



MICRO.NUTRIENT

Driven by Science. Inspired by You.

Patient: **Doe, Jon**

Accession ID: 0000000000

Provider: Sample Provider, MD

PATIENT		SPECIMEN		PROVIDER	
NAME Doe, Jon	AGE 48	ACCESSION ID 0000000000	DATE COLLECTED 02/28/2019	Account ID 00000000	CLIENT NAME Sample Provider, MD
DOB 6/7/1970	Gender Male	ORDER ID 0000-000000000000-000000	DATE RECEIVED 03/01/2019	Address 123 S. Any Street ANYWHERE, TX 77000	
Patient ID 00-000-00000			DATE REPORTED 03/18/2019		

Welcome to your Micronutrient Profile, **Jon!**

Your body is unique and your story is too. Virtually all metabolic and developmental processes that take place in the body require micronutrients and strong evidence suggests that subtle vitamin, mineral, and antioxidant deficiencies can contribute to degenerative processes. These cellular deficiencies may suggest the underlying cause of a myriad of unwanted symptoms and, if corrected, can optimize physical and mental health performance.

The SpectraCell Advantage

Superior insights, earlier interventions, customized treatment plans.

Functional



We measure the functional level and capability of nutrients present within your white blood cells, where metabolism takes place and where micronutrients do their job.

Long-term



This test measures intracellular micronutrient function over a period of 4-6 months, extending beyond static serum measurements.

Proprietary



Only SpectraCell offers the patented Spectrox® (reflects antioxidant capacity) and Immunidex (an overall measure of immune function).

What we measure:

We have measured the functional levels of 31 micronutrients, from vitamins and minerals to fatty acids and metabolites, as well as an overall measurement of antioxidant capacity and immune function to provide you with a powerful tool for optimal health, performance, and insight into any health condition. We provide your unique nutrient status in the following areas:



VITAMINS & MINERALS

Discover your body's unique vitamin and mineral requirements and the disparities that exist within your makeup.



AMINO ACIDS

Learn how well your amino acids, the building block of protein, are functioning within your cells.



ENERGY, FAT AND METABOLISM

Know how well your body is metabolizing micronutrients for energy production.



ANTIOXIDANT STATUS & IMMUNE FUNCTION

Understand your body's ability to manage oxidative stress and your immune response to infections and disease.

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Results At-A-Glance

Functional Deficiencies

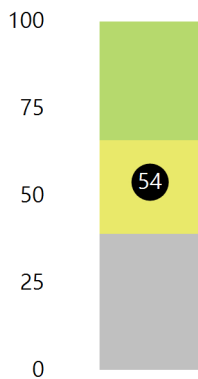
Abnormal	Suggested Supplementation *	Provider Comments
Choline	1000 mg b.i.d. (2000 mg daily) of Choline from Choline Bitartrate, Citrate or Chloride salts	
Oleic Acid	2-3 tbsp olive oil daily for repletion of Oleic Acid. Deficiency of Oleic Acid suggests impaired synthesis of unsaturated	
Vitamin A	10,000 IU of Vitamin A and 25,000 IU beta-carotene for 6 months and then retest.	
Vitamin B12	1000 mcg daily (methylcobalamin or adenosylcobalamin) (consider injectable forms)	

* The RDA (Recommended Daily Allowance) was first published in 1968 primarily for use in nutritional labeling of packaged foods. The DRI (Dietary Reference Intake), published in 1997, serves as replacements for the former RDA, although the actual values are generally within an order of magnitude, and are also primarily for use in nutritional labeling and fortification of packaged foods. In most cases, neither the RDA nor the DRI will be adequate to replete a nutrient in people who demonstrate a functional cellular deficiency of said nutrient. An evidence based approach was used to develop clinically relevant repletion recommendations, consisting of data from published studies and clinician expertise. However, the information presented is not intended nor implied to be a substitute for professional medical advice, diagnosis or treatment.

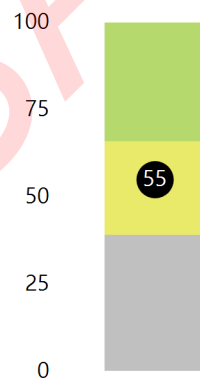
Borderline Deficiencies

Borderline	Provider Comments
Asparagine	
Calcium	
Folate	
Fructose	
Glutathione	
Immunidex	
Inositol	
Pantothenate	
Serine	
Spectrox	
Vitamin B2	
Zinc	

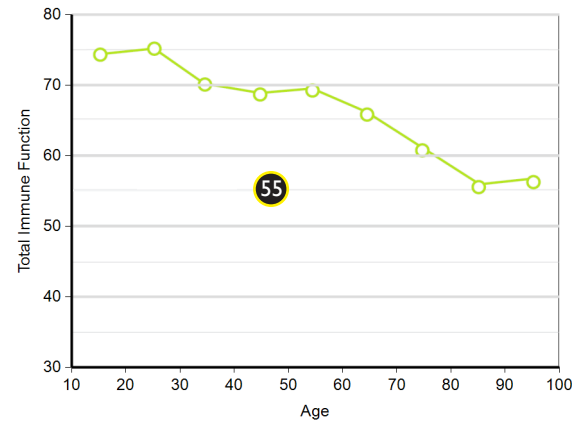
Spectrox®
Total Antioxidant Function



Immunidex
Total Immune Function



Total Immune Function vs Age



Deficient
Values in this area represent a deficiency and may require nutrient repletion or dietary changes

Borderline
Values in this area represent a borderline deficiency and may indicate a need for nutrient repletion or dietary changes

Normal
Values in this area represent a normal result

Spectrox®

Total Antioxidant Function is a measurement of overall antioxidant function. The patient's cells are oxidatively challenged and the cell's ability to resist damage is determined.




