

# Vitamin Deficiency Detection Report

## User Details

Name: sankettt

## Deficiency Identified

Vitamin A -> Deficiency of vitamin A is associated with night blindness and dry eyes.

## Explanation

Vitamin A is essential for vision, immune system, and reproduction. Deficiency can lead to night blindness and dry eyes.

## Food Suggestions

Eat carrots, sweet potatoes, spinach, mangoes.