



## WHAT CONDITIONS CAN BE AFFECTED BY NUTRIENT STATUS?

- Diabetes
- Fatigue
- Mood Disorders
- Weight Management
- Sports Nutrition
- Osteoporosis
- Cardiovascular Disease
- Migraines
- Women's Health
- Hypertension
- Inflammation
- Stress Tolerance
- Many other common conditions

## MANY PEOPLE LEAD HEALTHY LIFESTYLES, YET THEY STRUGGLE WITH DEFICIENCIES. WHY?

### BIOCHEMICAL INDIVIDUALITY

Because each of us is metabolically and biochemically unique, the micronutrient requirements for one person may be quite different from the requirements of another.

### ABSORPTION

Although you may eat a balanced diet, you may have micronutrient deficiencies if you do not properly absorb vitamins, minerals and/or antioxidants.

### CHRONIC ILLNESS

Health conditions such as arthritis, cancer, cardiovascular disease, diabetes, fatigue and multiple sclerosis, to name a few, can be affected, directly or indirectly, by micronutrient deficiencies.

### AGING

Our micronutrient requirements at age 20 are quite different from our requirements at ages 40, 50, and beyond. Reduced absorption (for example, B12) is common as we age.

### LIFESTYLE

Excessive physical activity, prescription drugs, smoking, alcohol, sedentary habits, and physical/emotional/environmental stressors all impact micronutrient status and demands.

## TEST COMPONENTS:

### VITAMINS

Vitamin A  
Vitamin B1  
Vitamin B2  
Vitamin B3  
Vitamin B6  
Vitamin B12  
Vitamin C  
Vitamin D  
Vitamin K  
Biotin  
Folate  
Pantothenate

### MINERALS

Calcium  
Magnesium  
Zinc  
Copper  
Manganese

### AMINO ACIDS

Asparagine  
Glutamine  
Serine

### SPECTROX®

total  
antioxidant function

### ANTIOXIDANTS

Alpha Lipoic Acid  
Coenzyme Q10  
Cysteine  
Glutathione  
Selenium  
Vitamin E

### CARBOHYDRATE METABOLISM

Chromium  
Fructose Sensitivity  
Glucose-Insulin Interaction

### FATTY ACIDS

Oleic Acid

### METABOLITES

Choline  
Inositol  
Carnitine

### IMMUNIDEX™ Immune Response Score

This material is for informational and educational purposes only, and is not intended to constitute or substitute for the advice of a physician or other healthcare professional. Patients should always seek the advice of a physician or other healthcare professional regarding health conditions.