

# Micronutrient & Antioxidant Test

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## **DESCRIPTION**

The **Micronutrient & Antioxidant Test** is designed to provide a comprehensive evaluation of both cellular nutrient function and cellular oxidative balance. Standard blood tests typically measure nutrient and antioxidant levels in your bloodstream. This test evaluates how effectively your cells are actually able to absorb and use essential vitamins, minerals, amino acids, and antioxidants. It can help identify subtle nutrient deficiencies that may be impacting your physical and mental health.

The **Micronutrient & Antioxidant Test** will also evaluate how effectively your cells are able to withstand oxidative stress - damage caused by everyday exposures like pollution, toxins, medications, and radiation. The report will even provide you with guidance about which antioxidants offer you the greatest cellular protection. This combined approach can offer a personalized plan to restore cellular resilience, optimize antioxidant supplementation, and enhance long-term health and vitality.

### **Test Details:**

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

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

The **Micronutrient & Antioxidant Test** is useful for individuals who have not responded well to general supplementation, or who are experiencing chronic conditions without a defined cause. It is also useful for people experiencing symptoms of oxidative stress like premature aging or slow recovery after illness and injury. This test is also helpful for anyone interested in proactive, personalized nutritional strategies to optimize overall health and support health aging.

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

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

## **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 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.*