# Micronutrient Panel







## **Who Will Benefit from Micronutrient Testing?**

The Micronutrient Panel assesses direct measurement of both intra- and extracellular nutrient status of common vitamins, minerals, co-factors, amino acids, essential fatty acids, and more.

If you are diagnosed with or suspect you have a chronic inflammatory condition, autoimmune disease (Celiac, Crohn's, etc.), or any condition associated with nutrient malabsorption, you may benefit from this panel.

# **Recognizing Symptoms of Micronutrient Deficiency**

#### **Symptoms include:**

- Stress
- Fatique
- Depression or anxiety
- Skin problems
- · Numbness or tingling in extremities
- Weakened immune system
- Lack of concentration/Brain fog
- Fluctuating weight
- Neurological symptoms (impaired memory, confusion, ataxia, loss of balance, tremors)
- · Stubborn weight gain
- · Sudden, unexplained weight loss
- Digestive abnormalities: diarrhea, constipation, excessive bloating



Uncover the root of your symptoms so you can build a personalized plan with your wellness provider to resolve nutrient deficiencies, address chronic conditions, and improve your lifestyle.



### Why is This Test Important?

- More than 2 billion people suffer from micronutrient deficiency worldwide
- Micronutrients play a vital role in energy production, hemoglobin synthesis, maintenance of bone health, adequate immune function, and protection of the body against oxidative stress and cellular damage
- · Assessing absorption of nutrients at both the extra- and intracellular levels is the only way to objectively determine root causes of malnutrition and inflammation
- The holistic view of nutrient absorption can aid providers in differentiating between dietary, genetic, and other factors that impair nutrient metabolism or absorption
- Micronutrient deficiencies can be a sign of chronic inflammation
- Chronic inflammation is associated with serious diseases, including heart disease, diabetes, cancer, arthritis, Crohn's disease, and ulcerative colitis
- Uncovering micronutrient deficiencies is an easy and critical step in addressing chronic conditions and healing

#### The Micronutrient Panel tests for:

- Direct levels of extra- and intracellular micronutrients including vitamins, minerals, co-factors, amino acids, metabolites, antioxidants, and essential fatty acids
- The cellular function of micronutrients in our blood

## **The Vibrant Wellness Advantage**

Unparalleled specificity and sensitivity. Our proprietary technology detects:

- · Micronutrients at the extra- and intracellular level
- Absorption of nutrients at the gastrointestinal barrier and cellular membrane
- Validated and accredited. Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

### What to Expect from the Test

- 1. Follow our simple instructions to perform this test at a blood draw center.
- 2. Before testing: No need to fast. Your provider may ask you to discontinue medications or dietary supplements. Speak with your wellness provider to learn more.
- 3. Send the test to our labs for analysis and work with your care provider to understand the results.

### **About Vibrant Wellness**

1. https://ourworldindata.org/micronutrient-deficiency

Vibrant Wellness is a leading CLIA-certified and CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing-not guessing.

References

Regulatory Statement diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Wellness, CLIA-certified and CAP-accredited laboratory performing the test. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear

