

DID YOU KNOW...?

43% of the people taking multivitamins are micronutrient deficient, despite supplementation.*

WHY IS NUTRIENT STATUS IMPORTANT?

Contrary to established paradigms about health in America, the majority of chronic disease is attributable in large part to cellular deficiencies in micronutrients. By correcting deficiencies, you can prevent, treat and reverse many medical conditions—from the most serious to the most banal.

CONDITIONS AFFECTED BY NUTRIENT STATUS

- ▶ Poor Immune Function
- ▶ Arthritis
- ▶ Autoimmune disease
- ▶ Cardiovascular disease
- ▶ ADD/ADHD
- ▶ Weight management
- ▶ Hypothyroidism
- ▶ Inflammation
- ▶ Fertility
- ▶ PCOS
- ▶ Stress tolerance
- ▶ Hypertension

The very first step of the Micronutrient Test is to evaluate how well your immune response functions.

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

Micronutrient deficiencies may still exist for a host of reasons:

Biochemical Individuality

Individual needs vary, thus micronutrient requirements for you may be quite different from another.

Absorption

Malabsorption is common, and is often aggravated by stress.

Illness (acute or chronic)

Just as micronutrient deficiencies can set the stage for disease, health conditions—and the medications often prescribed to treat them—can contribute to micronutrient depletions.

Aging

Our micronutrient requirements at age 20 are quite different from our requirements at age 40, 50, and beyond.

Lifestyle

Diet, physical activity, medication use — all profoundly affect micronutrient demands.



WHAT THIS TEST MEASURES...

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
Chromium

AMINO ACIDS

Asparagine
Glutamine
Serine

ANTIOXIDANTS

Alpha Lipoic Acid
Coenzyme Q10
Cysteine
Glutathione
Selenium
Vitamin E

CARBOHYDRATE METABOLISM

Fructose Sensitivity
Glucose-Insulin Interaction

FATTY ACIDS

Oleic Acid

METABOLITES

Choline
Inositol
Carnitine

SPECTROX®

Total Antioxidant Function

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.

**Source: Clayton Foundation for Research; University of Texas Biochemical Institute*