



# 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 consumption<sup>1</sup>

**1 in 3** 

don't get enough magnesium and two-thirds don't get enough vitamin E<sup>2</sup>

As many as **45%** 

of American adults do not get recommended amounts of calcium<sup>2</sup>

More than **1 in 5** 

do not consume adequate vitamin A or vitamin C<sup>2</sup>

# The path to optimal wellness

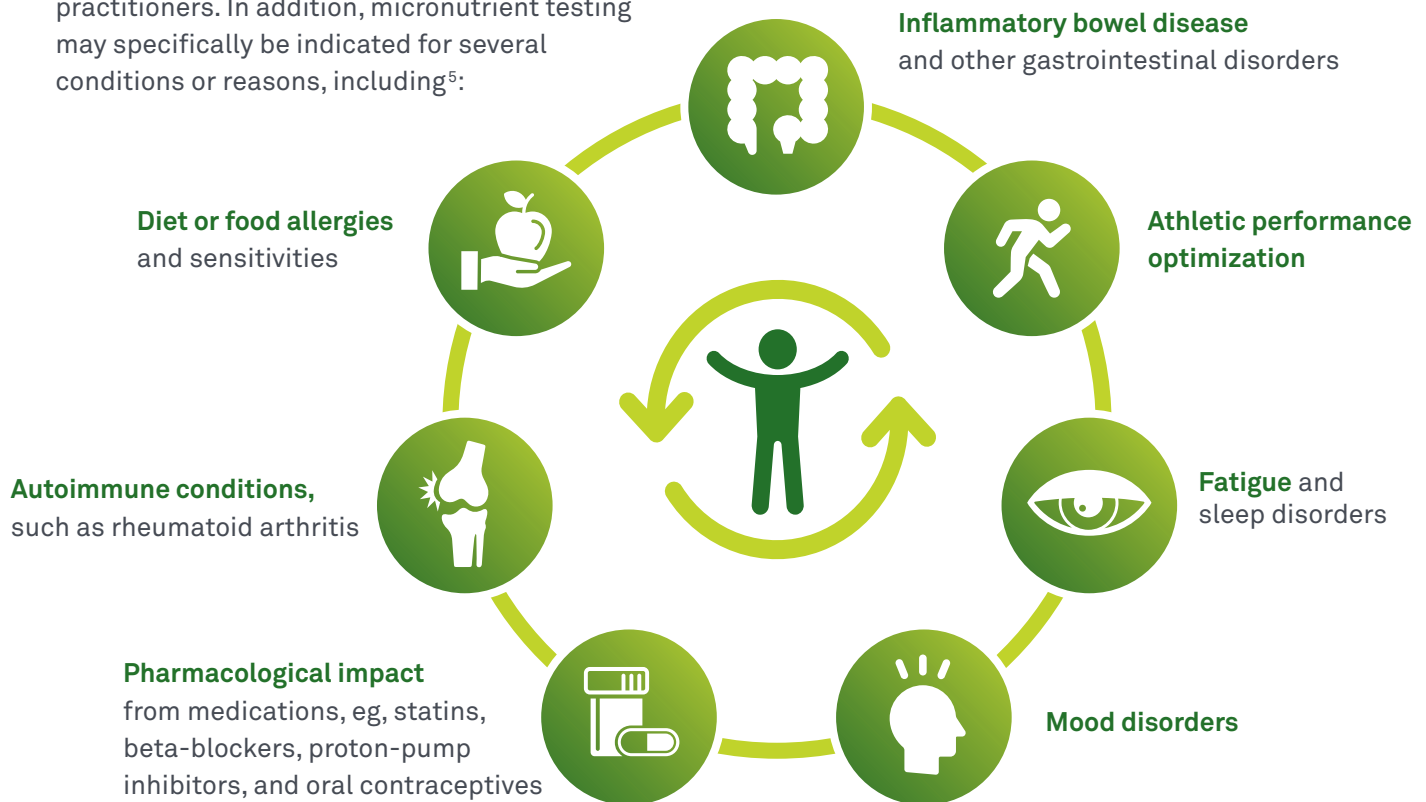
Essential to health and primarily obtained through diet, micronutrients are vital for well-being and disease prevention.<sup>a</sup>



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,<sup>3</sup> regulate hormones,<sup>4</sup> and modulate oxidation, immune, and inflammatory pathways.<sup>4</sup> Over the long term, this can lead or contribute to many chronic health conditions.<sup>3</sup>

## 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, including<sup>5</sup>:



<sup>a</sup> 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.<sup>6,7</sup>

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.<sup>7</sup>

**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



## The power of Quest at your fingertips

Our comprehensive portfolio includes customizable micronutrient panels to help you identify the best care path for each patient. These test reports provide graphics-enhanced, easy-to-digest assessments and insights.

Plus, Quest offers extensive support for your practice—from clinical consultations to operational services—to power better patient care.



### Tools and services that make testing easy

- **Quantum® Lab Services Manager**—Order a test with 1 click, check on results, schedule specimen pickup, and more
- **Seamless EHR integration**—Quest interfaces with more than 600 EHR systems
- **Extensive lab infrastructure**—Our extensive support network ensures convenience and timely test results



### Keeping your patients engaged in their health

- **MyQuest®**—Your patients can get their lab results, schedule testing appointments, and track health conditions on any device
- **Convenient neighborhood locations**—Specimen draw locations at more than 2,250 Patient Service Centers nationwide



### Reliable results and support

- **Nationwide customer service**—Personalized test results backed by a dedicated support team

Micronutrient testing for optimal wellness may result in a high patient responsibility. Financial responsibility depends on the patient's insurance coverage.

**Establish the foundation for health with Quest.** Please talk to your Quest account representative for ordering and pricing information on our micronutrient test panels.

## QuestDiagnostics.com/Micronutrients

#### References:

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5. Maggini S, Pierre A, Calder PC. Immune function and micronutrient requirements change over the life course. *Nutrients*. 2018;10(10):1531. Published 2018 Oct 17. doi:10.3390/nu10101531
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7. Mayne ST. Antioxidant nutrients and chronic disease: use of biomarkers of exposure and oxidative stress status in epidemiologic research. *J Nutr*. 2003;133(Suppl 3):933S-940S. doi: 10.1093/jn/133.3.933S

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