

26 Nutritional Deficiencies in Celiac Disease According to Type

Do You Know the Signs and Symptoms of these Vitamin Deficiencies?

Macronutrients

Proteins- Essential Amino Acids- Arginine, Cysteine, Histidine, Isoleucine, Leucine, Methionine, Phenylalanine, Proline, Tryptophan, Valine

Carbohydrates-Glucose

Fats- Essential Fatty Acids-

Omega 3

Alpha- Linolenic Acid

Docosahexaenoic Acid

Eicosapentaenoic Acid

Omega 6

Linolenic Acid

Arachidonic Acid

Micronutrients

Minerals- Calcium, Copper, Iron, Magnesium, Phosphorus, Potassium, Selenium, Zinc

Vitamins-

Water Soluble

Thiamin (B1)

Riboflavin (B2)

Niacin (B3)

Pyridoxine (B6)

Folic Acid (B9)

Vitamin B12

Vitamin C

Fat Soluble

Vitamin A

Vitamin D

Vitamin E

Vitamin K

Source: *Recognizing Celiac Disease: Signs Symptoms and Associated Disorders*. The symptoms are all in this book. Note: Even if you or your child are not Celiac and are just Gluten Intolerant, or have Leaky Gut or other gut disorders, you can have these deficiencies? I was not tested for deficiencies until 2012 and was shocked to see where I was deficient, and I had all of those associated symptoms.