

Micronutrient testing

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

--William Shive, University of Texas at Austin

Are YOU getting the nutrients YOU need?



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.

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 for 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.

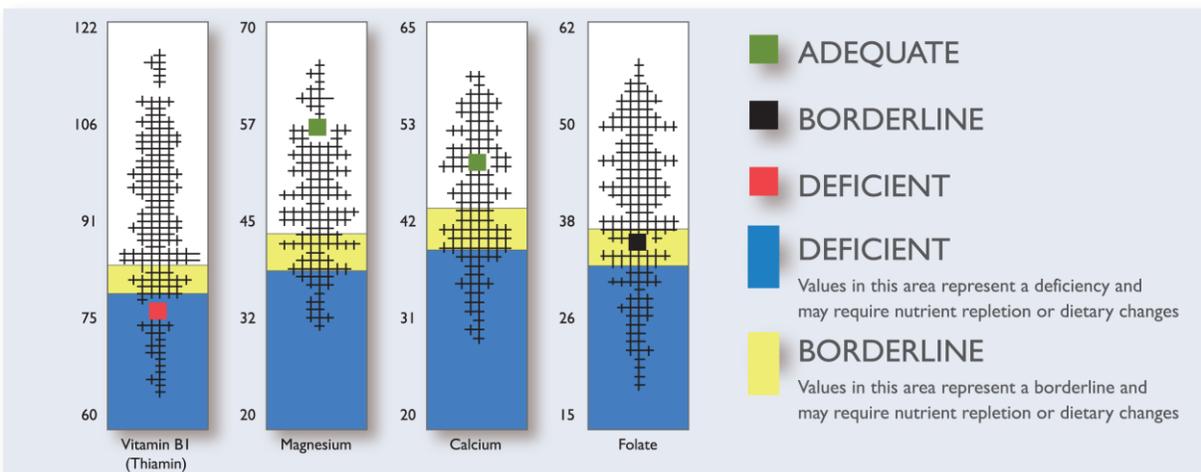


**SpectraCell
Laboratories**

Source: <http://www.spectracell.com>

MICRONUTRIENT TESTING SAMPLE RESULTS

SpectraCell's Micronutrient lab results include an overview page with all deficiencies listed, numeric and graphic reports easily identifying deficiencies and repletion and supplementation recommendations.



How do I get my Micronutrient test?

Call Absolute Health today to schedule an appointment at (352) 854-5530!

Source: <http://www.spectracell.com>

