



Nutritional Deficiencies - Quick Reference for Families

Kids on the spectrum can have nutrition gaps from selective eating, absorption issues, or genetics. Spotting patterns early helps you bring the right questions to your clinician.

Water-Soluble Vitamins

B1 (Thiamine): watch for

- Fatigue, headaches, constipation, sleep troubles
- Muscle weakness, foot/wrist drop, swelling
- Noise sensitivity, pica (eating non-food items)

B2 (Riboflavin): watch for

- Cracks at mouth corners; itchy/light-sensitive eyes
- Fatigue; slow growth; hair loss

B3 (Niacin/Niacinamide): watch for

- Sore tongue; diarrhea; fatigue
- High triglycerides; low HDL; mood changes
- Light-sensitive rash/skin changes

B5 (Pantothenic acid): watch for

- Allergies/eczema; fatigue; gray hair; grinding teeth
- High cholesterol; citric acid intolerance; toe walking

B6 (Pyridoxine/P5P): watch for

- Speech/communication delay; mouth corner cracks
- Irritability/anxiety or hyperactivity; high homocysteine
- Muscle cramps; numb/tingly hands/feet; low focus

B9 (Folate): watch for

- Developmental delays; fatigue; failure to thrive
- Immune issues; gum inflammation; low WBC/monocytes

B12 (Methyl/Adenosyl): watch for

- Developmental delay; fatigue; balance/gait issues
- Numbness/tingling; low stomach acid
- Antibiotics/H. pylori history; vegan diet

Vitamin C (Ascorbic acid): watch for

- Bleeding gums; easy bruising; allergies/anxiety

- Constipation; low iron; slow wound healing

Fat-Soluble Vitamins

Vitamin A: watch for

- Dry skin/eyes; frequent illness; keratosis pilaris
- Ridged nails; visual stimming/side-glancing

Vitamin D (D3): watch for

- Eczema; dry lips; frequent illness; low calcium
- Heavy sweating; cognition issues; seizures; speech delay

Vitamin E: watch for

- Fat malabsorption; retinal changes
- Sleep problems; delayed speech; coordination/sensation issues

Vitamin K (MK-7/K2): watch for

- Easy bleeding/poor clotting; blood sugar swings
- Low calcium direction to bone; frequent antibiotics

Minerals

Magnesium: watch for

- Constipation; poor sleep; anxiety/mood swings
- Muscle cramps; salt cravings; tics; memory issues

Iron: watch for

- Pale skin; fatigue; dizziness; easy bruising
- Cold hands/feet; pica; poor sleep

Zinc: watch for

- Frequent illness; eczema; picky eating
- Loss of taste/smell; white nail lines
- Poor eye contact/night vision; speech delay; pica

Lipids

Omega-3s (EPA/DHA): watch for

- Behavior/attention concerns; developmental delays
- Brittle nails; keratosis pilaris; thirst/ear wax
- Poor vision or speech issues

CoQ10 (prefer ubiquinol): watch for

- Fatigue; frequent illness; poor cognition
- Muscle weakness; abnormal/involuntary movements
- Seizures

Amino Acids

Taurine: watch for

- Constipation; gritty stools
- Poor sleep; seizures

L-Carnitine: watch for

- Fatigue; weak muscles; trouble gaining weight
- Blood sugar swings; poor handwriting; vegan diet

Confirm suspected deficiencies with lab testing and clinician guidance; active forms or therapeutic dosing may be needed when deficiencies are verified.