



RED CELL OR WHOLE BLOOD MINERALS - Test Code 5027



Turnaround Time : 7 business days



Specimen Type: 1x K2-EDTA
Blood (Navy blue)

Description

Mineral deficiencies are prevalent among many individuals and can contribute to a range of chronic health issues. Inadequate dietary intake is often a significant factor; however, certain health conditions can also predispose individuals to low mineral levels (Tardy et al., 2020).

The Essential Minerals Profile is a crucial test that evaluates levels of key minerals necessary for maintaining optimal health and well-being. This test provides insight into your nutritional status through either red cell or whole blood testing. Essential minerals play critical roles in energy production, nerve function, immune response, and bone health (Tardy et al., 2020). Red cell testing assesses minerals stored within cells, offering a reflection of longer-term mineral levels, while whole blood testing provides a snapshot of circulating mineral concentrations, identifying recent changes or acute deficiencies (Ji et al., 2024). Imbalances in essential minerals can contribute to symptoms such as fatigue, muscle cramps, weakened immunity, and poor concentration. These imbalances are especially relevant for individuals facing chronic stress, following restrictive diets, or experiencing symptoms of nutrient deficiencies (Tardy et al., 2020).

By evaluating your mineral levels, you can make informed choices to optimise your diet and if necessary, supplement specific nutrients to support overall health.

Whats included?

- 10 Minerals: Co, Cr, Cu, I, Mg, Mn, Mo, Se, V, Zn

*Specify red cell OR whole blood

Conditions and Symptoms

- Vegetarian, vegan or on a restricted diet
- Fatigue and Weakness
- Muscle Cramps and Spasms
- Weakened Immune Function
- Mood Changes and Cognitive Issues
- Skin Disorders
- Malnutrition and malabsorption
- Pregnancy monitoring

Complementary Testing

- Advanced Microbiome Mapping (Test code 2211)
- Neurotransmitters Advanced (Test code 4036)

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