

**YOU MAY BE DEFICIENT IN THESE VITAMINS,  
MINERALS, ANTIOXIDANTS AND/OR  
OTHER ESSENTIAL MICRONUTRIENTS  
AND NOT EVEN KNOW IT.**

**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

**AMINO ACIDS**

Asparagine  
Glutamine  
Serine

**ANTIOXIDANTS**

Alpha Lipoic Acid  
Coenzyme Q10  
Cysteine  
Glutathione  
Selenium  
Vitamin E

**SPECTROX™  
FOR TOTAL  
ANTIOXIDANT FUNCTION**

**CARBOHYDRATE  
METABOLISM**

Chromium  
Fructose Sensitivity  
Glucose-Insulin  
Metabolism

**FATTY ACIDS**

Oleic Acid

**METABOLITES**

Choline  
Inositol  
Carnitine

# MicroNutrient Testing



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**HOW DO I GET MY MICRONUTRIENT TEST?**

Your healthcare provider can tell you more about SpectraCell's MicroNutrient Test and order a test for you, or you can call SpectraCell for more information on how to order. You will receive your easy-to-read, comprehensive test results within 3 weeks. Additional testing services including homocysteine and specialized tests to assess cardiovascular risk are also available through SpectraCell Laboratories.

**PAYMENT METHODS**

- Check or Credit Card - All payments to SpectraCell may be made by check or major credit card.
- Medicare - SpectraCell accepts Medicare assignment. Most test components are reimbursable when ordered for diagnostic purposes by a licensed Medicare provider.
- Insurance - When ordered for diagnostic purposes, test components are reimbursable by most insurance carriers.

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

“50% of those taking multivitamins are still nutritionally deficient.”

– William Shive, University of Texas at Austin

Are YOU getting  
the nutrients  
YOU need?



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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 Test 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 test gives 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 work at improving their health, 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 will 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.

**SPECTRACELL'S MICRONUTRIENT TESTING IS THE ONLY TEST THAT TAKES ALL THE ABOVE FACTORS AND MANY OTHERS INTO CONSIDERATION TO IDENTIFY YOUR NUTRIENT STATUS. WITH THIS INFORMATION, SPECIFIC DEFICIENCIES THAT COULD NEGATIVELY INFLUENCE YOUR HEALTH MAY BE CORRECTED.**

## MicroNutrient Testing

### Sample Results

