



Nutrient Gaps Mini-Check™

A gentle check before you reach for another supplement.

1 PATTERNS TO MENTION

These symptoms can have many causes, but they are worth discussing if they persist:

- ☐ Unusual fatigue or reduced stamina
- ☐ New weakness or frequent dizziness
- ☐ Tingling, numbness or restless legs
- ☐ Hair shedding or a sore, tender tongue

Symptoms alone cannot identify a nutrient gap.

2 FOOD & LIFE CLUES

Check any that sound familiar:

- ☐ A limited diet or very low appetite
- ☐ Few animal or fortified foods (a possible vitamin B12 clue)
- ☐ Little dairy or fortified alternatives (worth reviewing for calcium and vitamin D)
- ☐ Heavy bleeding, blood donation or another source of blood loss

3 ABSORPTION & MEDICATIONS

Ask whether any of these could affect your nutrient needs or absorption:

- ☐ Metformin or long-term acid-reducing medication
- ☐ Celiac disease, inflammatory bowel disease or ongoing digestive symptoms
- ☐ Past bariatric or gastrointestinal surgery
- ☐ A supplement that may interact with medications or duplicate another product

4 QUESTIONS TO BRING

- ☐ Could my diet, health history or medications increase my risk?
- ☐ Which basic tests fit my symptoms and history?
- ☐ Should my food intake be reviewed before I add a supplement?
- ☐ If a gap is found, what dose and follow-up plan would be appropriate?

Testing should be guided by your individual story.



A GENTLE REMINDER

Fatigue, brain fog, hair changes and poor sleep are not proof of a deficiency. Avoid high-dose iron or other targeted supplements unless there is a clear reason.

MY NEXT STEP

One question I want to ask: _____

MIDLIFE MOJO TIP

Bring a current medication-and-supplement list plus a three-day food record.