

NUTRITIONAL HEALTH



PROVIDER EDUCATION RESOURCE

With a bounty of vitamins and supplements to choose from, the AYUMETRIX Nutritional Health Panel gives insight into how each patient metabolizes vitamins and nutrients differently based on their genetic makeup.

Vitamins and minerals from the foods we eat help to nourish and heal our bodies. Deficiencies in these essential nutrients can contribute to many health ailments such as vision loss, osteoporosis, anemia, and depression. Studies indicate that genetics play a large role in nutritional deficiencies. The information provided in the comprehensive report allows for patients and providers to make informed dietary and supplement choices.

The AYUMETRIX Nutritional Health Panel was assembled by a team of researchers who have identified the scientific studies regarding the specific genes that increase susceptibility to nutritional disorders and deficiencies involving Vitamin A, Iron, Vitamin D, Folate, and Vitamin B12.

Why Test?

Deficiencies in essential vitamins and nutrients can oftentimes go unnoticed and can contribute to many health ailments such as vision loss, digestive discomfort, osteoporosis, anemia, and depression. Recent and reputable scientific research has shown that individuals' genes play a large role in these deficiencies.

Strong candidates for the AYUMETRIX Nutritional Health Panel include patients with:

- Anemia as evidenced by mucosal / nail bed pallor
- Abnormalities in CBC lab (High or low MCV, low MCH, low HgB, hyper-segmented neutrophils)
- Fatigue
- Frequent illness
- Night blindness
- Rickets or osteomalacia
- Atrophic glossitis
- Poor response to nutritional therapies
- Poor growth in children



Test Categories Included in the Nutritional Health Genetic Panel

NUTRIENT	EFFECT ON HEALTH STATUS
Vitamin A	Impacts vision, immune function, and reproductive health
Vitamin B12	Deficiencies of this vitamin may lead to fatigue, weakness, megaloblastic anemia, and depression
Vitamin D	Critical to sustaining healthy bones, prevention of depression, and support of the immune system
Folate	Required for proper cellular function and prevention of neural tube defects <i>in utero</i>
Iron	Maintaining adequate levels of this important mineral prevents iron deficiency anemia

Tying it all Together

The genetic markers included in the this panel have been analyzed carefully to deliver healthcare providers a deeper understanding of the genetic basis of their patients' nutritional status, to facilitate more timely and effective care.

Get started today

Make AYUMETRIX Genetic Testing Part of your Patient's Treatment Plan.

- Become a Provider
- Request Test Kits

Questions? Please contact our customer service team at 800-215-8898 or by email at info@ayumetrix.com This email address is being protected from spambots. We are available Monday through Friday, from 8:00 AM - 5:00 PM, Pacific Time.

For provider pricing information, please call us at

1-800-218-8898 or

info@ayumetrix.com



Selected References:

1. Borel P et al. Genetic Variations Involved in Interindividual Variability in Carotenoid Status. *Mol Nutr and Food Res.* 2012; 56(2):228-40.
2. Benyamin B et al. Common variants in Tmprss6 are associated with iron status and erythrocyte volume. *Nat Genet.* 2009; 41:1173-1175
3. Malik S et al. Common variants of the vitamin D binding protein gene and adverse health outcomes *Crit Rev Clin Lab Sci,* 2013; 50(1):1-22.
4. Tanaka T et al. Genome-wide association study of vitamin B6, vitamin B12, folate, and homocysteine blood concentrations. *Am. J. Hum. Genet.,* 2009; 84:477-482.
5. Frosst P et al. A candidate genetic risk factor for vascular disease: a common mutation in methylenetetrahydrofolate reductase. *Nat Genet.* 1995;10:111-3.