

Micronutrient Panel

Discover What Your Body's Missing From the Inside Out

The Micronutrient Panel provides a complete and accurate picture of a patient's micronutrient status and both short and long-term nutritional status over the previous four months prior to testing.

Treating complex conditions requires the most comprehensive tests to assess all facets of a patient's risk and health profile. Assessing the absorption of nutrients at both the gastrointestinal barrier and cellular membrane by measuring extra and intracellular levels is the only way to objectively determine the root causes of malnutrition and inflammation.

The Micronutrient Panel identifies functional insufficiency, deficiency, overload, or toxicity in extracellular and intracellular micronutrient levels and helps identify impaired micronutrient absorption or cellular transport or uptake, which can cause or increase the risk of chronic diseases.

How It Works

The Micronutrient Panel is a simple blood test that offers a comprehensive look at your nutritional status, both inside and outside your cells. It measures vitamins, minerals, antioxidants, amino acids, and fatty acids to uncover deficiencies, absorption issues, and metabolic imbalances that may be affecting your energy, mood, immunity, and long-term health. With clear visuals and personalized insights, your provider can develop a targeted nutrition and supplement plan to support healing, performance, and whole-body resilience.

Why Choose the Micronutrient Panel?

- **Identifies Key Nutrient Deficiencies:** Identifies deficiencies in key nutrients that are critical for immune function, energy production, and cellular repair, providing a detailed picture of your body's nutritional status.
- **Analyzes Over 30 Micronutrients:** Measures levels of over 30 micronutrients, including fat-soluble vitamins, B-vitamins, and antioxidants, offering insights into potential imbalances that can lead to chronic health issues.
- **Supports Early Nutritional Intervention:** Early detection of nutrient deficiencies allows for timely interventions, such as supplementation and dietary adjustments, to restore balance and optimize health.
- **Guides Personalized Nutrition Plans:** Helps healthcare providers create personalized nutrition plans that support long-term health, boost immunity, and improve overall vitality by addressing nutrient imbalances.

Isoleucine

179.4

Gastrointestinal Barrier

74

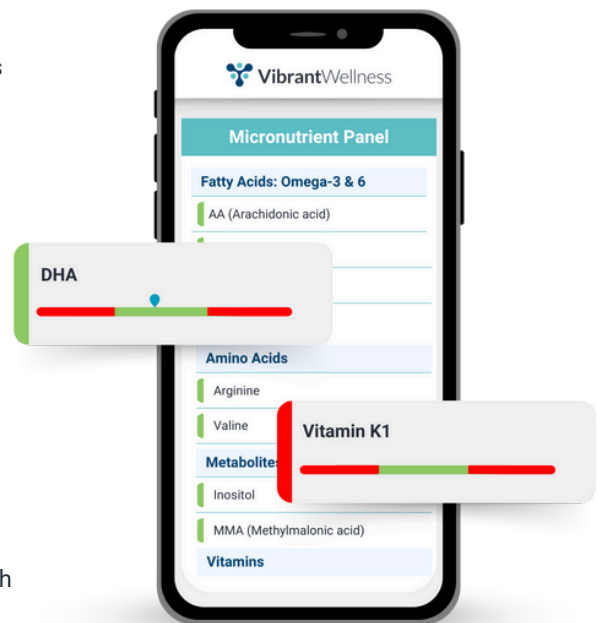
Vitamin K1

0.08



Key Markers Include:

- **Vitamins & Minerals (Energy, Immunity & Cellular Health):** Measures essential vitamins (A, B-complex, C, D, E, K) and minerals (iron, zinc, magnesium, copper, manganese, chromium, calcium, sodium, potassium) to identify deficiencies that can contribute to fatigue, weakened immunity, bone health issues, and oxidative stress.
- **Amino Acids & Antioxidants (Detox & Mitochondrial Support):** Assesses key amino acids (e.g., cysteine, glutathione, arginine, carnitine) and cellular antioxidants to evaluate detoxification pathways, mitochondrial energy production, and protection against oxidative damage.
- **Fatty Acids & Metabolic Markers (Cardiometabolic & Brain Health):** Measures RBC omega-3 and omega-6 fatty acids, CoQ10, methylmalonic acid (MMA), and fatty-acid ratios (AA/EPA, Cu/Zn) to support cardiovascular function, brain health, and nutrient-driven energy metabolism.
- **Intracellular vs. Extracellular Levels (Absorption & Cellular Status):** Compares nutrient levels in serum and white blood cells to distinguish between dietary intake versus cellular uptake issues, aiding in the identification of malabsorption or metabolic dysfunction.



The Micronutrient Panel assesses intracellular and extracellular levels of key nutrients, including vitamins, minerals, antioxidants, amino acids, and fatty acids, to uncover hidden causes of fatigue, immune weakness, mood issues, brain fog, skin problems, and poor healing. It enables targeted nutrition and supplementation strategies to support energy, detoxification, immune resilience, and whole-body wellness.

Who Should Take This Test?

- **Fatigue, Brain Fog, or Mood Swings?** Low energy, irritability, and trouble concentrating can all be linked to micronutrient deficiencies. This panel helps reveal what your cells are missing.
- **Following a Healthy Diet but Still Feel Off?** Even clean eating can fall short if your body isn't absorbing nutrients properly. This test shows whether you're getting what you need at the cellular level.
- **Struggling with Skin, Immunity, or Recovery?** Frequent illness, slow healing, or skin issues like acne and rashes may point to deeper imbalances. Uncover the nutrient gaps that could be holding you back.
- **Managing Chronic Conditions or Inflammation?** Micronutrient imbalances are often at the root of inflammatory and metabolic disorders. This test helps illuminate contributing factors for a more personalized plan.
- **Want to Optimize Long-Term Health and Longevity?** For those aiming to stay sharp, strong, and resilient, this panel offers an inside look at nutrient-driven pathways that power vitality.

Take the First Step Towards Better Health

If you're experiencing fatigue, low mood, skin issues, or poor immunity, hidden nutrient deficiencies could be the missing link. The Micronutrient Panel delivers clear answers and personalized insights to help restore balance at the cellular level. Talk to your healthcare provider today and take the next step toward lasting energy, resilience, and whole-body wellness.

Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.