

Vitamins and Deficiency Symptoms in Children

Age Group: 0-6 Months

| Vitamin | Deficiency Symptoms |
|-------------|-------------------------------------------------------------------------------------------------------------------|
| Vitamin D | Weak or brittle bones, delayed physical development, irritability, potential skeletal deformities (like rickets). |
| Vitamin K | Easy bruising, bleeding (particularly from the umbilical cord stump, nose, or gums). |
| Vitamin B12 | Poor weight gain, lethargy, developmental delays, anemia. |

Age Group: 6-12 Months

| Vitamin | Deficiency Symptoms |
|-------------|---------------------------------------------------------------------------------------|
| Vitamin D | Delayed crawling or walking, bone weakness, increased risk of respiratory infections. |
| Iron | Pale skin, irritability, poor appetite, delayed growth and motor skills, anemia. |
| Vitamin C | Frequent infections, slow wound healing, irritability, swollen gums. |
| Vitamin B12 | Developmental delays, feeding problems, weakness, pale skin, anemia. |

Age Group: 1-3 Years

| Vitamin | Deficiency Symptoms |
|-----------|--------------------------------------------------------------------------|
| Vitamin A | Night blindness, dry skin, frequent infections, slow growth. |
| Vitamin C | Irritability, fatigue, swollen or bleeding gums, poor wound healing. |
| Vitamin D | Bone pain or tenderness, delayed growth, dental problems. |
| Calcium | Muscle cramps, irritability, delayed tooth formation, brittle bones. |
| Iron | Tiredness, paleness, slow cognitive and motor development, irritability. |

Age Group: 4-8 Years

| Vitamin | Deficiency Symptoms |
|-----------|-----------------------------------------------------------------|
| Vitamin A | Dry, rough skin, frequent colds, poor vision, delayed growth. |
| Vitamin C | Bleeding gums, fatigue, joint pain, weakened immunity. |
| Vitamin D | Bone deformities, slow growth, frequent respiratory infections. |
| Calcium | Bone pain, delayed development, brittle |

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| | bones, dental problems. |
| Iron | Poor concentration, fatigue, pale skin, slower growth rate, anemia. |
| Vitamin E | Muscle weakness, poor coordination, vision problems. |

Age Group: 9-13 Years

| Vitamin | Deficiency Symptoms |
|-------------------------------------|-------------------------------------------------------------------|
| Vitamin A | Night blindness, poor immunity, dry skin, stunted growth. |
| Vitamin B Complex (B6, B12, Folate) | Fatigue, irritability, mood changes, anemia, mouth sores. |
| Vitamin C | Fatigue, frequent colds, bleeding gums, poor wound healing. |
| Vitamin D | Bone pain, muscle weakness, delayed growth. |
| Calcium | Weak bones, muscle cramps, poor bone density. |
| Iron | Tiredness, headaches, brittle nails, poor attention span, anemia. |

Age Group: 14-18 Years

| Vitamin | Deficiency Symptoms |
|------------------------------|--------------------------------------------------------------------------------------------------|
| Vitamin A | Dry skin, acne, night blindness, poor immune function. |
| B Vitamins (B6, B12, Folate) | Low energy, pale skin, dizziness, forgetfulness, anemia. |
| Vitamin C | Fatigue, joint pain, frequent infections, bleeding gums. |
| Vitamin D | Bone pain, muscle weakness, risk of fractures, fatigue. |
| Calcium | Weak, brittle bones, dental issues, muscle cramps. |
| Iron | Fatigue, poor concentration, shortness of breath, pale skin, especially in menstruating females. |
| Vitamin E | Muscle weakness, vision issues, immune weakness. |