Immunidex

Total Immune Function is an indication of the patient's T-Lymphocyte's response to mitogen stimulation relative to the response of a control population. An average or poor growth response may improve with correction of the nutritional deficiencies determined by the micronutrient testing.

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Micronutrients	Patient Results	Reference Range	Patient Result	Interpretation
B-VITAMINS				
Vitamin B1		>78%	86	
Vitamin B2		>53%	55	
Vitamin B3		>80%	87	
Vitamin B6		>54%	60	
Vitamin B12		>14%	13	Deficient
Folate		>32%	33	Borderline
Pantothenate		>7%	11	Borderline
Biotin		>34%	42	
AMINO ACIDS AND METABOLITES				
Serine		>30%	34	Borderline
Glutamine		>37%	43	
Asparagine		>39%	42	Borderline
Choline		>20%	19	Deficient
Inositol		>58%	62	Borderline
Carnitine		>46%	59	
Oleic Acid		>65%	65	Deficient
OTHER VITAMINS & MINERALS				
Vitamin D3		>50%	68	
Vitamin A		>70%	70	Deficient
Vitamin K2		>30%	56	
Manganese		>50%	72	
Calcium		>38%	41	Borderline
Zinc		>37%	42	Borderline
Copper		>42%	54	
Magnesium		>37%	43	
CARBOHYDRATE METABOLISM				
Fructose		>34%	39	Borderline
Glucose-Insulin Interaction		>39	53	
Chromium		>40%	47	
ANTIOXIDANTS				
Glutathione		>42%	46	Borderline
Cysteine		>41%	48	
Coenzyme Q10		>86%	92	
Selenium		>74%	82	
Vitamin E		>84%	91	
Lipoic Acid		>81%	92	
Vitamin C		>40%	60	

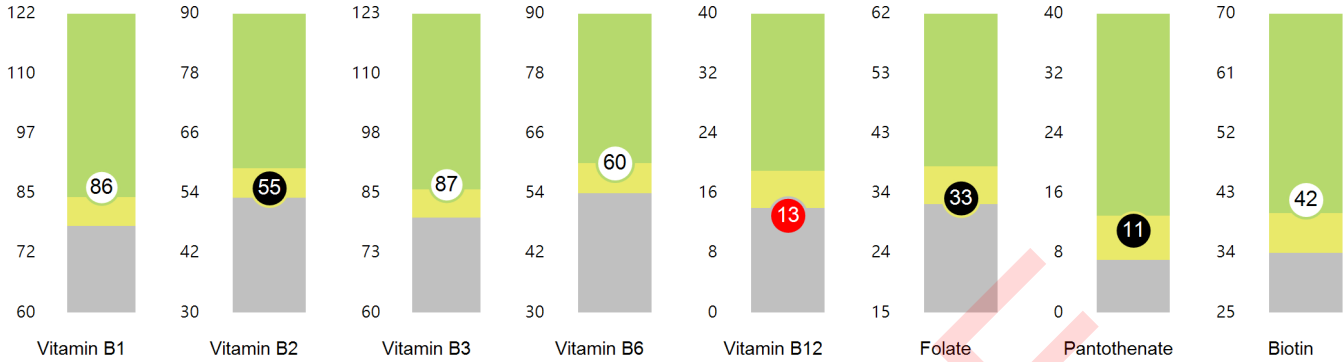
The reference ranges listed in the above table are valid for male and female patients 12 years of age or older.

 Deficient Values in this area represent a deficiency and may require nutrient repletion or dietary changes	 Borderline Values in this area represent a borderline deficiency and may indicate a need for nutrient repletion or dietary changes	 Normal Values in this area represent a normal result
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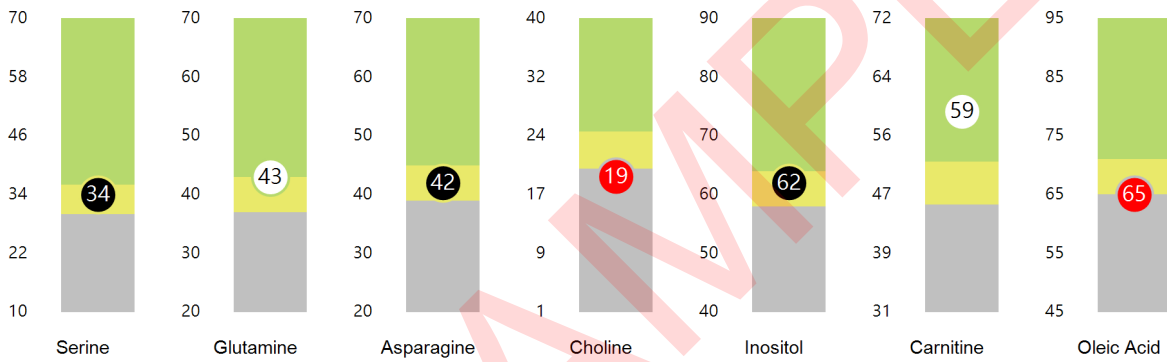
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● **Deficient** Values in this area represent a deficiency and may require nutrient repletion or dietary changes
● **Borderline** Values in this area represent a borderline deficiency and may indicate a need for nutrient repletion or dietary changes
● **Normal** Values in this area represent a normal result

