

Clinical manifestations of vitamin deficiencies

Vitamin A: Nictalopie, photophobia, hyperkeratosis, Bitot's spots

Thiamine (vitamin B1): Beriberi, chronic heart disease, encephalopathy (Wernicke)

Riboflavin (vitamin B2): Blurry vision, cheilosis, smooth tongue

Niacine/nicotinic acid (vitamin B3): Pellagra (diarrhea, dementia, dermatitis)

Pyridoxine (vitamin B6): Seizures, ataxia

Cobalamin (vitamin B12): Pernicious anemia

Vitamin C: Scurvy, poor wound healing

Vitamin D: Osteomalacia, rickets

Tocopherol (vitamin E): Hemolytic anemia, weakness, diplopia

Folate: Megaloblastic anemia

Phytonadione (vitamin K): Coagulopathy, mucosal bleeding, menorrhagia, easy bruising

Adapted from reference 4.