

	Extracellular	Intracellular	Red Blood Cell (RBC)
Vitamin A	✓	✓	
Vitamin B1	✓	✓	
Vitamin B2	✓	✓	
Vitamin B3	✓	✓	
Vitamin B5	✓	✓	
Vitamin B6	✓	✓	
Vitamin B12	✓	✓	
Vitamin C	✓	✓	
Vitamin D3	✓	✓	
Vitamin D, 25-OH	✓		
Vitamin E	✓	✓	
Vitamin K1	✓	✓	
Vitamin K2	✓	✓	
Folate	✓		✓
Sodium	✓		
Potassium	✓		
CoQ10	✓	✓	
Cysteine	✓	✓	
Selenium	✓	✓	
Glutathione		✓	
Asparagine	✓	✓	
Glutamine	✓	✓	
Serine	✓	✓	
Citrulline	✓		
Arginine	✓		
Choline	✓	✓	
Inositol	✓	✓	
Carnitine	✓	✓	
Methylmalonic acid (MMA)	✓		
Calcium	✓	✓	
Manganese	✓	✓	
Magnesium			✓
Zinc	✓	✓	
Copper	✓	✓	
Chromium	✓		
Iron	✓		✓
Leucine	✓		
Valine	✓		
Isoleucine	✓		
RBC Omega fatty acids (n3 and n6)			✓
Copper/Zinc Ratio	✓		
AA/EPA Ratio			✓

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