

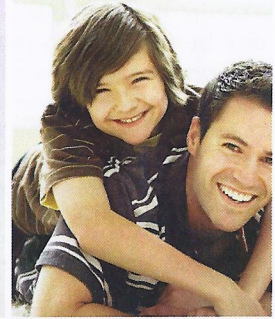
**WHAT CONDITIONS CAN BE AFFECTED BY NUTRIENT STATUS?**

- Diabetes
- Fatigue
- Mood Disorders
- Weight Management
- Sports Nutrition
- Osteoporosis
- Cardiovascular Disease
- Migraines
- Women's Health
- Hypertension
- and many other common conditions

# Micronutrient Testing

Get your micronutrient tests today – it may be the most important decision you make about your health.

# Micronutrient Testing



Are you getting the nutrients you need?



**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™  
FOR TOTAL  
ANTIOXIDANT FUNCTION**

**ANTIOXIDANTS**

Alpha Lipoic Acid  
Coenzyme Q10  
Cysteine  
Glutathione  
Selenium  
Vitamin E

**CARBOHYDRATE  
METABOLISM**

Chromium  
Fructose Sensitivity  
Glucose-Insulin  
Metabolism

**FATTY ACIDS**

Oleic Acid

**METABOLITES**

Choline  
Inositol  
Carnitine

**IMMUNIDEX™  
Immune Response  
Score**

10401 Town Park Drive  
Houston, Texas 77072  
www.SpectraCell.com

Tel 713.621.3101  
Fax 281.564.0836  
Toll free 800.227.LABS (5227)

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### WHY IS NUTRIENT STATUS IMPORTANT?

Vitamin, mineral and antioxidant deficiencies have been shown to suppress the function of the immune system which can contribute to degenerative processes such as arthritis, cancer, cardiovascular disease and diabetes. You may be deficient in some vitamins, minerals, antioxidants and/or other essential micronutrients and not even know it.

University research shows that 50% of people taking multivitamins are still nutritionally deficient.

### STANDARD TEST RESULTS DO NOT MEASURE IF THE NUTRIENT IS PROPERLY FUNCTIONING WITHIN THE BODY.

SpectraCell Laboratories developed their exclusive, patented micronutrient testing to measure the function of selected vitamins, minerals, antioxidants and other essential micronutrients within your white blood cells. Analysis can reveal a person's functional nutrient status over a much longer time period than conventional serum testing. SpectraCell's tests give a more meaningful measurement of nutritional status than all other nutritional testing.



But I eat a balanced diet, exercise and take a multivitamin...

If this describes all or part of your lifestyle, read on. Many people lead healthy lifestyles, yet some individuals still have deficiencies. Why?

### BIOCHEMICAL INDIVIDUALITY

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

### ABSORPTION

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

### CHRONIC ILLNESS

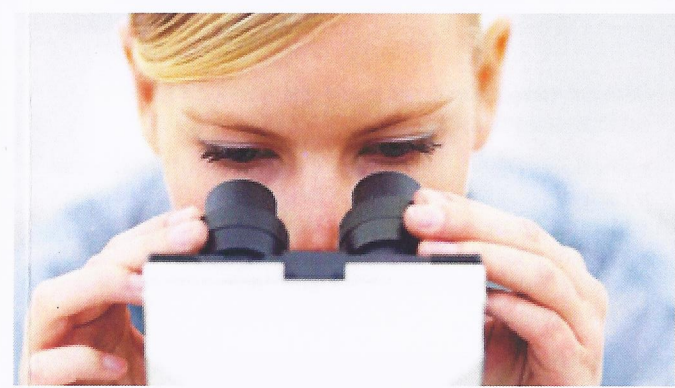
Health conditions such as arthritis, cancer, cardiovascular disease, diabetes, fatigue and multiple sclerosis, to name a few, can be affected, directly or indirectly, by micronutrient deficiencies.

### AGING

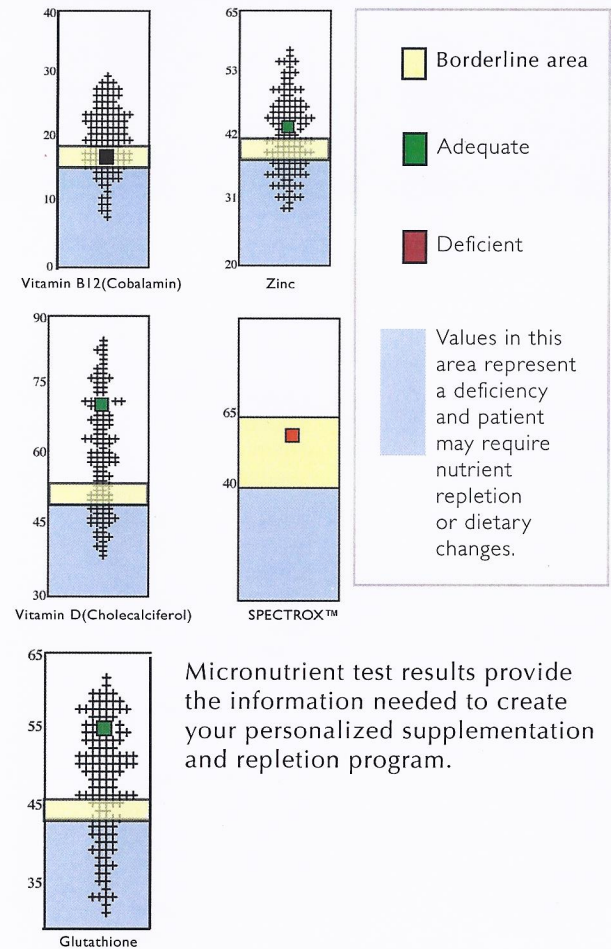
Our micronutrient requirements at age 30 are quite different from our requirements at age 40, 50 and beyond. Absorption difficulties, especially of vitamin B12, quite commonly occur as we age.

### LIFESTYLE

Excessive physical activity, prescription drugs, smoking, alcohol and sedentary habits all impact micronutrient demands.



### Sample Results



Micronutrient test results provide the information needed to create your personalized supplementation and repletion program.