

Research suggests that **nutritional deficiencies** are at the **root** of most **chronic diseases**

Many clinicians find that treating nutritional deficiencies enhances other treatments and increases patients' overall health and ability to combat chronic illness.

*How do you determine the areas in which a patient is
nutritionally deficient?*

Is a multi-vitamin enough?

Genova Diagnostics' line of nutritional tests provides personalized nutritional recommendations based on the patient's individual functional need for nutritional support. Supplement recommendations and food source

information are available so that physicians have individualized treatment options for every patient.



Is a multi-vitamin enough?

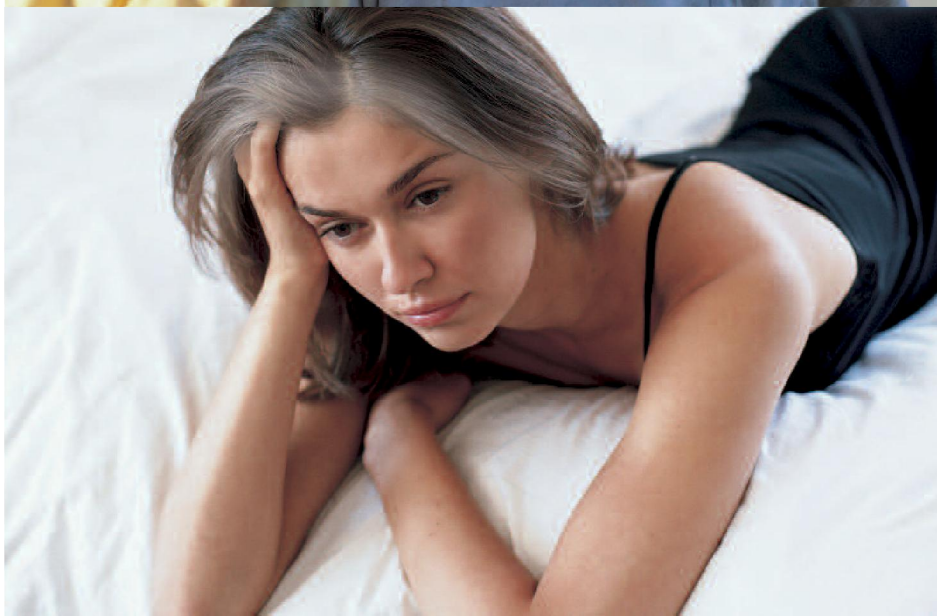
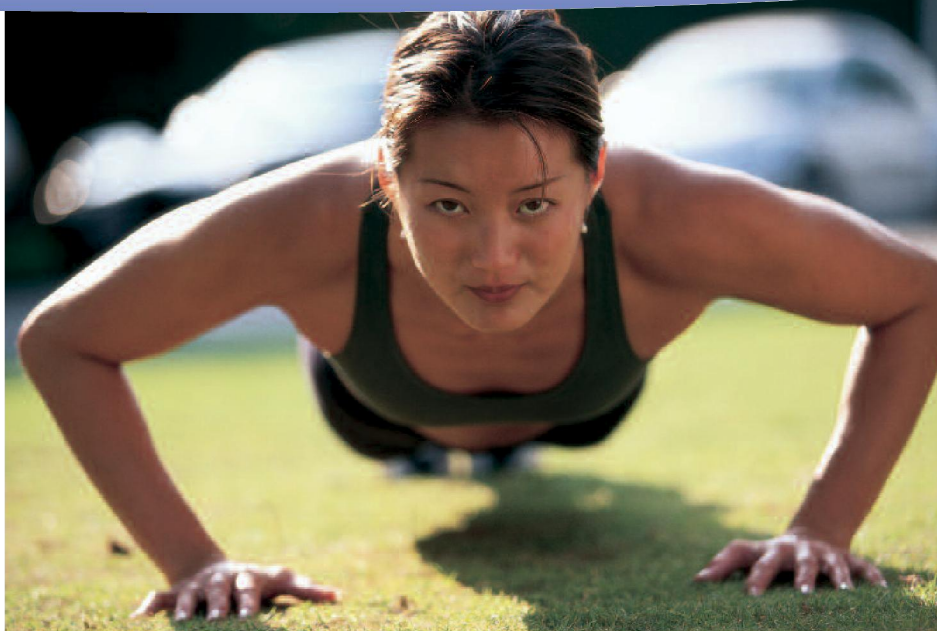




