

# Vitamin Deficiency Detection Report

## User Details

Name: sankettt

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## Deficiency Identified

Vitamin C -> Lack of vitamin C can result in scurvy, bleeding gums, and poor healing.

## Explanation

Important for skin and immunity. Deficiency can cause scurvy, bleeding gums, and slow healing.

## Food Suggestions

Consume citrus fruits, strawberries, broccoli.

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