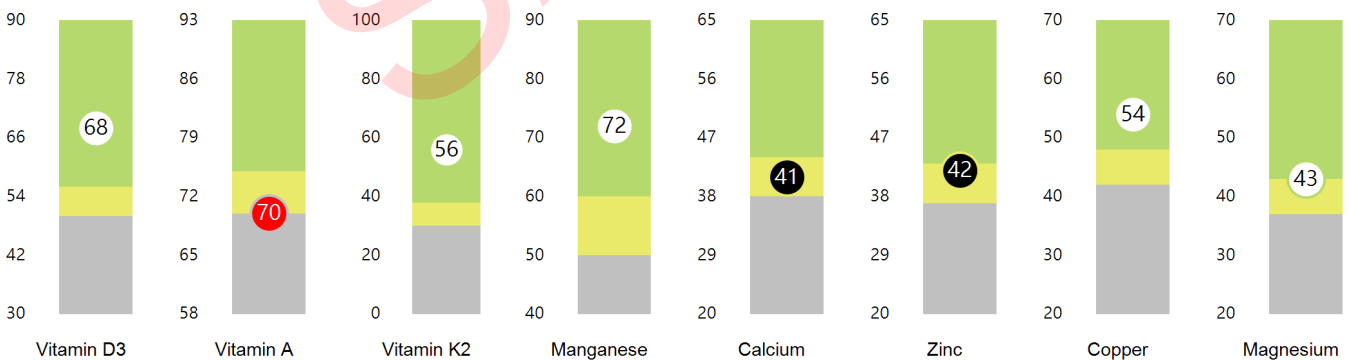
B-Complex Vitamins



Amino Acids & Metabolites



Other Vitamins & Minerals



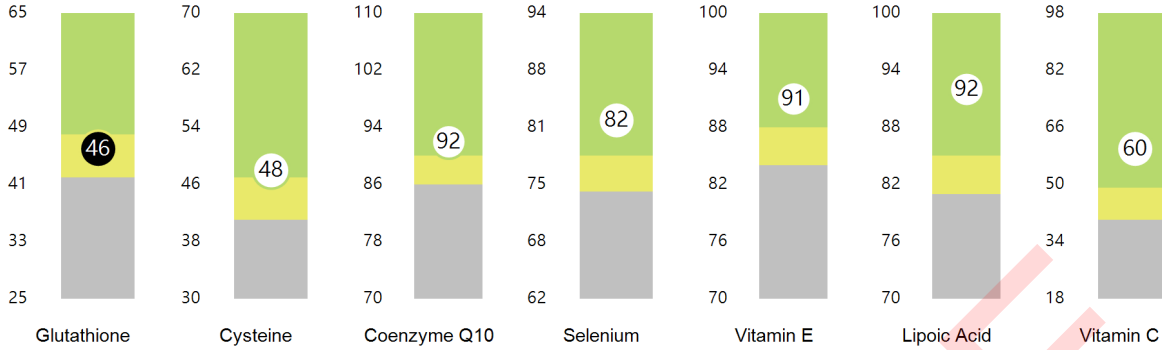
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● **Deficient**
Values in this area represent a deficiency and may require nutrient repletion or dietary changes

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Values in this area represent a borderline deficiency and may indicate a need for nutrient repletion or dietary changes

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Values in this area represent a normal result

Individual Antioxidants



Carbohydrate Metabolism

Fructose Sensitivity
This assay measures changes in the patient's lymphocyte growth response to a fructose challenge. Significant reduction in cell growth capacity is indicative of poor ability to metabolize fructose. This can be due to nutritional deficiencies of necessary cofactors in the fructose metabolizing pathway (e.g. copper, zinc) or may be due to genetic factors.

Fructose: 39

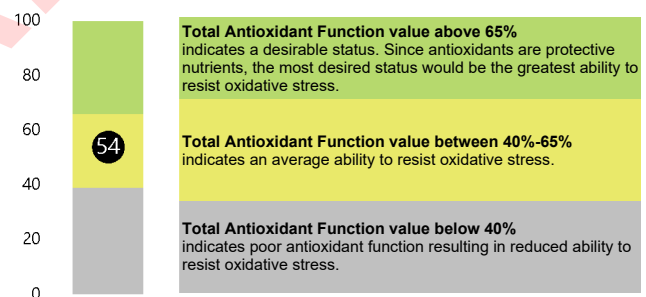
Glucose-Insulin Interaction
The patient's cells are challenged with glucose and their ability to grow in the presence or absence of insulin is determined. A significant decrease of cell growth is indicative of reduced ability to metabolize glucose.

