



Micronutrient testing starts from **the root**

Quest Diagnostics offers nutritional insights with holistic, prevention-focused micronutrient analysis

Harness the power of holistic nutrition



Get ahead of symptomatic treatments and provide patients with insights that can help lead to better health. Our micronutrient panels assess nutritional status, and help identify conditions associated with nutritional deficiencies.

The challenge by the numbers

1 in 10 

American adults achieve recommended dietary guidelines for fruit and vegetable consumption¹

1 in 3 

don't get enough magnesium and two-thirds don't get enough vitamin E²

As many as

45% 

of American adults do not get recommended amounts of calcium²

More than

1 in 5 

do not consume adequate vitamin A or vitamin C²

The path to optimal wellness

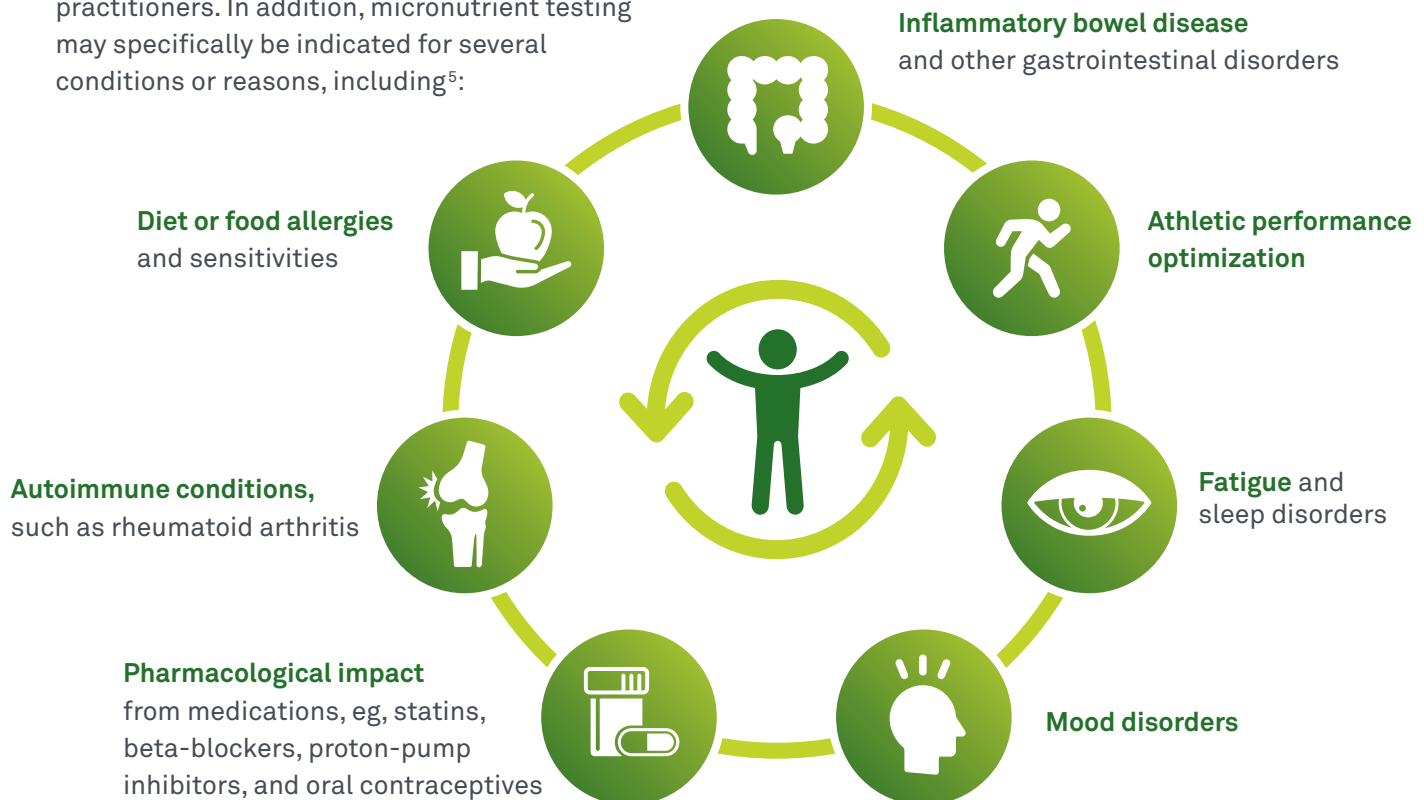
Essential to health and primarily obtained through diet, micronutrients are vital for well-being and disease prevention.^a



Even when nutritional gaps don't result in immediately identifiable symptoms, they continue to negatively impact health. Inadequacy of micronutrients can influence many processes required for health, as they are cofactors for enzymatic processes that produce energy,³ regulate hormones,⁴ and modulate oxidation, immune, and inflammatory pathways.⁴ Over the long term, this can lead or contribute to many chronic health conditions.³

Why test for micronutrients?

Nutritional analysis is an important tool for practitioners. In addition, micronutrient testing may specifically be indicated for several conditions or reasons, including⁵:



^a This applies to conditions that have been medically associated with nutritional deficiencies.

Micronutrient test panels

Micronutrient status can provide a full picture for practitioners to guide patients on nutrition and therapy. Panels are complementary and components can be ordered individually.

Antioxidants Panel



Chronic diseases, including cardiovascular, cancer, aging, and cognitive decline are all associated with increased rates of oxidative stress.^{6,7}

Antioxidants, many of which the body must get from exogenous sources, play critical roles in mitigating oxidative damage.

Tests: Coenzyme Q10 (CoQ10), Vitamin A (Retinol), Vitamin C, Vitamin E (Alpha Tocopherol, Beta Gamma Tocopherol)

B-Vitamin Panel



B-vitamins comprise a group of vitamins that perform essential cellular functions and are needed for energy-producing pathways, methylation, DNA synthesis, and cell, skin, bone, muscle, and nervous system health.⁷

Tests: Folate, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B12

Mineral/Element Panel



Other nutritional elements are involved in a variety of cellular processes, including supporting immune and cell function and regulating blood pressure, metabolism, bone health, and the nervous system.

Tests: Calcium, Chromium, Copper, Iron, Magnesium, Manganese, Molybdenum, Selenium, Zinc

Heavy Metals Panel



Lead and heavy metal testing evaluates environmental and dietary contaminants that could be affecting your patients' health.

Tests: Arsenic, Cadmium, Cobalt, Lead, Mercury

Enhanced, detailed reporting

Results (and individually orderable tests) are displayed in a clear, graphically enhanced report. In addition to current reference intervals, these test panel reports offer further insight by indicating population distributions.



Enhanced report for ease of interpretation



Population distribution curve and percentile within the population to better understand where a patient's result is located among the whole population



Historical results for reference

