

Case Study

57 year old male with chief complaint of FATIGUE



This patient also suffers from sleep disturbances, fatigue and reduced stamina that has progressively worsened over the past 18 months. He was not on any medications or supplements. SpectraCell's MicroNutrient Testing revealed functional deficiencies of Vitamins B2, B5, CoQ10, glucose/insulin interaction, Glutamine, Serine, Choline, Inositol and Vitamin D.

Based upon these deficiencies, he was administered the following protocol:

- 1) **B Complex #5 twice a day**
- 2) **30 mg CoQZyme twice a day**
- 3) **50,000 units of D3 twice a week**

In addition to the above supplements, a mediterranean diet was recommended. Just 6 weeks later, the patient reported feeling better with less fatigue and more stamina.

Follow up SpectraCell's MicroNutrient Testing was performed 6 months later.

Clinical Outcome:

All deficiencies were resolved. The only nutrients that were found deficient were Zinc, Vitamin B1 and L-Glutamine. The patient felt completely back to normal, except for some mild sleep disturbance. The new deficiencies were addressed even though he felt much better.

Discussion:

This case demonstrates a common problem (fatigue) in clinical medicine due to nutrient deficiencies (Vitamins B & D, CoQ10) which can be missed on standard lab tests. These deficiencies were causing a disturbance of his cell physiology, which was causing his symptoms, and would have been missed on serum tests. Additionally, serum tests may not correlate well with tissue levels, or can be very expensive. SpectraCell gave an intracellular look at over 30 nutrients at a reasonable cost.



MicroNutrient
Testing

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