



MICRO.NUTRIENT

Driven by Science. Inspired by You.

Patient: **Doe, Jon**

Accession ID: 0000000000

Provider: Sample Provider, MD

Order Status: **Complete**

10401 Town Park Drive, Houston, TX 77072
1(800) 227-5227 | support@spectracell.com | www.spectracell.com

 **SpectraCell Laboratories**
Science + Health + Solutions

PATIENT		SPECIMEN		PROVIDER	
NAME	AGE	ACCESSION ID	DATE COLLECTED	Account ID	CLIENT NAME
Doe, Jon	31	0000000000	03/06/2019	00000000	Sample Provider, MD
DOB	Gender	ORDER ID	DATE RECEIVED	Address	
8/22/1987	Male	0000-000000000000-000000	03/07/2019	123 S. Any Street	
Patient ID			DATE REPORTED	ANYWHERE, TX 77000	
00-000-00000			03/23/2019		

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 Immunindex (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

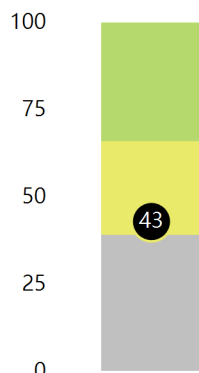
Abnormal	Suggested Supplementation *	Provider Comments
Chromium	200 mcg daily of chromium nicotinate or glycinate for 90 days	
Glucose-Insulin	Replace foods with high glycemic index (sugar, white flour) with whole foods (fruit, vegetables, and whole grains).	
Glutathione	600 mg b.i.d. (1200 mg daily) of N-Acetylcysteine (NAC) Take each dose with a meal	
Immunidex	Address individual micronutrient deficiencies.	
Vitamin B1	50 mg daily	
Vitamin B3	100 mg b.i.d. (200 mg daily) of Niacin	

* 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.

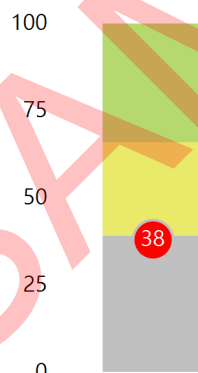
Borderline Deficiencies

Borderline	Provider Comments
Copper	
Glutamine	
Magnesium	
Vitamin A	
Vitamin B2	

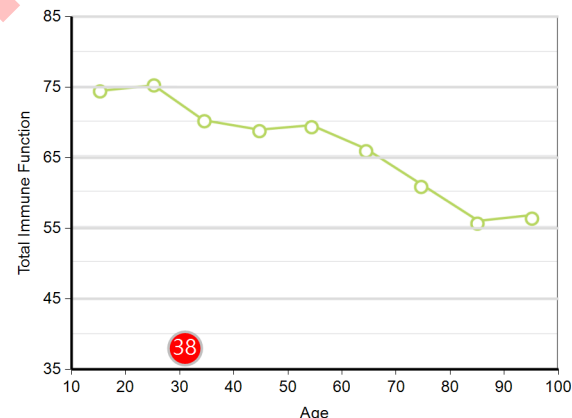
Spectrox® Total Antioxidant Function



Immunidex Total Immune Function



Total Immune Function vs Age



Deficient

Values in this range indicate a poor growth response. Cell function is compromised and likely requires nutrient repletion.



Average

Values in this range indicate an average growth response. Cell function is not yet optimal and may require nutrient repletion.



Strong

Values in the range indicate a stronger than average growth response. Cells are functioning well.

Spectrox®

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

Immunidex

Total Immune Function is an indication of how well a person's T-lymphocytes are functioning by measuring their response to mitogen stimulation (ability to grow). Since lymphocyte function is widely considered a systemic measure of general health, a healthy (stronger) response is desired. A less-than-optimal response may improve with nutrient repletion.

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Micronutrients	Patient Results	Reference Range	Patient Result	Interpretation
B-VITAMINS				
Vitamin B1		>>78%	73	Deficient
Vitamin B2		>>53%	56	Borderline
Vitamin B3		>>80%	75	Deficient
Vitamin B6		>>54%	70	
Vitamin B12		>>14%	20	
Folate		>>32%	50	
Pantothenate		>>7%	27	
Biotin		>>34%	45	
AMINO ACIDS AND METABOLITES				
Serine		>>30%	37	
Glutamine		>>37%	41	Borderline
Asparagine		>>39%	51	
Choline		>>20%	30	
Inositol		>>58%	73	
Carnitine		>>46%	59	
Oleic Acid		>>65%	72	
OTHER VITAMINS & MINERALS				
Vitamin D3		>>50%	67	
Vitamin A		>>70%	72	Borderline
Vitamin K2		>31-85%	70	
Manganese		>>50%	77	
Calcium		>>38%	48	
Zinc		>>37%	50	
Copper		>>42%	44	Borderline
Magnesium		>>37%	39	Borderline
CARBOHYDRATE METABOLISM				
Fructose Sensitivity		>>34%	45	
Glucose-Insulin Interaction		>>39	33	Deficient
Chromium		>>40%	34	Deficient
ANTIOXIDANTS				
Glutathione		>>42%	34	Deficient
Cysteine		>>41%	57	
Coenzyme Q10		>>86%	97	
Selenium		>>74%	80	
Vitamin E		>>84%	92	
Alpha Lipoic Acid		>>81%	90	
Vitamin C		>>40%	73	