Glucose-Insulin Interaction: 53

Chromium: 47

SpectroX® - Total Antioxidant Function

Total Antioxidant Function is a measurement of overall antioxidant function. The patient's cells are oxidatively challenged and the cell's ability to resist damage is determined.



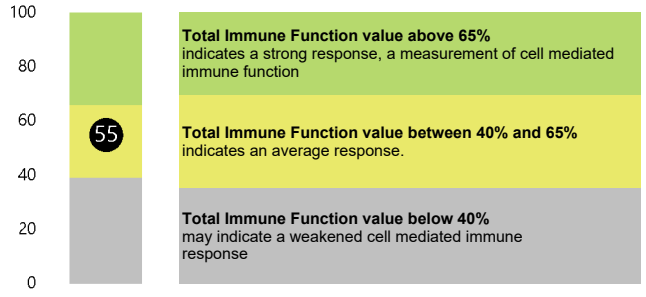
Total Antioxidant Function value above 65%
indicates a desirable status. Since antioxidants are protective nutrients, the most desired status would be the greatest ability to resist oxidative stress.

Total Antioxidant Function value between 40%-65%
indicates an average ability to resist oxidative stress.

Total Antioxidant Function value below 40%
indicates poor antioxidant function resulting in reduced ability to resist oxidative stress.

Immunidex - Total Immune Function

Total Immune Function is an indication of the patient's T-Lymphocyte's response to mitogen stimulation relative to the response of a control population. An average or poor growth response may improve with correction of the nutritional deficiencies determined by the micronutrient testing.



Total Immune Function value above 65%
indicates a strong response, a measurement of cell mediated immune function

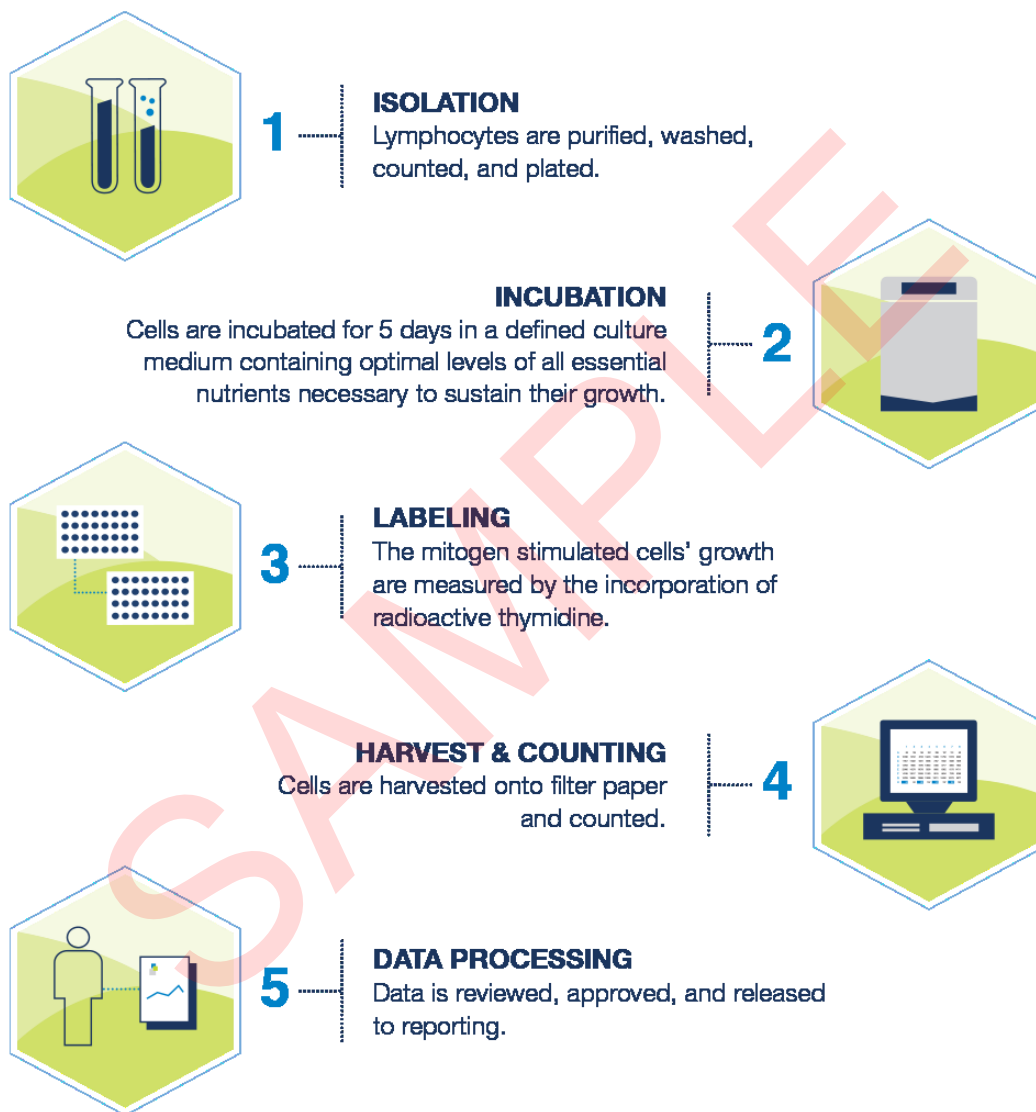
Total Immune Function value between 40% and 65%
indicates an average response.

