

Nutrient Zoomer

The Nutrient Zoomer evaluates key vitamins, minerals, electrolytes, amino acids, fatty acids, antioxidants, and functional nutrient ratios alongside genetic variants that influence absorption, transport, metabolism, utilization, and detoxification. Together, these markers provide a structured view of nutrient status, cellular availability, and inherited demand, supporting precise, personalized nutrition assessment.

Category	Marker	Nutrient Baseline	Nutrient Intracellular	Nutrient Zoomer
Vitamins	Vitamin B1 (Thiamine)	Serum	WBC	Serum + WBC
	Vitamin B2 (Riboflavin)	Serum	WBC	Serum + WBC
	Vitamin B3 (Niacin)	Serum	WBC	Serum + WBC
	Vitamin B5 (Pantothenic Acid)	Serum	WBC	Serum + WBC
	Vitamin B6 (Pyridoxal 5'-Phosphate)	Serum	WBC	Serum + WBC
	Vitamin B9 (Folate)	Serum + RBC	—	Serum + RBC
	Vitamin B12 (Cobalamin)	Serum	WBC	Serum + WBC
	MMA (Methylmalonic acid)	Serum	—	Serum
	Vitamin A	Serum	WBC	Serum + WBC
	Vitamin D3 (Cholecalciferol)	Serum	WBC	Serum + WBC
	Vitamin D (25-Hydroxy Vitamin D)	Serum	—	Serum
	Vitamin E (Alpha Tocopherol)	Serum	WBC	Serum + WBC
	Vitamin K1 (Phylloquinone)	Serum	WBC	Serum + WBC
	Vitamin K2 (Menaquinone-4)	Serum	WBC	Serum + WBC
	CoQ10 (Coenzyme Q10)	Serum	WBC	Serum + WBC
	Vitamin C (Ascorbic Acid)	Serum	WBC	Serum + WBC
	Myo-Inositol	Serum	WBC	Serum + WBC
	Choline	Serum	WBC	Serum + WBC
Minerals & Electrolytes	Calcium	Serum	WBC	Serum + WBC
	Chromium	Serum	—	Serum
	Copper	Serum	WBC	Serum + WBC
	Copper to Zinc Ratio	Serum	—	Serum
	Iodine	Serum	—	Serum
	Iron	Serum + RBC	—	Serum + RBC
	Magnesium	Serum + RBC	—	Serum + RBC
	Manganese	Serum	WBC	Serum + WBC
	Potassium	Serum + RBC	—	Serum + RBC
	Selenium	Serum	WBC	Serum + WBC
Sodium	Serum	—	Serum	
Zinc	Serum	WBC	Serum + WBC	
Amino Acids	Arginine	Serum	—	Serum
	Asparagine	Serum	WBC	Serum + WBC
	Carnitine	Serum	WBC	Serum + WBC
	Citrulline	Serum	—	Serum
	Cysteine	Serum	WBC	Serum + WBC
	Glutamine	Serum	WBC	Serum + WBC
	Glutathione	—	WBC	WBC
	Isoleucine	Serum	—	Serum
	Leucine	Serum	—	Serum
	Serine	Serum	WBC	Serum + WBC
Valine	Serum	—	Serum	
Fatty Acids	AA (Arachidonic Acid)	RBC	—	RBC
	LA (Linoleic Acid)	RBC	—	RBC
	Total Omega-6	RBC	—	RBC
	EPA (Eicosapentaenoic Acid)	RBC	—	RBC
	DPA (Docosapentaenoic Acid)	RBC	—	RBC
	DHA (Docosahexaenoic Acid)	RBC	—	RBC
	Omega 3 Index	RBC	—	RBC
	Total Omega-3	RBC	—	RBC
AA/EPA Ratio	RBC	—	RBC	
Blood Cell Count	Lymphocyte Count	—	WBC	WBC
	Neutrophile Count	—	WBC	WBC
	White Blood Cell (WBC)	—	WBC	WBC

Nutrient Genetics

Optional Add-On to Nutrient Zoomer.