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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Deficient

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



Borderline

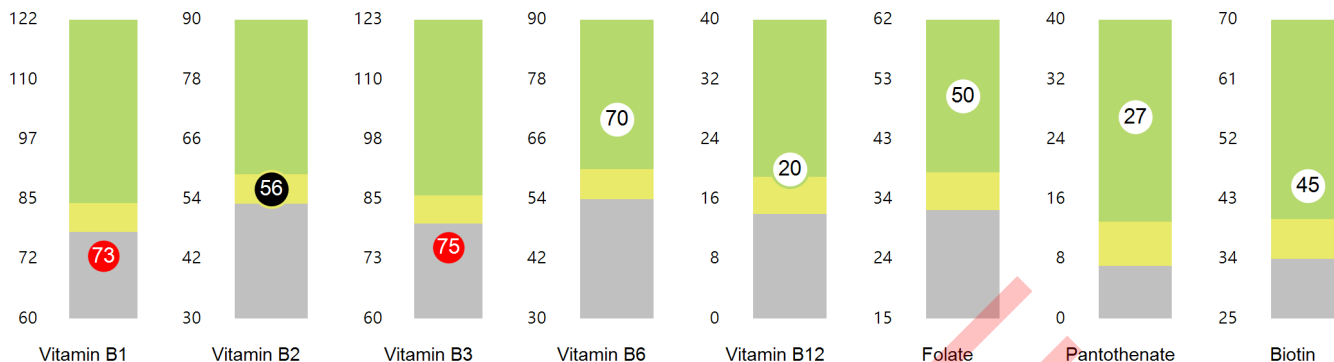
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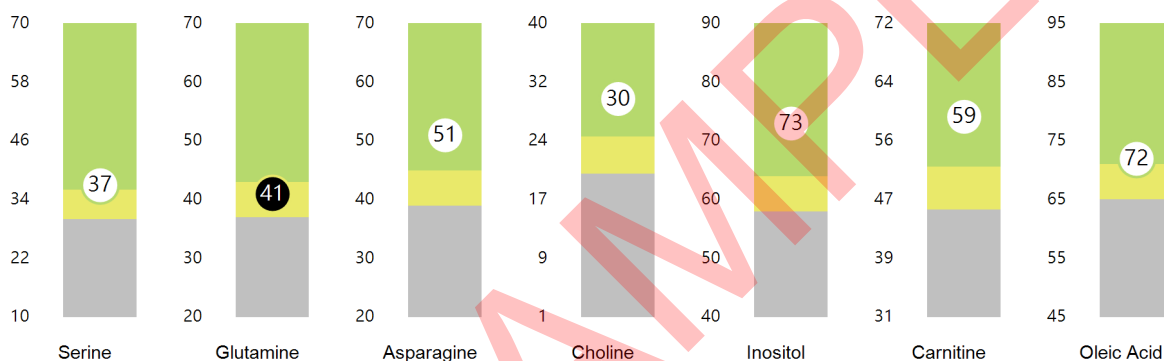
Normal

