

Nutrient Deficiencies Associated with Alcoholism

Nutrient	Prevalence of Deficiency
Calcium	20-50%
Sodium	Up to 40%
Potassium	50%
Phosphorus	30%
Magnesium	25-50%
Selenium	Frequent
Zinc	Frequent
B1 (thiamine)	30-80%
B2 (riboflavin)	Common
B3 (niacin)	35%
B6 (pyridoxine)	50%
B9 (folate)	6-80%
Vitamin C	14%
Vitamin D	58%
Vitamin E	46%
Vitamin K	58%

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Ham BJ and Choi IG, *Psychiatry Investig.*, 2005.



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