cause hair loss and immune issues. Neurological symptoms such as balance issues, numbness or tingling in the extremities, and depression may occur as well.

You indicated that you experience numbness or tingling in your hands or feet. In regards to low biotin, there may be itching in the extremities prior to developing into numbness or burning sensations.

Current Symptoms

- Dry skin (3 of 3)
- Fungal infections (2 of 2)
- Hair loss through thinning hair (2 of 2)
- Numbness or tingling in hands and feet (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact Low Biotin.

Historical Risks

- Cumulative antibiotic usage (3 of 3)
- Smoked cigarettes (1 of 2)

 High Vitamin B6 UNCOMMON

Vitamins

Imbalance Score
6 out of 16
38%

⚠️ This is an uncommon imbalance. Vitamin B6 toxicity is almost exclusively the result of excessive vitamin B6 intake. These symptoms are usually only seen with B6 doses greater than 2 grams a day (2000 mg). Very rarely, toxicity symptoms have developed at lower doses if taken for long periods of time.

Vitamin B6 toxicity can cause nerve damage, resulting in numbness or tingling in the hands and feet, with decreased sensitivity to touch and temperature changes. It can also cause balance and coordination issues. Other more general symptoms may include nausea, heartburn, painful skin eruptions, and skin sensitivity to sunlight.

Current Symptoms

Numbness or tingling in hands and feet (2 of 3)
Heartburn (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact High Vitamin B6.

Historical Risks

No historical factors associated with High Vitamin B6.

 High Selenium UNCOMMON

Minerals

Imbalance Score
7 out of 26
27%

⚠️ This is an uncommon imbalance. Selenium toxicity is almost always the result of excessive supplemental selenium intake or excessive Brazil nut consumption.

Selenium toxicity can lead to symptoms such as increased irritability, muscle cramps, fatigue, and itchy skin. More severe toxicity can cause nausea, vomiting, and diarrhea, along with hair loss and numbness or tingling in the hands and feet. High selenium levels have also been linked to diabetes.

Current Symptoms

Excessive fatigue (2 of 3)
Numbness or tingling in hands and feet (2 of 3)
Diarrhea, unrelated to eating meals (1 of 3)
Unexplained itchiness of skin or itchiness inside of ears (1 of 3)
Muscle cramps when at rest (1 of 3)

Current Risks

No current dietary/lifestyle factors that might impact High Selenium.

Historical Risks

No historical factors associated with High Selenium.

 Low Vitamin K UNCOMMON

Vitamins

Imbalance Score
2 out of 9
22%

⚠️ This is an uncommon imbalance. Vitamin K deficiency traditionally focuses on the symptoms associated with blood coagulation issues tied to vitamin K1. This deficiency is therefore thought to be uncommon except for in newborns. Vitamin K deficiency should be considered, however, because there are multiple types of vitamin K. Vitamin K2 isn't typically tested and deficiencies may be more common than originally thought. Additionally, there are risk factors such as malabsorption issues and antibiotics or statin use that can make mild to moderate deficiencies more likely in the general population.

Due to vitamin K1's role in blood clotting, deficiency may lead to similar symptoms as seen in vitamin C deficiency such as bleeding gums and brown, purple or red pinpoint-type spots from bleeding under the skin. Additionally, the various subtypes of vitamin K2 help in modulating calcification of connective tissue and therefore may impact both heart and bone health. For this reason, symptoms of K2 deficiency include osteoporosis and kidney stones.

Current Symptoms

Gums bleed when brushing or flossing (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact Low Vitamin K.

Historical Risks

Cumulative antibiotic usage (3 of 3)

 Low Vitamin B3 UNCOMMON

Vitamins

Imbalance Score
5 out of 28
18%

⚠️ This is an uncommon imbalance. Vitamin B3 deficiencies are rare in the general population since it is found in a variety of foods and our bodies can also make it from tryptophan in our diets. Low B3 is most likely to occur due to risk factors such as chronic alcohol consumption or malabsorption issues such as Crohn's disease, ulcerative colitis, or chronic diarrhea.

As with many of the other B vitamin deficiencies, low vitamin B3 (also called niacin) can lead to rashes, skin issues, and an inflamed tongue. The rashes and dermatitis associated with vitamin B3 deficiency are primarily induced by sun exposure. Vitamin B3 deficiency can also lead to more general symptoms such as fatigue, diarrhea, migraines, and mental health or cognitive issues such as anxiety, depression or an inability to concentrate.

You indicated that you consume alcohol on a regular basis. This can interfere with your body's ability to absorb vitamin B3 and increase your risk of developing a deficiency.

Current Symptoms

Anxiety (2 of 3)
Excessive fatigue (2 of 3)

Current Risks

Average alcoholic drinks per week (2 of 4)
Diarrhea, unrelated to eating meals (1 of 3)

Historical Risks

No historical factors associated with Low Vitamin B3.

Low Selenium UNCOMMON

Minerals

Imbalance Score
6 out of 37
16%

⚠️ This is an uncommon imbalance. Selenium deficiency is typically somewhat rare due to the adequate selenium levels in most soil and people's dietary variety. It is more common in certain areas of China and Europe that have low levels of Selenium in the soil, specifically for people in those areas that are eating a vegetarian or vegan diet. Even though it is uncommon, this deficiency deserves consideration, especially if there are thyroid or immune issues.

Selenium is important for healthy thyroid and immune system function. The thyroid gland is the organ with the highest concentration of selenium in the body, and selenium is a crucial part of thyroid hormone metabolism. For that reason, many of the symptoms of low selenium are those of low thyroid function such as sensitivity to cold, constipation, hair loss, including eyebrow hair, and a puffy-looking face. Overactive thyroid has also been linked to low selenium levels. Regarding the immune system, low selenium can make you more susceptible to infections. There can also be more general symptoms such as muscle weakness, anxiety, depression, and both male and female infertility issues.

You indicated that you have or had issues with low thyroid function. Adequate levels of selenium are important for proper thyroid function so you may want to consider this imbalance despite it being somewhat uncommon.

Current Symptoms

Intolerance to cold (2 of 2)
Hair loss through thinning hair (2 of 2)
Anxiety (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact Low Selenium.

Historical Risks

Cumulative birth control usage (2 of 2)
History of Hashimoto's thyroiditis (1 of 2)

High Vitamin D/High Calcium UNCOMMON

Vitamins & Minerals

Imbalance Score
2 out of 27
7%

⚠️ This is an uncommon imbalance. From a nutritional perspective, this imbalance is most likely to occur due to excess vitamin D levels from supplementation. If you're experiencing symptoms, double check that you're not consuming excessive amounts of supplemental vitamin D. (Vitamin D production in the skin from sun exposure is regulated differently and doesn't have the same risks of causing toxicity.) Excess calcium supplementation could also be a factor and should be considered.

Calcium and vitamin D levels are intricately related so they have been combined here. Vitamin D is necessary for efficient calcium absorption, and excess vitamin D can lead to high calcium levels and the resulting symptoms such as kidney stones, constipation, and heart palpitations. Increased thirst and urination can also be early signs of kidney issues due to the increased calcium.

Current Symptoms

Heart palpitations at rest (2 of 3)

Current Risks

No current dietary/lifestyle factors that might impact High Vitamin D/High Calcium.

Historical Risks

No historical factors associated with High Vitamin D/High Calcium.