Values in this area represent a normal result

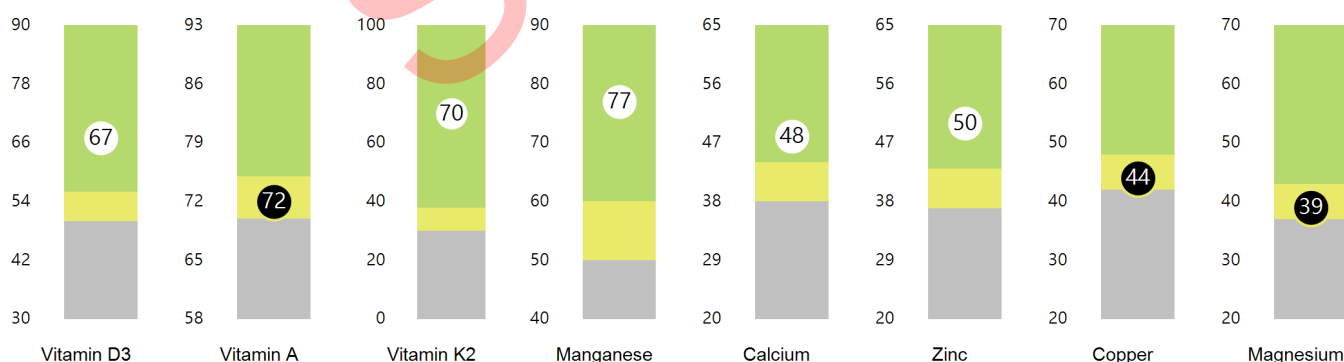
B-Complex Vitamins



Amino Acids & Metabolites



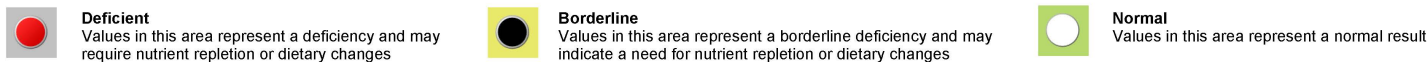
Other Vitamins & Minerals



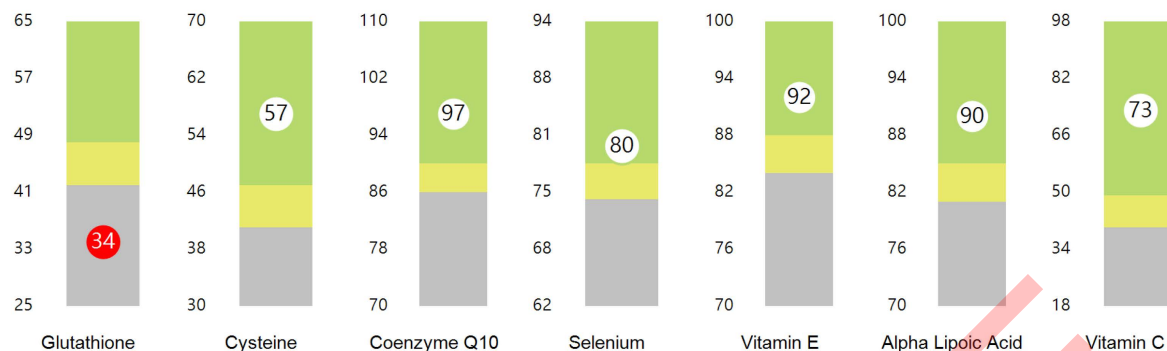
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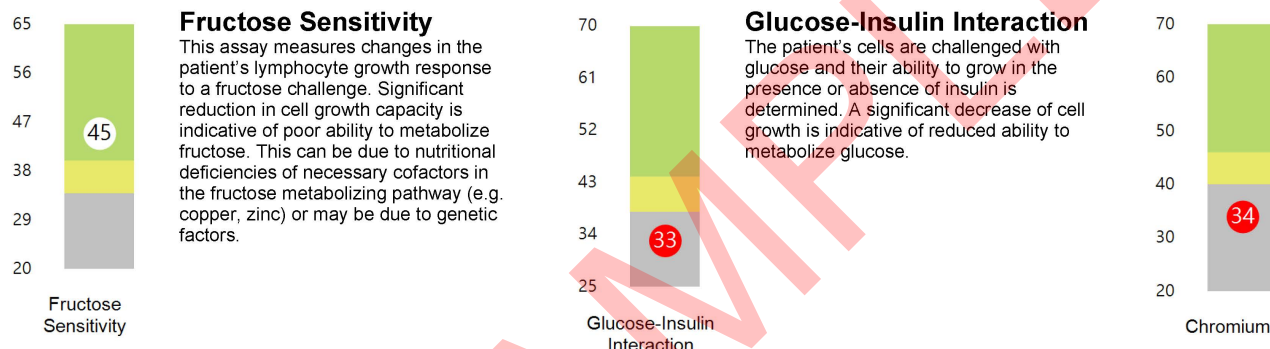
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Individual Antioxidants