A few of the common uses of nutritional testing include

- Mood disorder
 - Depression
 - Anxiety
 - Sleep disturbance
- Fibromyalgia or Fatigue
- Optimized health and sports fitness

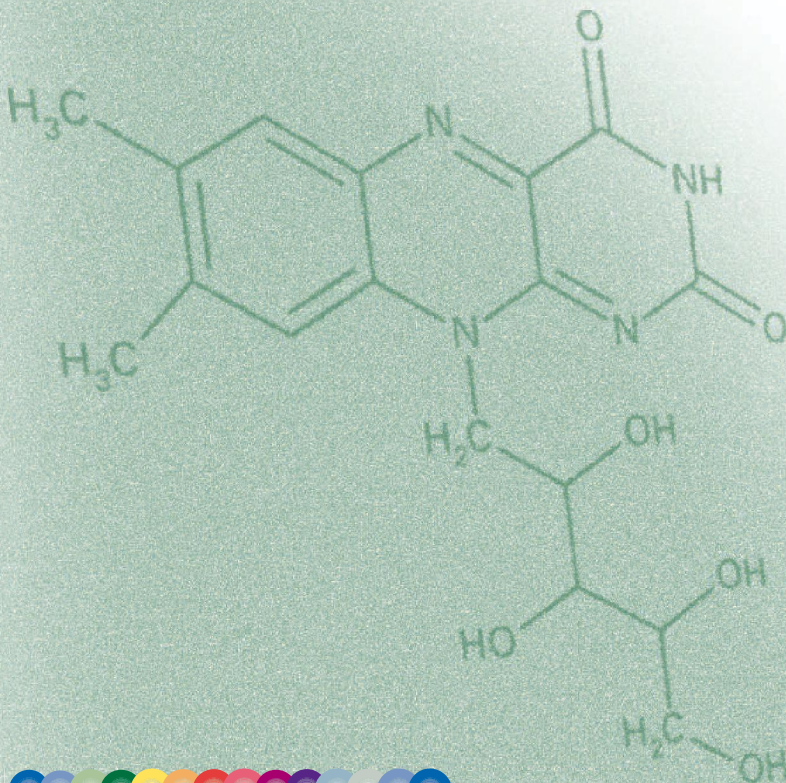
ONLY **17%** of older adults consume a good quality **DIET***



*NHANES 1999-2002
Advance Data from vital and healthy statistics; no 395. National Center for Healthy Statistics 2008



Genova's most comprehensive
nutritional
diagnostics
provide a framework of
core nutrients *in* **5** KEY AREAS:



1 Anti-Oxidants prevent cellular damage. Necessary anti-oxidants that are not produced by the body and must be obtained from the diet include Vitamins C and E. Other anti-oxidants (such as glutathione, lipoic acid and CoQ-10) are formed endogenously, but have declining levels with age and may warrant replacement.

- Vitamin A / Carotenoids
- Vitamin C
- Vitamin E / Tocopherols
- Lipoic Acid
- CoQ-10
- Glutathione
- Plant-Based Anti-Oxidants



2 B-Vitamins are cofactors for enzymes and are essential to fundamental metabolic processes. Dietary sources are essential for the body to manufacture B-vitamins.

- B-1 Thiamin
- B-2 Riboflavin
- B-3 Niacin
- B-6 Pyridoxine
- B-7 Biotin
- B-9 Folic Acid
- B-12 Cobalamin

3 Minerals play a vital role as cofactors for a wide variety of enzymatic processes. Functional levels for four minerals are provided.

- Manganese
- Molybdenum
- Magnesium
- Zinc

4 Essential Fatty Acids are not made by the body but are required for optimal functioning of a variety of physiologic processes. They must be obtained through diet to preclude deficiencies from occurring.

- Recommendations for supplementation of Omega 3 fatty acids are provided.
- The Omega 3 Index – an indicator of cardiovascular risk – is highlighted as well.

5 Digestive Support needs are assessed and recommendations are made in two categories to optimize digestion and absorption of macronutrients and micronutrients.

- Pancreatic enzyme support
- Probiotic supplementation



Genova Diagnostics' line of nutritional tests
provide insight through
**comprehensive
panels**
and concise profiles
for accessing
one specific area
of CONCERN.

