

SCORE

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# SYMPTOMS OF DOPAMINE DEFICENCY QUIZ

If you tick 5 or more, you might have  
dopamine deficiency.



Lack of drive, motivation & enthusiasm

Lack of willpower

Trouble waking up in the morning

Depressed, bored or apathetic

Low libido

Lack of focus or attention (or ADHD)

Struggling to finish projects or tasks

Mental and physical fatigue regardless of how you slept

Impulsiveness

Sugar and carbohydrate cravings

Restless leg syndrome

Cold hands and feet

Working memory issues