Iron deficiency symptoms

• Tiredness and lethargy
• Shortness of breath
• Heart palpitations
• Pale complexion
• Headache
• Tinnitus
• Altered sense of taste
• Itchiness
• Sore or abnormally smooth tongue
• Hair loss
• Pica - a desire to eat non-food items such as ice, clay, chalk, soil, sand etc.
• Dysphagia - difficulty swallowing
• Painful ulcers on the corners of your mouth
• Spoon-shaped nails

Folate deficiency symptoms

• Loss of appetite
• Weight loss
• Weakness
• Sore tongue
• Headaches
• Heart palpitations
• Irritability
• Depression
• Nausea
• Extreme mood swings