



B-VITAMIN PROFILE - Test Code 5031



Turnaround Time: 10 business days



Specimen Type: 3 x EDTA & 1 x SST (Fasting) wrap in foil

Description

The B-vitamin profile assesses the levels of various B vitamins in your body. These vitamins play critical roles in numerous bodily functions, such as energy production, red blood cell formation, brain function and the synthesis of neurotransmitters, which are vital for effective communication between nerve cells (Hanna et al., 2022).

Deficiencies in B vitamins can lead to a range of health issues, including fatigue, anaemia, cognitive decline and mood disorders, highlighting the importance of maintaining adequate levels for overall health (Hanna et al., 2022). The B-vitamin profile provides valuable insights into your nutritional status, helping to identify deficiencies that may be contributing to unexplained symptoms or health concerns. This testing is particularly beneficial for individuals with dietary restrictions, those experiencing digestive issues that may affect nutrient absorption or anyone seeking to optimise their overall health and well-being (Hanna et al., 2022).

By understanding your B-vitamin levels, you can make informed dietary choices and consider supplementation as necessary to support your health, ensuring that you meet your body's nutritional needs effectively. Additionally, regular monitoring of B-vitamin levels can help prevent long-term deficiencies and associated health complications, enabling proactive management of your overall well-being.

Whats included?

- Vitamin B1 (Thiamine)
- Vitamin B2 (Riboflavin)
- Vitamin B6 (Pyridoxine)
- Vitamin B9 (Folate)
- Vitamin B12 (Cobalamin)

Conditions and Symptoms

- Fatigue and Low energy
- Preconception and pregnancy
- Neurological and Cognitive Disorders
- Depression
- Cardiovascular Health
- Weakened immune system

Complementary Testing

- Methylation Profile (Test code 5101)
- Neurotransmitters Advanced (Test code 4036)
- Organic Acids Metabolomic Mapping (Test code 4041)
- NAD (Test code 1601)

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
scan the QR code



*See NATA and CLIA website for further details