

# Why choose micronutrient testing?



## Establish the foundation for optimal health



Micronutrients are the vitamins, minerals, and antioxidants essential to health—but they aren't always easy to get in adequate amounts.

Even when nutritional gaps don't result in immediate symptoms, they have the power to affect health. Nutrient deficiencies can lead to reduced immune function, fatigue, mood disorders, and impaired brain function, among other health problems. Over the long term, nutritional deficiencies can also contribute to many chronic health conditions, including osteoporosis, diabetes, heart disease, and cancer.<sup>1</sup>



**With as many as 9 in 10 Americans following less-than-optimal dietary patterns,**<sup>2</sup> diet is likely to be the primary cause of nutrient deficiencies



**At least 1 in 3 Americans** are at risk for nutritional deficiencies<sup>1</sup>

## Testing for personalized nutrition

That's why nutritional analysis is a crucial tool for optimal health. Quest Diagnostics' micronutrient tests evaluate key vitamins, minerals, and antioxidants—helping your doctor identify what you may be missing or getting too much of. Testing can also measure levels of heavy metals in the body, such as lead and mercury, which may have serious negative health effects over time.

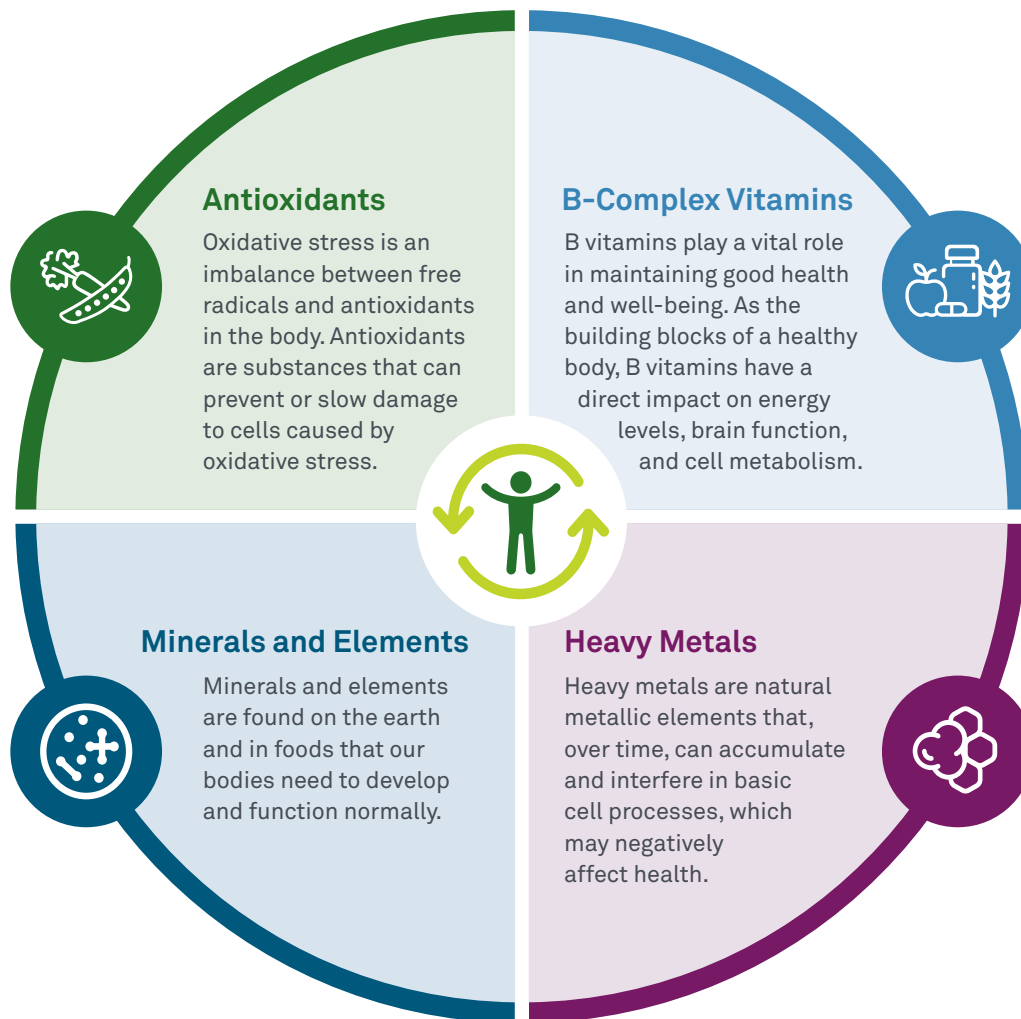
## Who should get testing?

Your doctor may recommend micronutrient testing in connection with a variety of factors, including:

- **Pharmacological impact** from medications eg, statins, beta-blockers, proton-pump inhibitors, and oral contraceptives
- **Inflammatory bowel disease** and other gastrointestinal disorders
- **Diet or food allergies** and sensitivities
- **Autoimmune conditions**, such as rheumatoid arthritis
- **Fatigue** and sleep disorders
- **Mood disorders**
- **Athletic performance optimization**

## Take the path to optimal wellness with micronutrient testing

Quest’s comprehensive portfolio includes micronutrient tests to help your doctor identify the best care path for you. An assessment of micronutrient components provides a global picture of your micronutrient status and balance. Your provider can help select the tests that are best suited for you based on your goals.



## Take the path to optimal wellness

Micronutrient testing points the way to precision medicine—treatment that’s unique to you. To tailor your diet and supplements to your personal health and nutritional needs, ask your doctor about micronutrient testing.

### References

1. Bird JK, Murphy RA, Ciappio ED, et al. Risk of deficiency in multiple concurrent micronutrients in children and adults in the United States. *Nutrients*. 2017;9(7):655. doi:10.3390/nu9070655
2. CDC. Only 1 in 10 adults get enough fruits or vegetables. February 2021. <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/adults-fruits-vegetables.html>

The purpose of these tests is to inform healthcare professionals of the levels of these elements and vitamins in their patients so that they can guide the patient appropriately regarding diet, the need for dietary supplements or the need, if any, for prescription medication or other appropriate therapy.

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