



sample type: **BLOOD & URINE**

The **NutrEval** profile is a comprehensive nutritional evaluation that helps overcome chronic disease and promote optimal health and wellness.

• **Analytes**

**Metabolic Analysis**

Creatinine and 39 organic acids ratioed to creatinine including 8 gastrointestinal metabolites 13 cellular energy metabolites 4 neurotransmitter metabolites 14 amino acid metabolites

**Amino Acids Analysis**

38 analytes for urine or plasma representativeness Nutritionally essential and semi-essential amino acids Dietary peptide-related markers Non-essential protein amino acids Intermediary metabolites and diagnostic markers

**EMFA**

Omega-6, omega-3, and omega-9 polyunsaturated fatty acids Saturated fatty acids Monounsaturated fatty acids Metabolic pathways Fatty acid ratios and percent distribution within families

**Elemental Analysis**

- **6 Toxic Elements:**

antimony lead  
arsenic mercury  
cadmium tin

- **8 Nutritional Elements:**

chromium potassium  
copper selenium  
magnesium vanadium  
manganese zinc

**Oxidative Stress**

lipid peroxides  
glutathione  
8-OHdG  
CoQ10

• **Specimen Requirement:**

Urine and blood specimens required. Refer to patient kit instructions for details.

• **Before Taking this Test:**

- Discontinue non-essential medications (4 days before test)
- Refer to clinician instructions about what other medications and supplements to avoid (4 days before test)
- Patients must fast overnight prior to blood draw
- Arrange shipping for Monday-Thursday
- See instructions inside test kit for details

**This unique profile:**

- Evaluates overall **nutritional status** of your patient
- Assesses the functional need for **vitamins and minerals**
- Provides insight into **disease risk**
- Includes an innovative **“Interpretation at a Glance”**
  - **Concise-Easy Interpretation**
  - **Provides clear, personalized recommendations for supplementation**
    - Anti-oxidants
    - B-vitamins
    - Minerals
    - Amino acids

**The NutrEval Profile consists of:**

**Metabolic Analysis** measuring 39 key organic acids to evaluate gastrointestinal function, cellular energy production, neurotransmitter processing, and functional need for vitamins, minerals, and co-factors.

**Amino Acid analysis** measuring 38 amino acids to evaluate dietary protein adequacy, digestion, absorption, amino acid transport, metabolic impairments, and nutritional deficits; including essential vitamins, minerals, and amino acids.

**Essential & Metabolic Fatty Acid assessment** measures the levels of fatty acids in red blood cell membranes that affect cellular communication and the inflammatory cascade.

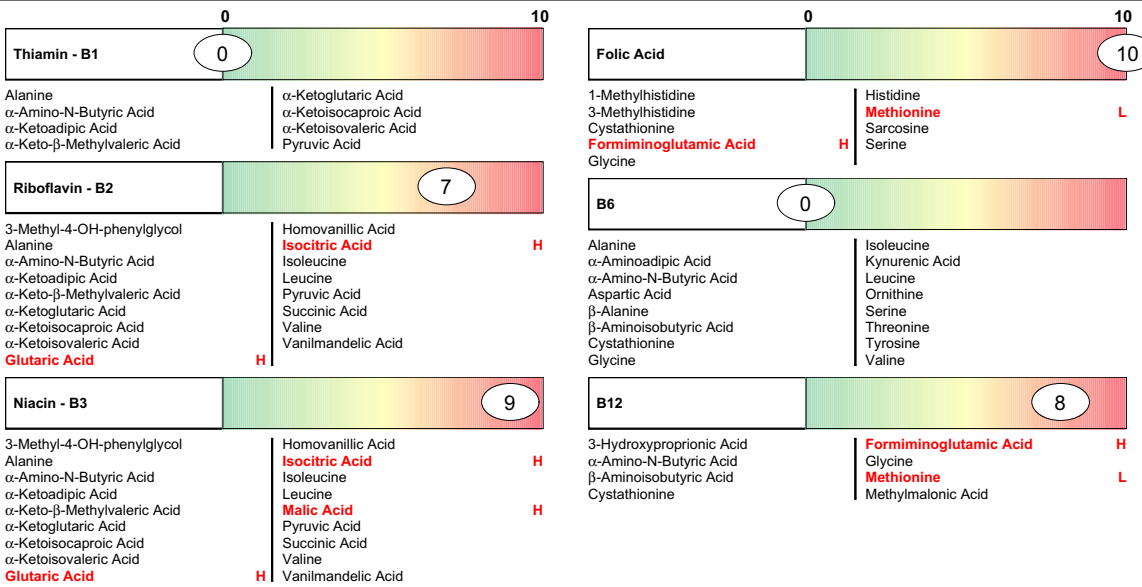
**Elemental Analysis** in red blood cells is a reliable means to identify short-term toxic metal exposure and to evaluate intracellular nutrient mineral status.