Marker	Test Name	Variant	Gene
Vitamins			
Vitamin B1 (Thiamine)	rs17514104	C>T	SLC35F3
Vitamin B2 (Riboflavin)	rs1799983	c.894T>G	NOS3
Vitamin B3 (Niacin)	—	—	—
Vitamin B5 (Pantothenic Acid)	—	—	—
Vitamin B6 (Pyridoxal5'-Phosphate)	—	—	—
Vitamin B7 (Biotin)*	rs13078881	G>C	BTB
Vitamin B9 (Folate)	rs1801131	c.1286A>C	MTHFR
	rs1801133	c.665C>T	MTHFR
Vitamin B12 (Cobalamin)	rs492602	n.689T>C	FUT2
	rs602662	c.772G>A	FUT2
	rs526934	372 G>A	TCN1
MMA (Methylmalonic acid)	rs121918252	c.2150G>T	MUT
	rs291466	c:2T>C	HICBH
Vitamin A	rs1667255	A>C	TTR
	rs11645428	G>A	BCM01
Beta-Carotene*	rs6564851	T>G	BCM01
	rs12934922	A>T	BCO1
	rs7501331	C>T	BCO1
Vitamin D3 (Cholecalciferol)	rs2282679	A>C	GC
Vitamin D (25-Hydroxy Vitamin D)	rs10741657	A>G	CYP2R1
	rs12785878	G>T	NADSYN1
	rs10766197	G>A	CYP2R1
Vitamin D (1,25-Dihydroxy Vitamin D)	rs10877012	G>T	CYP27B1
	rs4588	c.1307C>A	VDR
Vitamin E (AlphaTocopherol)	rs12272004	g.175C>A	APOA5
Vitamin K1 (Phylloquinone)	rs2108622	C>T	CYP4F2
Vitamin K2 (Menaquinone-4)	—	—	—
CoQ10 (Coenzyme Q10)	rs775607037	c.421C>T	COQ4
	rs786204770	A>G	COQ4
Vitamin C (AscorbicAcid)	rs33972313	790G>T	SLC23A1
	rs4257763	109C>T	SLC23A1
	rs6596473	G>C	SLC23A1
	rs6139591	c.-155+80C>T	SLC23A2
Myo-Inositol	rs3733890	c.716G>A	BHMT
Choline	rs7946	C>T	PEMT

Marker	Test Name	Variant	Gene
Minerals & Electrolytes			
Calcium	rs4516035	T>C	VDR
Chromium	—	—	—
Copper	rs76151636	G>T	ATP7B
Flouride*	rs4284505	g.46A>G	ESR1
Iodine	rs225014	T>C	DIO2
	rs1799945	c.187C>G	HFE
	rs1800562	c.845G>A	HFE
	rs3811647	c.1330+278G>A	TF
Magnesium	rs4820268	G>A	TMPRSS6
	rs855791	c.2246T>C	TMPRSS6
Manganese	rs4680	c.472G>A	COMT
Molybdenum	rs13107325	C>T	SLC39A8
Phosphorus	rs594445	c.2107C>A	MOCOS
Potassium	rs4074995	c.1054-249G>A	RGS14
	rs4343	c.2328G>A	ACE
Selenium	rs1050450	c.599C>T	GPX1
	rs3877899	c.700G>A	SEPP1
Sodium	rs2304478	111G>A	SLC12A3
	rs7204044	A>G	SLC12A3
Tetrahydrobiopterin*	rs5030853	c.898G>T	PAH
	rs8007267	g.54912273C>T	GCH1
Zinc	rs11126936	C>A	SLC30A3
Amino Acids			
Arginine	—	—	—
Asparagine	—	—	—
Carnitine	—	—	—
Citrulline	—	—	—
Cysteine	—	—	—
Glutamine	—	—	—
	rs121909307	c.491G>A	GSS
Glutathione	rs1695	c.313A>G	GSTP1
Isoleucine	—	—	—
Leucine	—	—	—
Phenylalanine*	rs5030853	c.898G>T	PAH
Serine	—	—	—
Valine	—	—	—
Fatty Acids			
AA (Arachidonic Acid)	—	—	—
LA (Linoleic Acid)	—	—	—
Total Omega-6	—	—	—
EPA (Eicosapentaenoic Acid)	—	—	—
DPA (Docosapentaenoic Acid)	—	—	—
DHA (Docosahexaenoic Acid)	—	—	—
Omega 3 Index	—	—	—
Total Omega-3	—	—	—

* Nutrient not included in Nutrient Zoomer