

Common Nutritional deficiencies

It is very important to get your nutrient levels checked at least twice a year in the first two years and thereafter yearly with Celiac Disease.

Fixing nutrient deficiencies is vital for maintaining good health. Checking your levels will also give you a good idea on how your gut is healing. As you heal, your gut lining will be able to absorb nutrients better and this will show on your blood levels.

Some common nutritional deficiencies are:

- Vitamin B12
- calcium
- Iron and ferritin
- Vitamin D
- magnesium
- zinc

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VITAMIN B12

Vitamin B12 (cobalamin) is an essential nutrient for the brain.

Deficiencies in vitamin B12 have been associated with increased risk for **anaemia, neurological conditions, mental health disorders.**

Having a deficiency in B12 can increase **intestinal permeability.**

So it is important to maintain optimal levels for gut health.

VITAMIN D

Vitamin D together with calcium, phosphate and magnesium is essential in healthy bone development.

Vitamin D deficiency has been associated with diseases like osteoporosis, rickets, heart disease, autoimmune disease, multiple sclerosis, and cancer.

ZINC

Zinc is essential for skin health, immune function, and cell growth and may protect against acne, inflammation, and other conditions. Symptoms of mild zinc deficiency include diarrhea, decreased immunity, thinning hair, impaired taste or smell, dry skin, fertility issues, and impaired wound healing.

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CALCIUM

Vitamin D and calcium go hand in hand. Vitamin D is required for the absorption of Calcium.

Your body needs calcium for blood circulation, moving muscles, and releasing hormones. Calcium also helps carry messages from your brain to other parts of your body. It makes your bones strong and dense. If you don't get enough calcium in your diet, your body will take it from your bones. It is also needed for strong teeth.

Too little calcium can increase your risk of developing osteoporosis, or frail and porous bones that easily fracture.

IRON

Iron helps to makes hemoglobin which transports oxygen around the body.

A deficiency can result in iron deficiency anemia, Fatigue, low energy, poor concentration and memory and shortness of breath