

# Folate Deficiency Checklist

## CHECKLIST OF CONTRIBUTORS TO FOLATE DEFICIENCY

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

Patient Name:

Patient DOB:

### FAMILY HISTORY THAT SUGGESTS 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
- Canker Sores
- Digestive Tract Disease
- History of Alcohol/Drug Abuse
- Kidney Disease
- Smoking
- Anemias
- Liver Disease
- Poor Nutrition
- Cancer
- Breast Feeding
- Malabsorption Syndromes

### DRUGS

- Lamictal
- Anticonvulsants
- Metformin
- Oral Contraceptives
- Methotrexate
- Cholesterol Lowering
- Corticosteroids
- Diuretics
- NSAIDs
- H2 Antagonists
- Antibiotics
- Statins
- ADHD Stimulants

Notes:

To prescribe EnLyte for a folate-deficient patient, please visit [www.enlyterx.com](http://www.enlyterx.com) and click **"Prescribe Now"**