

Individual Optimal Nutritional Lab Panel

(blood and urine)



CLINICAL OVERVIEW

The Individual Optimal Nutrition Panel is a nutritional analysis that offers a complete evaluation of nutritional biomarkers that impact overall mental and physical well-being.

The complete profile includes:

40 Amino Acids	Vitamin D
Essential Amino Acids	Fatty Acids
Amino Acid Functional Categories	Organics Comprehensive
Nutrient and Toxic Elements	Nutrient Markers
Nutrient Elements	Cell Regulation Markers
Toxic Elements	Toxicants and Detoxification
CoEnzyme Q10 plus Vitamins	Compounds of Bacterial or Yeast/Fungal Origin
DNA/Oxidative Stress Markers	

INTERPRETATION

Comparison Reporting - This allows Dr. Lori Puskar to quickly see where your results fall in relation to other patients also tested with this panel.

Easy to Understand - It provides color coding and indications for potential areas of concern.

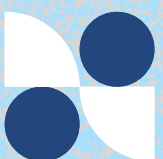
Analyte Pattern Analysis – organizes analyte results into categories associated with clinical/metabolic conditions; patterns of abnormalities can reinforce degree of significance indicated by a single measurement

Supplement Recommendation Summary – personalized recommendations based on test results that may help to normalize nutrient-dependent metabolic functions

CONSIDERATION

The panel is designed to assist in the management of nutritional insufficiencies or imbalances. It is ideal for establishing a better understanding of clinical intervention with diet and nutritional supplements, as well as subsequent monitoring as needed.

The profile provides insight into the identification of specific imbalances of vitamins, nutrients, and essential co-factors, which can contribute to common chronic diseases.





CLINICAL INDICATIONS

Mood Disorders
Depression
Anxiety
Fatigue
Digestive Complaints
Chronic Pain/Inflammatory Conditions
Musculoskeletal
Migraine
Cardiovascular Risk
Weight Issues/Dietary Guidance
General Health and Sports Fitness Optimization



TESTING ADVANTAGES

The conventional clinical approach to nutrition-related symptoms does not routinely include utilization of broad-based nutritional analysis. When testing is performed, select vitamins are typically assessed to determine if the level is sufficient to meet nutrient requirements based on healthy individuals. However, an inclusive analysis like the ION Profile provides several advantages for patients with nutrient-related symptoms:

1. Identification of imbalances that may precede abnormal findings on standard laboratory panels.
2. Indication of the functional need for specific nutrients, diet modification, antioxidant protection, detoxification, and other therapies.
3. Personalized nutrient recommendations based on biochemical individuality

CLINICAL EXPECTATIONS

Imbalanced or insufficient nutrients affect a wide range of body functions, producing symptoms that negatively affect the quality of life and may play a causative role in chronic conditions.

This structured broad-based nutritional analysis is to evaluate underlying nutrient imbalances provides clinical utility by supporting the development of personalized treatments.

An improved nutritional status can often enhance other therapies and help speed the resolution of complex chronic conditions.