Total Immune Function value below 40%
may indicate a weakened cell mediated immune response

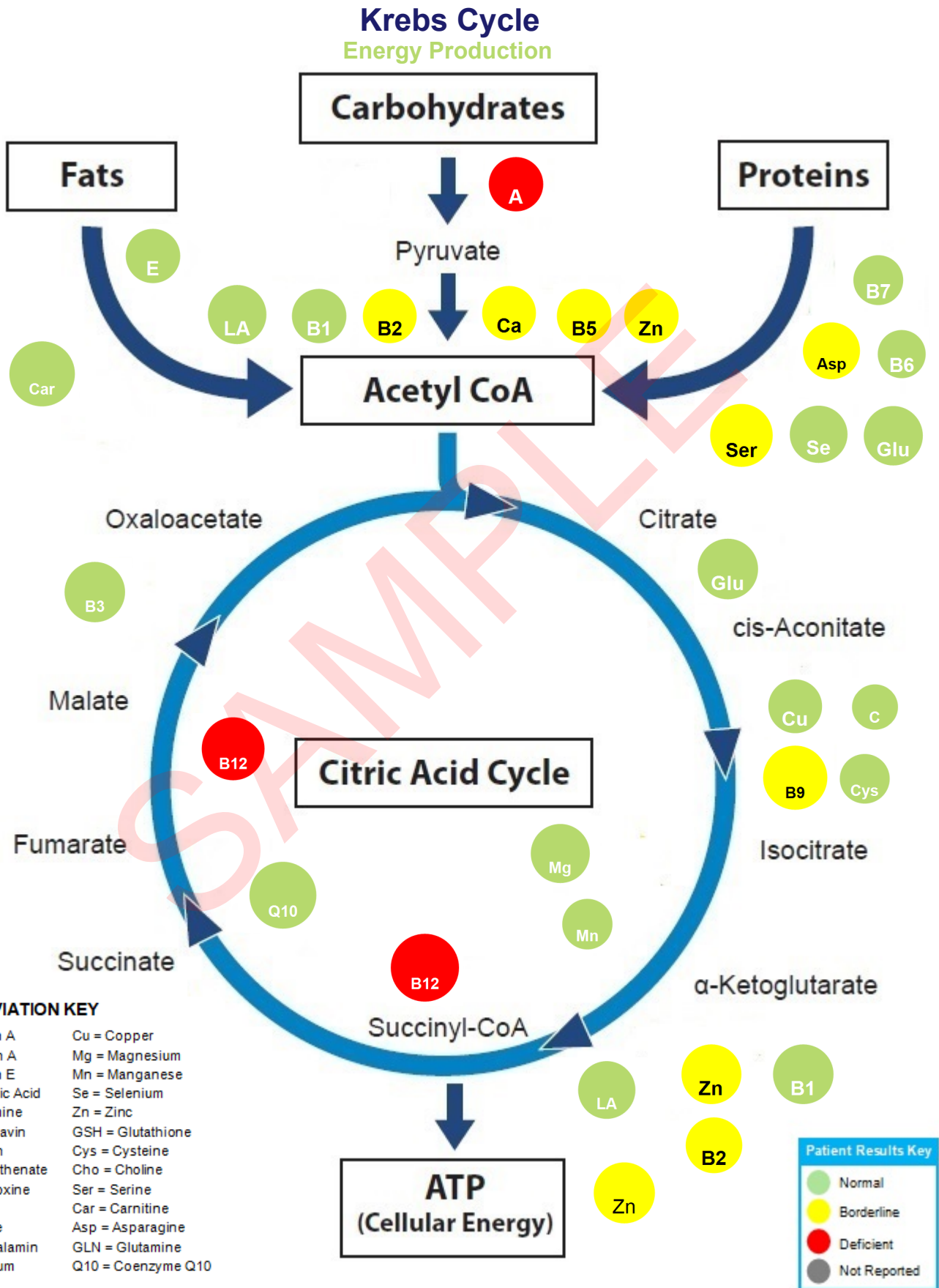
Overview of Test Methodology

Cellular Function = Performance, Not Just Potential

Lymphocyte Proliferation Assay



Routine turnaround time for the Micronutrient assay is 10-14 business days.



