

Abstract

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A functional analytical technique for monitoring nutrient status and repletion. Part 3: clinical experience.

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SUMMARY: This paper, third in a series describing a testing procedure for nutrient analysis, will focus on clinical experiences after targeted repletion of deficient nutrients. Part one described the Essential Metabolics Analysis (EMA) procedure (SpectraCell Laboratories, Houston, TX), which determines functional status of 19 nutrients by measuring lymphocyte growth responses to variations of a patented, chemically defined serum-free medium. Part two described validation studies of lymphocytes as markers for whole body nutrient status and metabolic functions.

CONCLUSIONS: EMA provides a sensitive, specific, and accurate method of determining nutrient needs, requirements, or deficiencies for each individual.

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