



## Other Genomic Panels We Offer:

- Alopecia / Hair Loss (TrichoTest™)
- Autophagy
- Chronic Pain
- Detoxification
- Developmental
- Diet / Weight-Loss Planning (NutriGen™)
- Foundation / Methylation / Wellness
- Gastrointestinal
- Immune / Auto-Immune / Inflammatory
- Men's Health
- Neurological / Psychological
- Neurotransmitters
- Pharmacogenomic (PGx)
- Pro 7 Comprehensive
- Traumatic Brain Injury
- Women's Health



## Essential Vitamins

Personalized Nutrigenomic Testing

**For more information ask your doctor if Fagron Genomics testing is right for you.**

Is This Panel Right For You?



## What is the Importance of Knowing Your Vitamin Levels?

Your body requires essential vitamins for every process and function. These nutrients work in symphony to grow, heal, repair and maintain your body's cells, organs, systems, and skeleton. Vitamins are needed in varying amounts and some form key parts of structures such as red blood cells and bones. Our Essential Vitamins nutrigenomic panel has 12+ SNPs (Single Nucleotide Polymorphisms) that will give you guidance via DNA analysis on what nutrients you may need due to genetic weaknesses.

Vitamins are considered essential nutrients —because acting in concert, they perform hundreds of roles in the body. They help shore up bones, heal wounds, and bolster your immune system. They also convert food into energy, and repair cellular damage.

## Signs of Vitamin Deficiency

An inadequate diet can sometimes lead to a vitamin deficiency. The symptoms of a vitamin deficiency can vary, depending on the vitamin that one is lacking. A vitamin deficiency can affect skin, hair, nails, mental function, blood and neurological functions. Nausea, vomiting, muscle cramping, diarrhea and decreased immune system function are also examples of a vitamin deficiency.

## Importance of Taking Vitamin Supplements

A healthy diet will help you get the vitamins that you need. However, many people are still lacking the vitamins that they need despite the fact they are following a healthy diet. There are vitamins your body needs and it can be hard to get them from diet alone. That is why it may be a good idea to supplement with nutritional vitamins for optimal health.



## Who Should Get An Essential Vitamins Genetic Test?

The list of signs and symptoms mentioned in various sources for vitamin deficiency may include some of the symptoms listed below. Symptoms can vary considerably depending on the vitamin involved and the severity of the deficiency.\*

- Skin Symptoms
- Blood Symptoms
- Neurological Symptoms
- Hair Symptoms
- Gastrointestinal Symptoms
- Bone Symptoms
- Nail Symptoms
- Mental Function Symptoms

**LEGAL DISCLAIMERS:** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.