

FOLATE DEFICIENCY CHECKLIST

Checklist of contributors to folate deficiency

If two (2) or more boxes are checked, there is suspected folate deficiency.

PATIENT INFORMATION

Patient name

Date of birth

FAMILY HISTORY SUGGESTING MTHFR POLYMORPHISM

- ☐ Mental illness: Depression, anxiety, OCD, PTSD, ADHD
- ☐ Addiction or addictive behavior: Drugs, alcohol, smoking, eating, gambling, shopping, etc.
- ☐ Type 2 diabetes
- ☐ Miscarriages or birth defects
- ☐ Cardiovascular issues - any heart disease

CONDITIONS

- | | |
|--|--|
| ☐ Poor response to SSRI/SNRI | ☐ Anemias |
| ☐ Canker sores | ☐ Liver disease |
| ☐ Digestive tract disease | ☐ Poor nutrition |
| ☐ History of alcohol/drug abuse | ☐ Cancer |
| ☐ Kidney disease | ☐ Breastfeeding |
| ☐ Smoking | ☐ Malabsorption syndromes |

DRUGS

- | | |
|---|--|
| ☐ Lamictal | ☐ Diuretics |
| ☐ Anticonvulsants | ☐ NSAIDs |
| ☐ Metformin | ☐ H2 antagonists |
| ☐ Oral contraceptives | ☐ Antibiotics |
| ☐ Methotrexate | ☐ Statins |
| ☐ Cholesterol lowering | ☐ ADHD stimulants |
| ☐ Corticosteroids | |

NOTES