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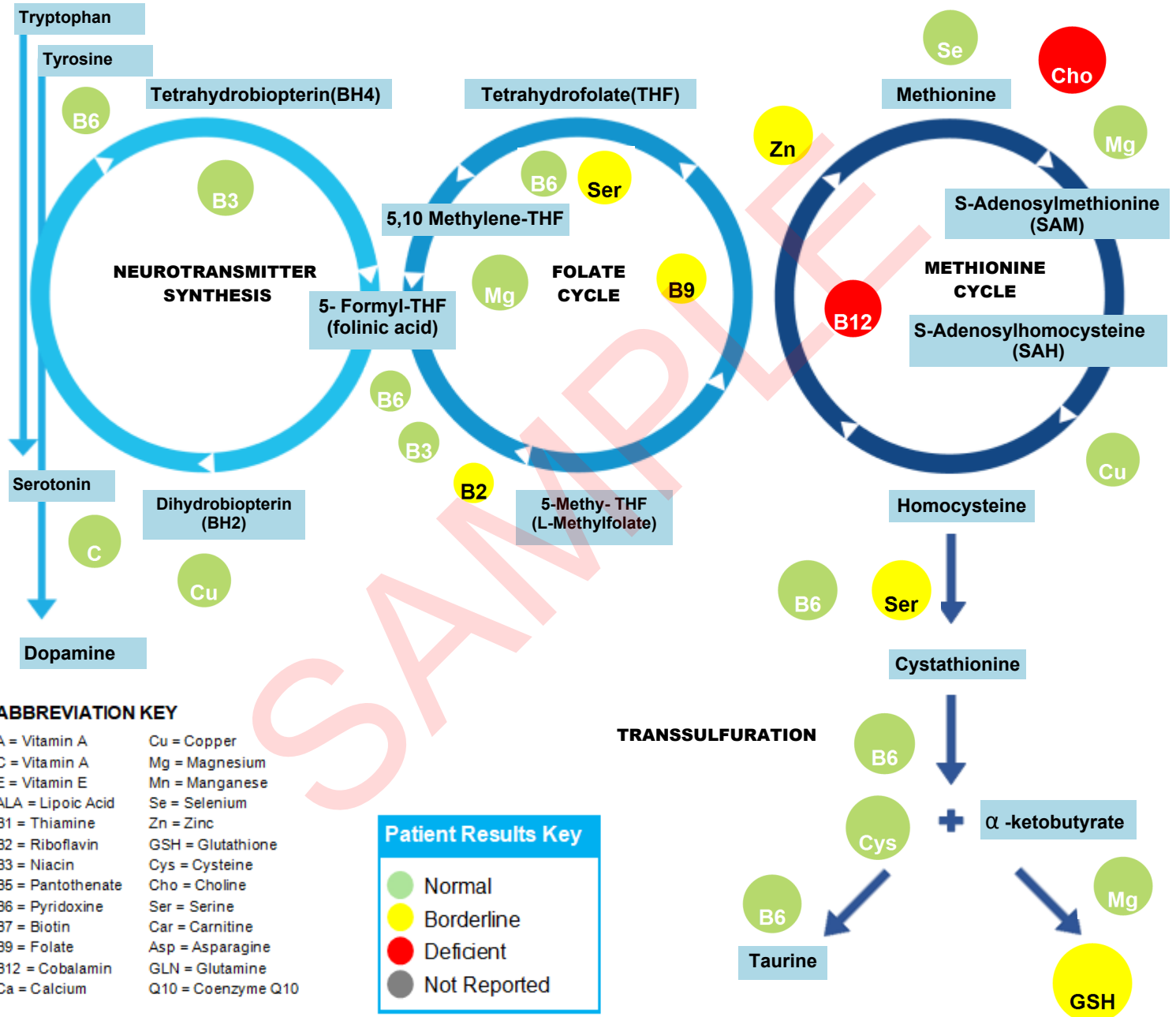
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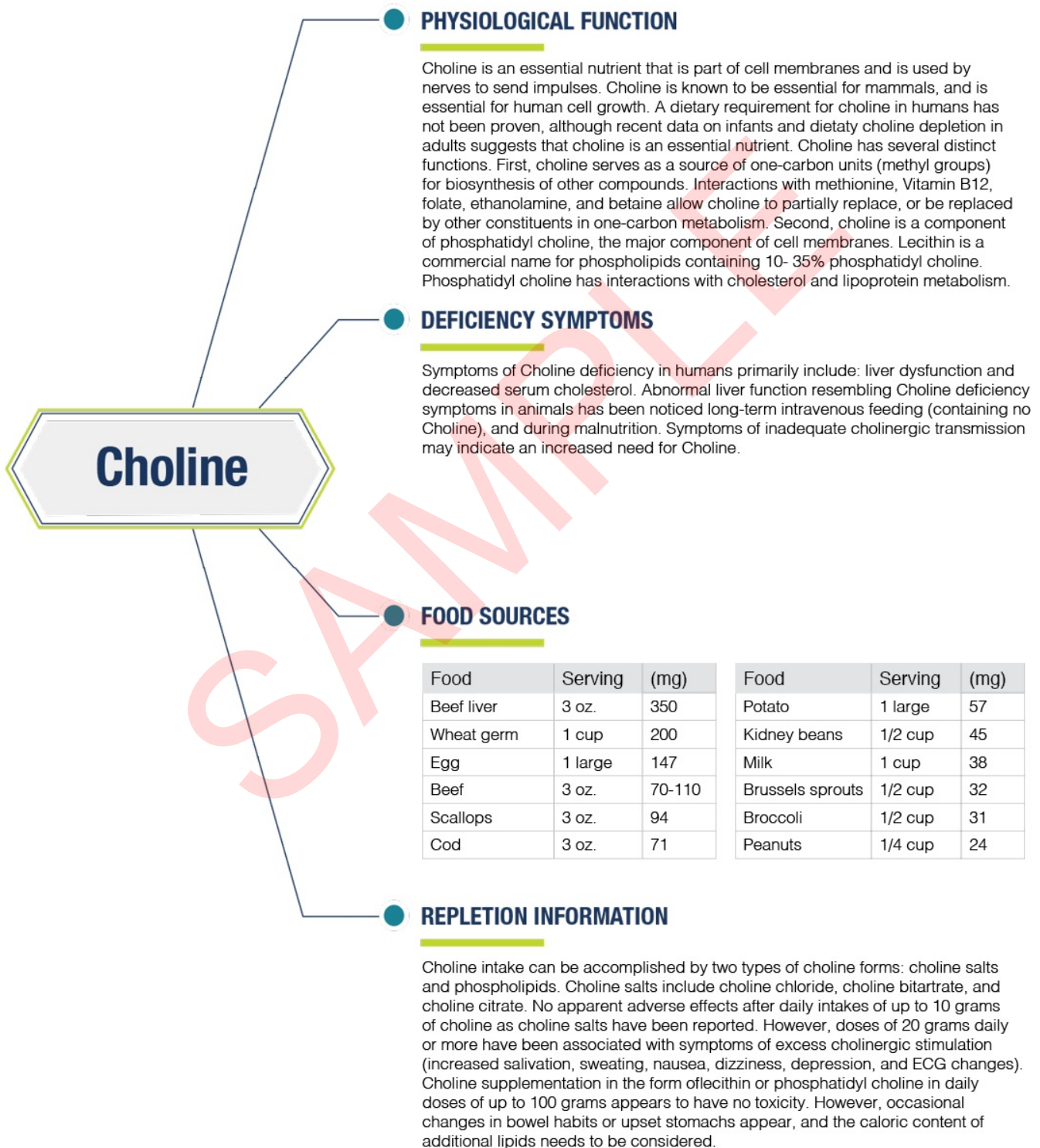
Methylation Cycle

