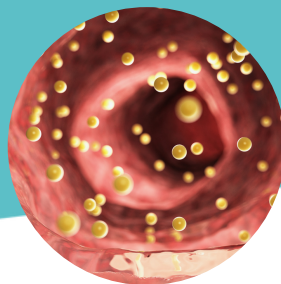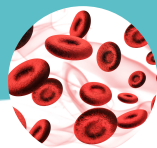# Whole Blood Nutrient Profile

Who Will Benefit from Whole Blood Nutrient Profile?

The Whole Blood Nutrient Profile measures the nutrient status of common vitamins, minerals, antioxidants, metabolites, and amino acids at the cellular level, providing a baseline assessment of your whole blood micronutrient status.

If you are diagnosed with or suspect you have a chronic inflammatory condition, autoimmune disease (Celiac, Crohn's, etc.), or any condition associated with nutrient malabsorption, you may benefit from this panel.

Recognizing Symptoms of Micronutrient Deficiency

Symptoms include:

- Stress
- Fatigue
- Depression or anxiety
- Skin problems
- Numbness or tingling in extremities
- Weakened immune system
- Lack of concentration/Brain fog
- Fluctuating weight
- Neurological symptoms (impaired memory, confusion, ataxia, loss of balance, tremors)
- Stubborn weight gain
- Sudden, unexplained weight loss
- Digestive abnormalities: diarrhea, constipation, excessive bloating

Uncover the root of your symptoms so you can build a personalized plan with your wellness provider to resolve nutrient deficiencies, address chronic conditions, and improve your lifestyle.

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Why is This Test Important?

- High-calorie, low-nutrient foods comprise an estimated 27% of daily caloric intake in the typical American diet[1]
- Micronutrients play a vital role in energy production, hemoglobin synthesis, maintenance of bone health, adequate immune function, and protection of the body against oxidative stress and cellular damage
- Micronutrient deficiencies can be a sign of chronic inflammation
- Chronic inflammation is associated with serious diseases, including heart disease, diabetes, cancer, arthritis, Crohn's disease, and ulcerative colitis
- Uncovering micronutrient deficiencies is an easy and critical step in addressing chronic conditions and healing

The Vibrant Wellness Advantage

- **Simple testing with robust results.** Perform the Whole Blood Nutrient Panel in the comfort of your home
- **Unparalleled specificity and sensitivity.** Our proprietary technology detects:
  - Direct levels of short-term micronutrients, including vitamins, minerals, co-factors, amino acids, metabolites, antioxidants, and essential fatty acids
  - Absorption of nutrients from circulating white and red blood cells

- **Validated and accredited.** Science-backed testing and analysis based on rigorous, ongoing research by clinical experts.

What to Expect from the Test

1. Follow our simple instructions to perform this capillary test at home.
2. Before testing: No need to fast. Your provider may ask you to discontinue medications or dietary supplements. Speak with your wellness provider to learn more.
3. Send the test to our labs for analysis and work with your care provider to understand the results.

About Vibrant Wellness

Vibrant Wellness is a leading CLIA-certified and CAP-accredited biotech company based in San Carlos, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.
We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.

References
1 https://lpi.oregonstate.edu/mic/micronutrient-inadequacies/overview