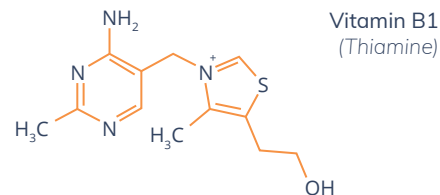


# MICRONUTRIENTS: What are they and why do they matter?

## WHAT EXACTLY IS A MICRONUTRIENT?

Micronutrients are the metabolic workhorses of our bodies. These are small, often microscopic, chemicals that power all the biochemical reactions in the body... millions and millions of reactions that occur every minute in our cells depend on the availability of micronutrients.



*Contrary to established paradigms about health, 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 common.*

### PHARMACEUTICAL APPROACH (CONVENTIONAL)

- Treats symptoms, not the root cause
- Medication disrupts natural metabolic pathways
- Often depletes existing micronutrient reserves

### NUTRIENT APPROACH (PERSONALIZED)

- Empowers metabolic pathways to work properly
- Helps optimize cellular function

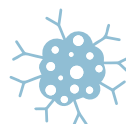
## MICRONUTRIENT DEFICIENCY SYMPTOMS MANIFEST IN MANY WAYS:



**SUBTLE**  
e.g. Chronic Fatigue



**ACUTE**  
e.g. Broken Bone



**SILENT**  
e.g. Growth of a Tumor



**INTENSE**  
e.g. Migraine

How they manifest will depend on two things:  
(1) the micronutrients in which you are deficient and (2) your personal biochemistry.

## HOW CAN MICRONUTRIENT DEFICIENCY REALLY BE THE ROOT CAUSE OF SO MANY HEALTH PROBLEMS? WHAT ABOUT THINGS LIKE HORMONES AND GENES?

- Hormones
- Pathogens (Virus & Bacteria)
- Genetics
- Gut Health
- Inflammation
- Oxidative Stress

*MICRONUTRIENTS are needed to synthesize, regulate, or fight ALL OF THESE.*

*Health starts with MICRONUTRIENTS.*

### SPECTRACELL'S MICRONUTRIENT PROFILE

#### VITAMINS

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

#### AMINO ACIDS

Asparagine  
Glutamine  
Serine

#### ANTIOXIDANTS

Alpha Lipoic Acid  
Coenzyme Q10  
Cysteine  
Glutathione  
Selenium  
Vitamin E

#### MINERALS

Calcium  
Magnesium  
Zinc  
Copper  
Manganese  
Chromium

#### FATTY ACIDS

Oleic Acid

#### METABOLITES

Choline  
Inositol  
Carnitine

#### CARBOHYDRATE METABOLISM

Fructose Sensitivity  
Glucose-Insulin Interaction

#### SPECTROX®

Total Antioxidant Function

#### IMMUNIDEX

Immune Response Score