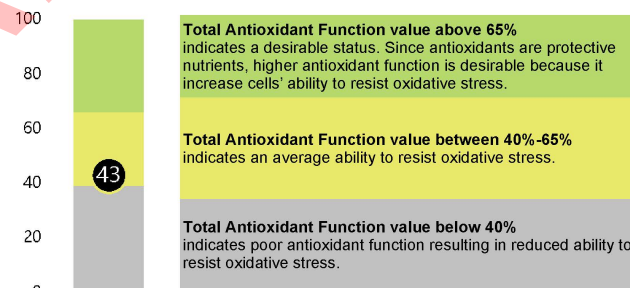


Carbohydrate Metabolism



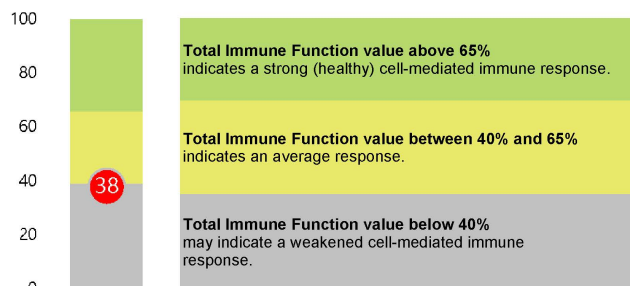
Spectrox® - Total Antioxidant Function

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Immunidex - Total Immune Function

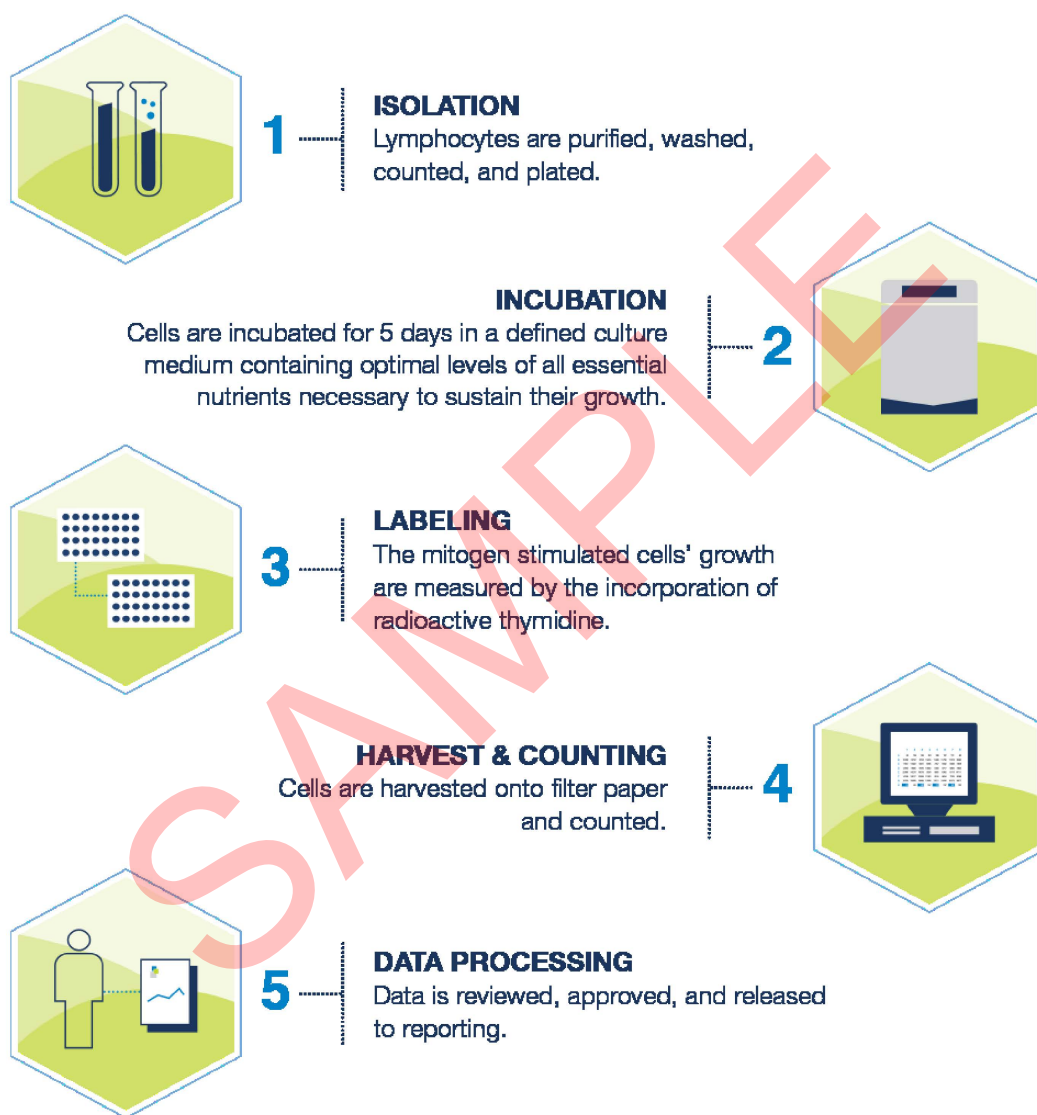
Total Immune Function is an indication of how well a person's T-lymphocytes are functioning by measuring their response to mitogen stimulation (ability to grow). Since lymphocyte function is widely considered a systemic measure of general health, a healthy (stronger) response is desired. A less-than-optimal response may improve with nutrient repletion.



