

| Super!nutrition Deficiencies & Excesses Associated with Common Illnesses and Mental Illness | Alcohol | Aluminum | Vitamin A | Vitamin C | Vitamin B-6 | Vitamin B-12 | Vitamin D | Vitamin E | Biotin | Cadmium | Caffeine | Calcium | Choline | Chromium | Copper | Essential Fatty Acids | Folate (Folic Acid) | Inositol | Iodine | Iron | Lead | Lithium | Linoleic Acid | Magnesium | Manganese | Mercury |
|--|---------|----------|-----------|-----------|-------------|--------------|-----------|-----------|--------|---------|----------|---------|---------|----------|--------|-----------------------|---------------------|----------|--------|------|------|---------|---------------|-----------|-----------|---------|
| Aches & Pains | | | ● | | | | | | | | | | | | | | | | | | | | | | | |
| Acne | | | ● | | ● | | | | | | | | | | | ● | | | | | | | | | | |
| ADHD | | ■ | | | ● | ● | | | | ■ | ● | ● | | | ■● | ● | | | | ● | ■ | | | ● | ■ | |
| Aggressive Behavior | ■ | ■ | | ● | ● | | | | | ■ | ■ | ■ | | ● | ■● | | ● | | | ■ | ■ | ● | | ● | ■ | |
| Agitation | ■ | | | | | | | | | | ■ | | | | | | | | | | | | | | ● | |
| Alcoholism | ■ | | ■● | ● | ● | ● | ● | ● | | | ■ | ● | | | ■● | | ● | | | ■ | | ● | | ● | ■ | |
| Alopecia | | | | | ● | | | | | | | | | | ● | ● | | | | | | | | | | |
| Anemia | | | | ● | ● | ● | | ● | | | | | | | ● | | ● | | | ● | ■ | | | | | |
| Anorexia | | | ● | ● | ● | ■ | | ● | | | | | ● | | ■ | ● | ● | | ■ | ● | ■ | | | ● | ■ | ■ |
| Anxiety | ■ | | | ● | ● | ● | | ● | | | ■ | ● | | ● | | ● | | ● | | ■ | ■ | | | ● | | |
| Apathy | | | | | | | | | | | | | | | ● | | | | | | | | | | | ■ |
| Appetite Loss | | | ● | ● | | ● | | ● | | | ● | | | | | | | | | | | | | | | |
| Arthritis | | | | | | | | | | | | | | | | | | | | | | | ● | ● | | |
| Autism | | | ● | | ● | ● | | | | | | ● | | | | | ● | | | | | | | ● | | |
| Ataxia | ■ | | | | | | | | | | ■ | | | | | | | | | | | | | ● | ● | ■ |

■ = Too Much of Nutrient

● = Not Enough of Nutrient

■● = Too Much of Nutrient

| Niacin | Nickel | Oxygen | PABA | Panothenic Acid | Phosphorus | Potassium | Pyridoxine (B-6) | Riboflavin (B-2) | Selenium | Sodium | Sugar, Refined | Thiamine | Water | Zinc |
|--------|--------|--------|------|-----------------|------------|-----------|------------------|------------------|----------|--------|----------------|----------|-------|------|
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■ Not Enough of Nutrient

From Acne to Weight Loss
 Deficiencies & Excesses Associated with
 Common Illnesses & Mental Illnesses
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