

# Genova CardioION Profile

*The Cardio ION is a combination of nutritional tests that gives a nutritional assessment and identifies risk factors for cardiovascular disease (CVD). Specifically, this nutritional test measures levels of fatty acids, amino acids, vitamins, minerals, antioxidants, organic acids, and risk factors for CVD.*

The Cardio ION nutritional test identifies modifiable risk factors for CVD, including:

- **Fatty acid** imbalances which can lead to chronic inflammation. Current research finds levels of specific fatty acids to be strongly correlated to CVD.
- High **fibrinogen** is associated with increased risk of clots and CVD
- **Homocysteine** is an important risk factor for not only CVD, but stroke and dementia as well
- **Coenzyme Q10** (CoQ10) is essential for proper mitochondrial function and energy use. It also acts as an antioxidant. Cardiac cells have high mitochondrial demand. Statins can decrease CoQ10 levels.
- **Fasting insulin** is an indicator of insulin resistance. Hyperinsulinaemia has been associated with a cluster of CVD risk factors.
- Insufficient **antioxidant status** is associated with increased oxidation. Oxidative damage is believed to play a role in heart and vascular disease by promoting inflammation.

## CONDITIONS THAT MAY BENEFIT FROM CardioION PROFILE

Chronic Fatigue Syndrome	Inflammatory conditions
Immune disorders	Mental/Emotional disorders
Learning and behavior disorders	Multiple chemical sensitivities

## Why Order the Cardio ION Test?

An evaluation of standard lipid markers does not provide optimal assessment of risk. The Cardio ION nutritional test goes beyond conventional serum lipid markers, and identifies other critical CVD risk factors.

## Genova CardioION Profile (blood & urine) [4047]

- Organic Acids profile, Amino Acids profile, 8OHdG, Fatty acid profile, Homocysteine, CoQ10, Vitamin A,  $\beta$ -carotene, 25OH Vit D3 & Vit D2,  $\alpha$ -tocopherol,  $\gamma$ -tocopherol, Mg, K, Zn, Cu, Se, Ca, Al, As, Cd, Pb, Hg; Cholesterol, Triglycerides, HDL, LDL, ratios, Ferritin, Fibrinogen, hsCRP, Insulin, Testosterone, SHBG, FAI

## Other similar tests available

- **Genova ION Profile (blood & urine) [4046]:** Organic Acids profile, Amino Acids profile, 8OHdG, Fatty acid profile, Homocysteine, CoQ10, Vitamin A,  $\beta$ -carotene, 25OH Vit D3 & Vit D2,  $\alpha$ -tocopherol,  $\gamma$ -tocopherol, Mg, K, Zn, Cu, Se, Ca, Al, As, Cd, Pb, Hg
- **Genova ONE Profile (blood & urine) [4048]:** Organic Acids profile, Amino acids profile, 8OHdG
- **Genova NutrEval Profile (blood & urine) [4049]:** Organic Acids profile, Amino acids profile, 8OHdG, Fatty acid profile; Vitamin A, Vitamin C, Vit E, ALA, CoQ10, GSH, B1, B2, B3, B5, B6, B7, B9, B12; Mg, K, Zn, Cu, Se, Mn; Sb, Sn, As, Cd, Pb, Hg

## How to order a test kit:

To order a test kit simply request the test name or test code on a NutriPATH request form and have the patient phone **NutriPATH Customer Service** on **1300 688 522**.

