



MICRONUTRIENTS



TESTING FOR DEFICIENCIES

Nutrient deficiencies are rampant with our poor food quality, increased toxins, and stressful lifestyles. Even just one deficiency, such as low B1, can contribute to fatigue, irritability, tingling in arms and legs, blurry vision and more.

We can get precise clarity on your unique nutrient needs with Spectracell's Micronutrient Test. While many labs offer nutrient testing, those tests look at nutrient levels outside the cell, which can be very misleading.

Why we prefer Spectracell's Micronutrient Test:

- Measures nutrient status within the cell (more accurate) - ensure your cells are absorbing nutrients properly
- Measures the performance of nutrients within your cells - ensuring that you not only have enough of a nutrient present but that your cells are using the nutrient well
- Presents a 4-6 month window vs fluctuating blood levels

NUTRIENTS TESTED

- **B Vitamins:** B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenate), B6 (pyridoxine), B7 (biotin), B9 (folate), B12
- **Amino Acids:** Serine, Glutamine, Asparagine, Choline, Inositol, Carnitine, Oleic Acid
- **Additional Vitamins:** Vitamin D3, Vitamin A, Vitamin K2, Manganese, Calcium, Zinc, Copper, Magnesium
- **Carb Metabolism:** Fructose Sensitivity, Glucose-Insulin Interaction, Chromium
- **Antioxidants:** Glutathione, Cysteine, Coenzyme Q10, Selenium, Vitamin E, Alpha Lipoic Acid, Vitamin C

In addition to nutrient levels and cellular function/performance, the Micronutrient Test also provides an overall score on your cells' ability to handle oxidative stress and a score for overall immune vitality.

You can [learn more about this test](#) on Spectracell's website

TEST DETAILS

TEST TYPE

- Test order form is emailed to you
- **Blood draw** performed at lab nearest to you

LAB FEE

- **\$399 Micronutrient Test**

CONSULT FEE

- **\$175 for Lab Review Consult**
- Includes a detailed review, up to 1 hour consult and recommendations
- This is a **virtual consult**, so anyone can benefit, near and far

EXPERT REVIEW

Rebekah has extensive training and experience in evaluating hormone health and will be thorough in looking for any root causes related to your hormone balance. She will review your dietary intake, lifestyle factors, supplements and medications when creating your custom plan.

Rebekah Stump, Owner, Functional Practitioner, Certified Thermographer

