



ESSENTIAL MINERAL ANALYSIS - Test Code 5019



Turnaround Time : 7 business days



Specimen Type: Spot Urine

Description

Essential mineral analysis is a crucial test that evaluates the levels of vital minerals in your body, which are key to maintaining optimal health and physiological functions. Minerals play an essential role in numerous biological processes, including bone development, nerve function, hormone production and the synthesis of enzymes (Tardy et al., 2020).

Imbalances or deficiencies in essential minerals can lead to a range of health issues, such as fatigue, weakened immune response, bone density loss and cognitive difficulties (Tardy et al., 2020). This analysis provides valuable insights into your nutritional status, allowing a thorough assessment of any deficiencies and guide appropriate dietary adjustments or supplements to restore balance.

Essential mineral analysis is especially beneficial for individuals experiencing unexplained health concerns, those on restrictive diets, or anyone aiming to optimise their nutritional intake for better overall health and vitality (Tardy et al., 2020). By understanding your mineral levels, you can take proactive steps towards improving your well-being, preventing potential health issues and enhancing your quality of life. This test not only aids in identifying deficiencies but also empowers individuals to make informed choices about their nutrition and lifestyle.

Whats included?

- Boron (B), Calcium (Ca), Cobalt (Co), Chromium (Cr), Copper (Cu), Iron (Fe), Lithium (Li), Magnesium (Mg), Manganese (Mn), Molybdenum (Mo), Selenium (Se), Strontium (Sr), Vanadium (V), Zinc (Zn).

Conditions and Symptoms

- Malnutrition
- Vegetarian or Vegan
- Restricted diet
- Chronic disease
- Poor immune health
- Fatigue and weakness
- Neurological issues
- Muscle cramps or spasms

Complementary Testing

- Heavy Metal Analysis (Test code 5020)
- Electrolytes (UEC) (Test code 6003)

Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories*
- CLIA – Clinical Laboratories Improvement Amendments*



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For more information
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*See NATA and CLIA website for further details