

# When it comes to supplements,

# STOP GUESSING, START TESTING!



Micronutrient  
Testing

Available from:



Call 586-731-8840 Today!

In recent weeks, mainstream media has reported that it may be harmful to take vitamin and mineral supplements. Some reports say that women who take a multivitamin have a higher risk of dying than those who don't take supplements. In another report, it was observed that taking vitamin E actually increased the risk of prostate cancer in men. But then there are hundreds of scientific studies that show vitamin supplements can contribute to the protection against and treatment of disease. It seems as though for every report that vitamins can be harmful, there are many more studies showing that they are incredibly helpful.

As a consumer, **“what should you believe?”** may not be the right question to ask.

The right question is, **“what supplements are right for me, given my personal medical history, genetics and lifestyle?”**

**THE SOLUTION IS MICRONUTRIENT TESTING.** With a simple blood draw, you will determine the nutrients in which you are specifically deficient and choose supplements based on your actual deficiencies. Since the “more is better” philosophy can be dangerous in both pharmaceuticals and supplements, we recommend that doctors and patients stop guessing and start testing when it comes to nutritional status.

## **MICRONUTRIENT TESTING EMPOWERS YOU TO NAVIGATE THE CRAZY WORLD OF SUPPLEMENTS**



**PERSONALIZED MEDICINE** - Micronutrient testing measures nutritional status using your white blood cells, so deficiencies reported are unique to you. Comprehensive Analysis - 32 nutrients plus anti-oxidant status are tested.

**PREVENTING IMBALANCES** - If minerals, vitamins or antioxidants are taken without being properly balanced, they can induce deficiencies in other nutrients as a side effect. For example, too much of an antioxidant can actually make it become a pro-oxidant, which damages (vs. protects) cells.

**SIX MONTH NUTRIENT HISTORY** - Micronutrient testing gives a 4-6 month nutritional history since it is specifically performed on cells that have a long lifespan. It is more than just a snapshot.

