

# Vitamin Deficiency Detection Report

## User Details

Name: sankettt

## Deficiency Identified

Vitamin B -> Vitamin B12 deficiency may lead to fatigue, anemia, and nerve issues.

## Explanation

Vitamin B complex helps with energy production and red blood cell formation. Lack of it may cause fatigue and nerve damage.

## Food Suggestions

Include dairy, eggs, leafy greens, and legumes.