

# Signs of your body are missing a serious vitamin

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Here are signs to help you recognize your body is deficient in Vitamin to supplement the amount of Vitamin for the body.

## 1. The lips are dry and cracked



Dry and cracked lips are one of the top signs that your body is deficient in vitamin B, zinc and iron.

### Advice:

Add foods like eggs, fish, peanuts, cabbage, broccoli, tomatoes and red bell peppers.

## 2. Dry, broken hair and pimple skin



The cause of dry, broken hair and facial acne is because your body is deficient in vitamin K, vitamin E, D, B7 and vitamin A. In addition, your body is probably deficient in zinc.

**Advice:**

Supplement by eating avocado, dried fruits, bananas, mushrooms, pumpkin seeds, whole grains and raspberries.

### **3. Floating pimples all over the body**



Acne floating around the body is a sign that your body is deficient in vitamin D and vitamin A.

**Advice:**

Limit foods high in trans fats and saturated fats.

Consume a lot of foods like flax seeds, dried fruits, red peppers, sweet potatoes, carrots, walnuts and almonds.

**4. Itching and numbness**

This is a sign that your body lacks vitamins B, B12, B9 and B6.

**Advice:**

Eat plenty of seafood, eggs, legumes, green leafy vegetables and asparagus.

**5. Cramps**



Cramps are a sign that the body is deficient in B vitamins and essential minerals such as magnesium, calcium and potassium.

**Advice:**

Eat lots of almonds, bananas, spinach, cabbage, apples and cheri.

## **6. Vitamin B deficiency**

Picture 6 of Signs of your body are missing a serious vitamin

Symptoms of fatigue, insomnia, depression, digestive problems and weight loss.

## **7. Vitamin C deficiency**



Some signs of vitamin C deficiency include: root bleeding, dyspepsia, nosebleeds, long-term wounds and joint pain.

**Advice:**

Drink lemon juice daily to add vitamin C to the body.

**You can refer to some of the following articles:**

1. **Top 8 effective cancer prevention foods**
2. **Want skin without wrinkles, long-term children eat these foods**
3. **In these ways, it is possible to clean up the smell of your family's refrigerator**

**Wish you have fun moments!**

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