



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