Overview of Test Methodology

Cellular Function = Performance, Not Just Potential

Lymphocyte Proliferation Assay

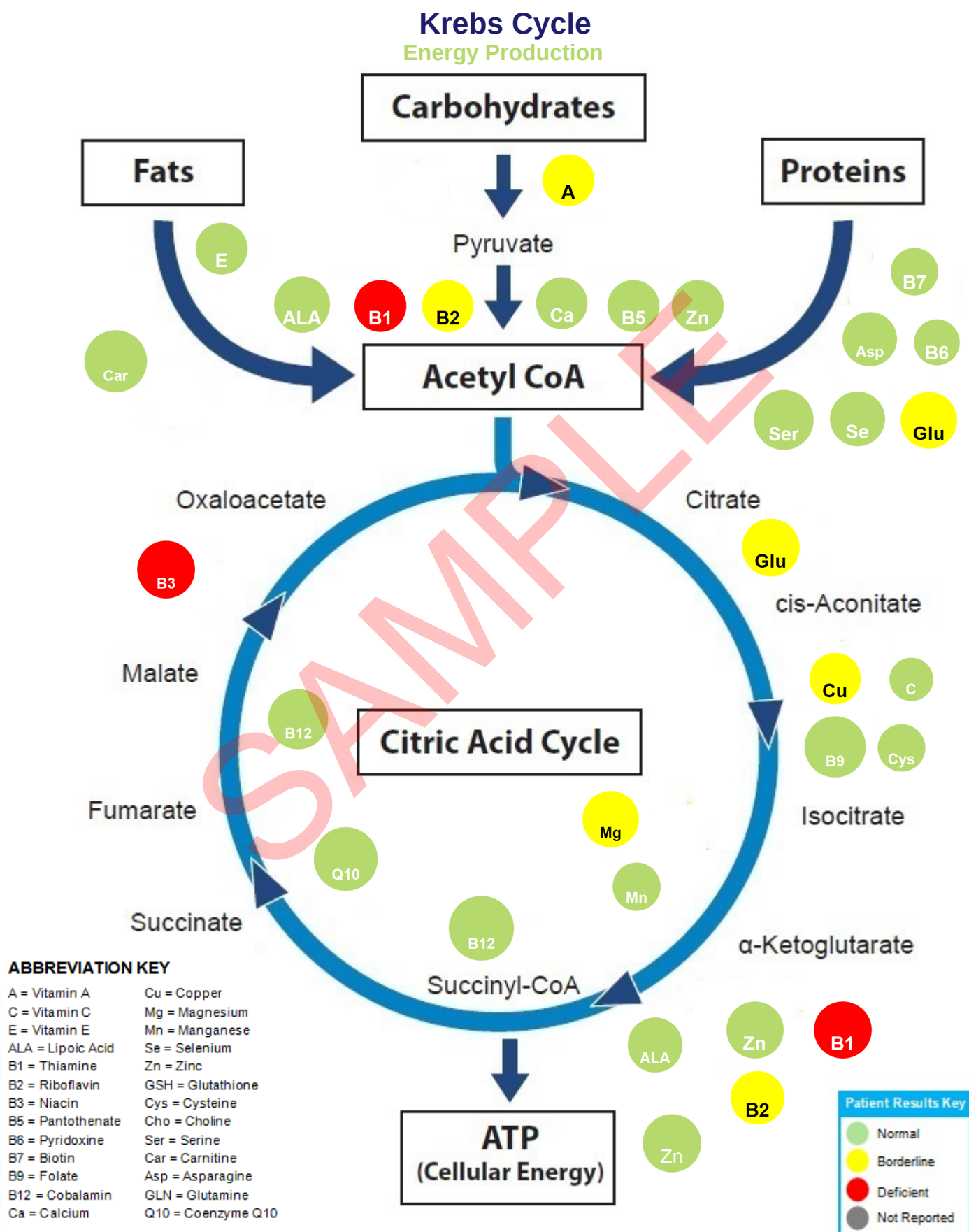


Routine turnaround time for the Micronutrient assay is 10-14 business days.

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Methylation Cycle

Detoxification, Cellular Adaptability, Gene Regulation

