## Risk Factors: Diet and Lifestyle

- Low animal and fermented food (sauerkraut, natto, miso) intake in diet
- Low fat diet
- History of bariatric surgery

## Risk Factors: Medications

- If you are taking...
  - Antibiotics
  - Coumarin anti-coagulants/blood thinners, such as Warfarin
  - Anticonvulsants
  - Statin medications
  - Bile acid sequestrants
  - Certain weight loss drugs, like Orlistat

## Risk Factors: Conditions

- Fat malabsorption disorders: cystic fibrosis, liver/biliary disease
- Celiac disease
- Inflammatory gut disorders: Crohn's and ulcerative colitis
- Intestinal hyperpermeability (Leaky gut syndrome)

## Signs & Symptoms

- Easy bruising or bleeding
- Frequent nosebleeds/bleeding gums
- GI tract bleeding (blood in urine, stool or vomit)
- Heavy, painful menstrual cycles
- Frequent fractures or broken bones
- Osteoporosis or osteopenia (bone density loss)
- Joint pain and inflammation (osteoarthritis)
- Heart disease (including chest pain, palpitations)
- Poor dental health
- Prediabetes
- Varicose veins
- Chronic kidney disease
- Signs of premature aging