

# MICRONUTRIENT TEST

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## **DESCRIPTION**

The **Micronutrient Test** is designed to provide a deeper understanding of your long-term, functional nutrient status that goes beyond a standard blood test. Rather than measuring the nutrient levels in your bloodstream, the test evaluates whether enough nutrients are actually entering your cells so they can function optimally. This approach may uncover subtle deficiencies that exist in spite of a healthy diet and normal results on basic lab tests.

A **Micronutrient Test** may be particularly useful if you are experiencing symptoms like chronic fatigue or frequent illness despite normal serum nutrient levels. This test may also be the right choice to help you optimize your nutritional status as part of an overall fitness routine or weight loss plan. The results can help you to focus your diet and supplement regimen on the nutrients your cells need most.

### **Test Details:**

This is a wellness test intended to provide you with information about your nutritional status at a cellular level. It measures deficiencies in essential vitamins, minerals, and amino acids.

## **WHO SHOULD GET THIS TEST?**

The **Micronutrient Test** is useful for individuals who have not responded well to general supplementation, or who are interested in proactive, personalized nutritional strategies to optimize overall health and performance.

## **WHY IS THIS TEST IMPORTANT?**

The **Micronutrient Test** is important because it provides information about how well your cells are actually able to absorb and use essential nutrients.

## **IS THIS A DIAGNOSTIC TEST?**

No. This is a wellness test that can help you make personalized improvements to your diet and supplement regimen.

## **AM I REQUIRED TO FAST?**

No. Fasting is not required prior to this test.

## **WHAT DO I NEED TO DO TO PREPARE?**

No special preparation is required before taking this test. However, drinking plenty of water prior to any blood draw procedure is recommended.

## **WHAT KIND OF SAMPLE IS REQUIRED?**

This test requires a blood sample.

## **IS A DOCTOR'S ORDER REQUIRED?**

No. We do accept your physician's order, or we can provide a doctor's order for this test at no additional cost.

## **DO I NEED TO MAKE AN APPOINTMENT?**

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

## **HOW LONG WILL IT TAKE TO GET MY RESULTS?**

Results are typically available within 10 business days after the lab receives your sample.

## **IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?**

We recommend that you share your results with your healthcare provider.

## **OTHER RELEVANT TESTS**

If you are interested in this panel, you may also want to consider:

- Genetic Methylation Test
- Cellular Micronutrient with Antioxidant Protection Test
- DNA Fitness Profile

*Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.*