Detoxification, Cellular Adaptability, Gene Regulation



Supplemental Information

Cellular Function = Performance, Not Just Potential



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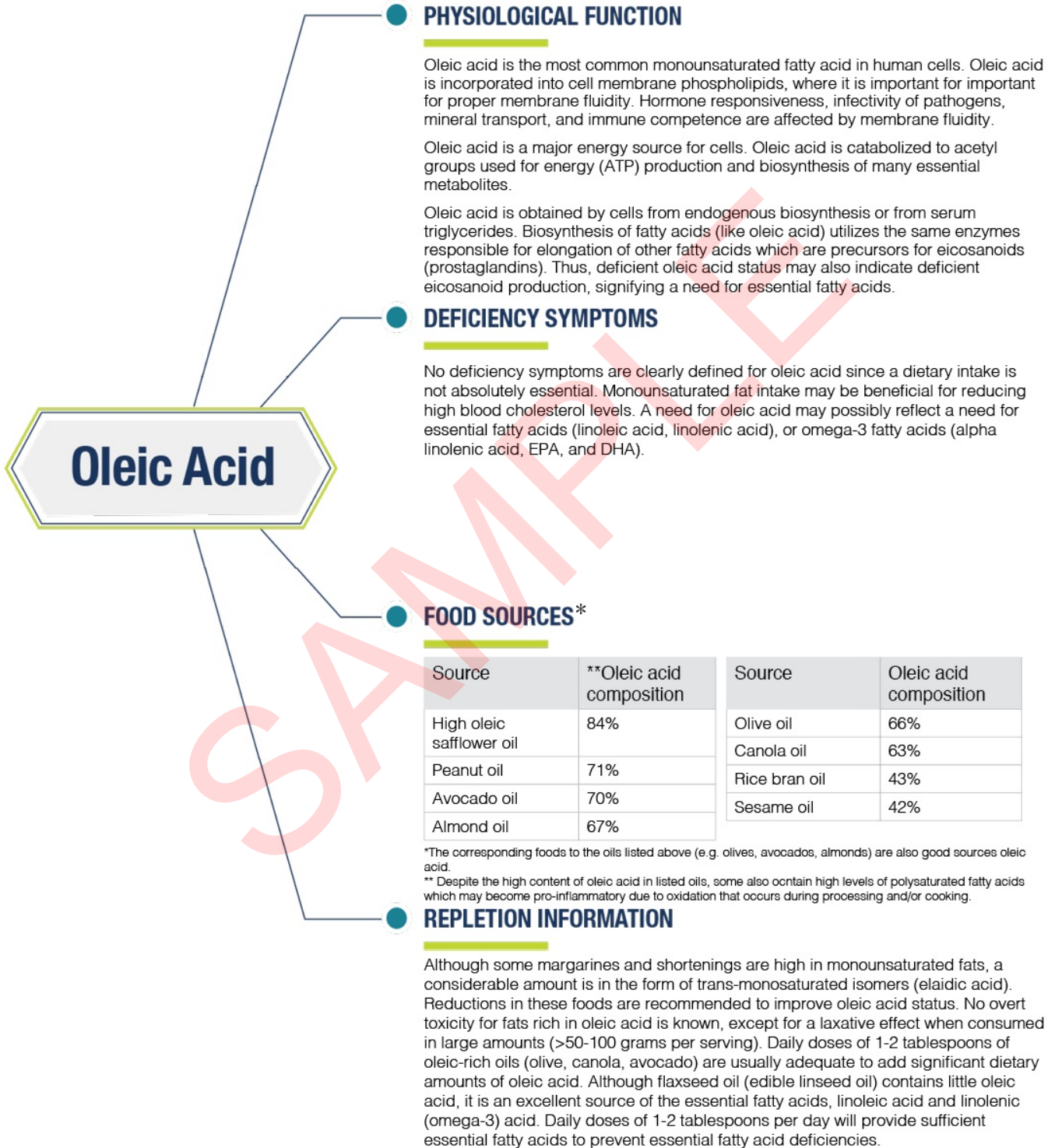
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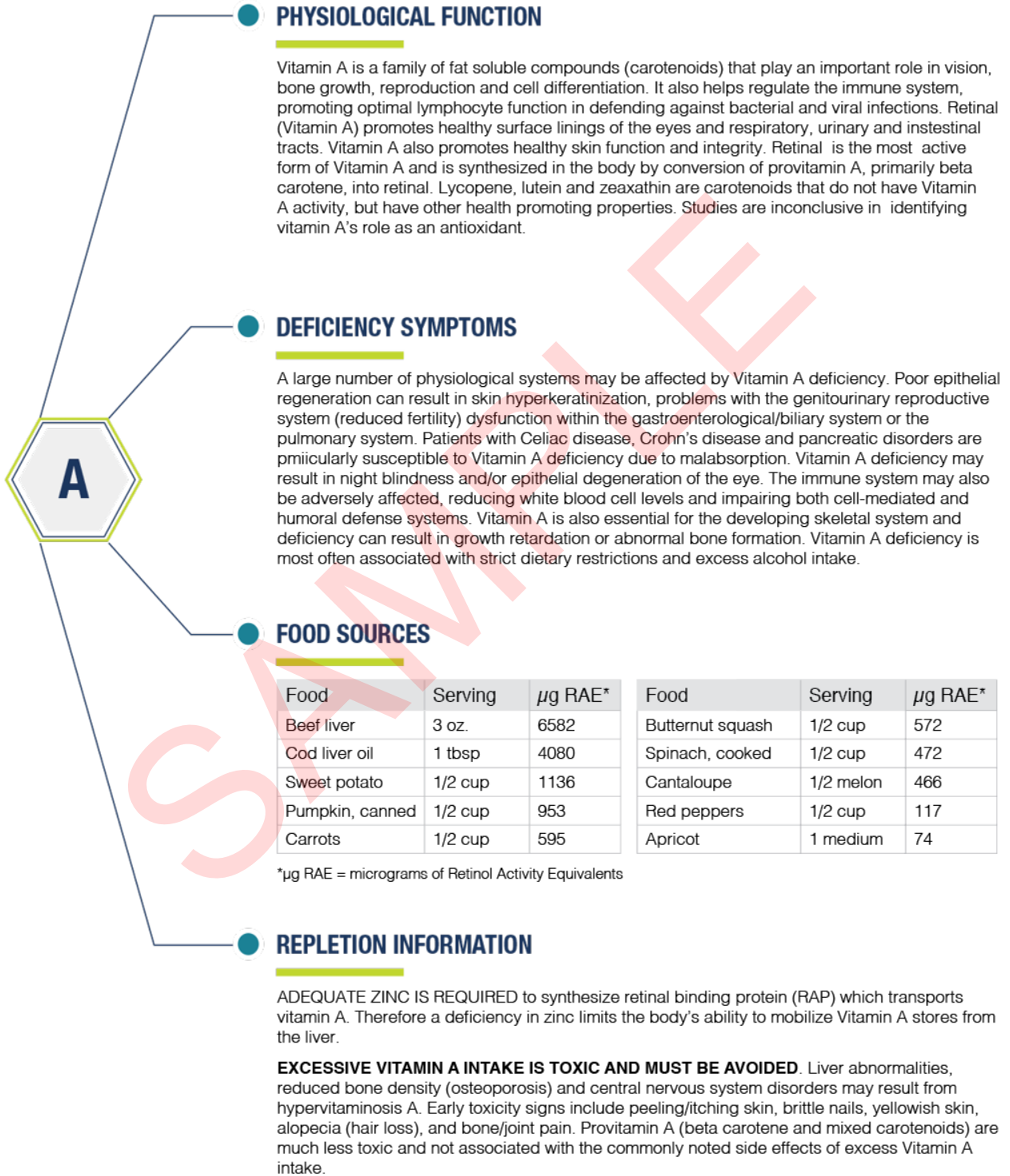
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