

Mal-absorption and you

Mal-absorption of:	Resulting symptom
Carbohydrate	Weight loss, tiredness, failure to thrive or stunted growth
Fat	Weight loss, tiredness, failure to thrive or stunted growth
Iron	<p>Iron levels which can decline over time and have a number of stages</p> <ul style="list-style-type: none"> • Iron depletion – haemoglobin levels are normal, but the body only has a small amount of stored iron, which will soon run out. This stage usually has no obvious symptoms. • Iron deficiency – stored and blood-borne iron stores are low and haemoglobin levels have dropped below normal. You may experience some symptoms, including tiredness. • Iron deficiency anaemia – haemoglobin levels are so low that the blood is unable to deliver enough oxygen to the cells. Symptoms include looking very pale, breathlessness and fatigue. Reduced immune function and impaired growth and cognition can also be symptoms.
Folic Acid	Anaemia and mood disorders. Folic acid is very important during pregnancy of healthy development of baby's neural tubes.
Vitamin B12	Megaloblastic Anaemia with symptoms of fatigue, lightheadedness, headache and irritability. Other symptoms include nausea, loss of appetite, sore mouth, confusion, memory loss and depression
Calcium	Osteopenia (reduced mineral content in bones) or osteoporosis (bone weakening which can lead to more frequent breaks)
Vitamin D	In children, rickets in which bones lose calcium and become soft and curved. In adults symptoms include bone pain and tenderness as well as muscle weakness. Osteopenia (reduced mineral content in bones) or osteoporosis (bone weakening which can lead to more frequent breaks).
Vitamin K	Abnormal bleeding and prolonged clotting time as well as easy bruising.
Vitamin A	Night blindness, dry skin, retarded growth increased susceptibility to infection