# NutrientBaseline

MARKERS LIST

A focused assessment of selected vitamins, minerals and electrolytes, amino acids, fatty acids, and nutrient ratios, including intracellular measurements in white and red blood cells, to help providers evaluate nutrient status. Nutrient summary scores across seven body systems support synthesized evaluation.

| CATEGORY | MARKER | MEASURED IN |
|---|---|---|
| NUTRIENT SUMMARY SCORES | Bone, Joint and Muscle Health | Calculated |
| | Cardiovascular Health | Calculated |
| | Gastrointestinal Barrier | Calculated |
| | Liver Detoxification | Calculated |
| | Mitochondrial Function | Calculated |
| | Skin and Anti-Aging | Calculated |
| | Neurological, Cognitive Function and Mood | Calculated |
| VITAMINS | Vitamin A (Retinol) | Serum + WBC |
| | Vitamin D3 (Cholecalciferol) | Serum + WBC |
| | Vitamin D (25-Hydroxy Vitamin D) | Serum |
| | Vitamin E (Alpha Tocopherol) | Serum + WBC |
| | Vitamin K1 (Phylloquinone) | Serum |
| | Vitamin K2 (Menaquinone) | Serum |
| | Vitamin B1 (Thiamine) | Serum + WBC |
| | Vitamin B2 (Riboflavin) | Serum + WBC |
| | Vitamin B3 (Niacin) | Serum |
| | Vitamin B5 (Pantothenic Acid) | Serum + WBC |
| | Vitamin B6 (Pyridoxal 5'-Phosphate) | Serum + WBC |
| | Vitamin B9 (Folate) | Serum + RBC |
| | Vitamin B12 (Cobalamin) | Serum |
| | MMA (Methylmalonic acid) | Serum |
| | Vitamin C (Ascorbic Acid) | Serum |
| MINERALS & ELECTROLYTES | Calcium | Serum |
| | Chromium | Serum |
| | Copper | Serum |
| | Copper to Zinc Ratio | Serum |
| | Iodine | Serum |
| | Iron | Serum + RBC |
| | Magnesium | Serum + RBC |
| | Manganese | Serum |
| | Potassium | Serum + RBC |
| | Selenium | Serum |
| | Sodium | Serum |
| | Zinc | Serum |

| CATEGORY | MARKER | MEASURED IN |
|---|---|---|
| AMINO ACIDS | L-Arginine | Serum |
| | L-Asparagine | Serum |
| | L-Citrulline | Serum |
| | L-Cysteine | Serum |
| | L-Glutamine | Serum |
| | L-Isoleucine | Serum |
| | L-Leucine | Serum |
| | L-Serine | Serum |
| | L-Valine | Serum |
| FATTY ACIDS | AA (Arachidonic Acid) | RBC |
| | LA (Linoleic Acid) | RBC |
| | Total Omega-6 | RBC |
| | EPA (Eicosapentaenoic Acid) | RBC |
| | DPA (Docosapentaenoic Acid) | RBC |
| | DHA (Docosahexaenoic Acid) | RBC |
| | Omega 3 Index | RBC |
| | Total Omega-3 | RBC |
| | AA/EPA Ratio | RBC |
| BLOOD CELL COUNTS | Lymphocyte Count | WBC |
| | Neutrophil Count | WBC |
| | White Blood Cell Count | WBC |
| OTHER NUTRIENTS & COFACTORS | Free Carnitine | Serum |
| | Choline | Serum |
| | Coenzyme Q10 (CoQ10) | Serum + WBC |
| | Myo-Inositol (Inositol) | Serum |

**KEY**

**WBC:** White blood cell

**RBC:** Red blood cell