**Oxidative Stress Analysis** is a sensitive tool to evaluate the body’s anti-oxidant reserves, the presence of oxidative injury, and CoQ10.

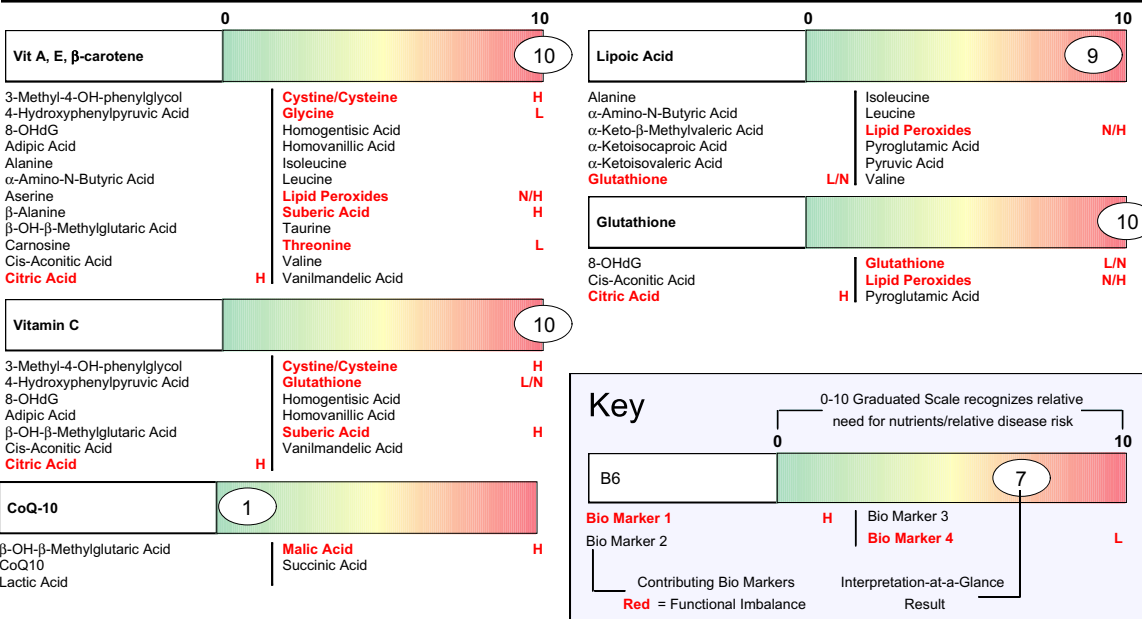
# NutrEval Interpretation-at-a-Glance

## Nutritional Needs

### B-Vitamins



### Anti-Oxidants



#### Key

0-10 Graduated Scale recognizes relative need for nutrients/relative disease risk

Red = Functional Imbalance  
 Interpretation-at-a-Glance Result

This Innovative "Interpretation at a Glance":

- **Highlights individualized nutritional recommendations**
- **Provides insight into disease risk and treatment options**
- Toxic Exposure
- Detoxification & Methylation
- GastroIntestinal Dysfunction
- Dysbiosis
- Cardiovascular Disease
- Mitochondrial Impairment
- Neurotransmitter Imbalance

For test kits, clinical support, or more information contact:

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More detailed publications with references are also available: [www.GDX.net](http://www.GDX.net)