

Case Study

45 year old white female with MULTIPLE CONDITIONS
- hypertension, dyslipidemias, insomnia, athralgias, mitral valve prolapse, GERD and HSV1 (recurrent)



In 2006, this patient experienced, malaise fatigue (x3-4 years), joint pain, thin nails, sleep onset insomnia and hot flashes. She had been taking Micardis (40/12.5), Ibuprofen (800mg as needed), vitamin D3 (1,000IU), Lasix (20mg as needed) and Valtrex (500mg daily) for prophylaxis. SpectraCell's micronutrient testing revealed deficiencies in vitamin A, vitamin D, vitamin E, zinc, magnesium, CoQ10 and antioxidants. **Based upon her deficiencies, she was administered the following treatment protocol:**

- 1) 1,000 IU/day of Vitamin D3
- 2) 5,000 IU/day of Vitamin A
- 3) 25 mg/day of Zinc
- 4) 300-400 mg/day of Magnesium
- 5) 100 mg/day of CoQ10
- 6) 400 IU d-alpha tocopherol & antioxidants of Vitamin E
- 7) 100 MCG/day of Selenium

Clinical Outcome:

Fatigue/tiredness improved significantly – she can now do exercises at the gym. Her nails became stronger and don't break easily. Joint pains have decreased significantly. Blood pressure is more controlled. Insomnia improved and the hot flashes minimized. Increased focus and concentration at work. Improved memory compared to before. Overall quality of life improved significantly. She can now pursue her hobby (gardening) with enthusiasm and interest.

Follow Up Nutritional Testing:

The previous deficiencies were corrected. New deficiencies were far fewer than before – vitamin B12, selenium and antioxidants.

Conclusion:

She stated she had tried treatments in the past before SpectraCell's micronutrient testing, but nothing had helped her. Following the testing and then replenishing with supplements in the appropriate dosages, has brought significant positive changes in her day-to-day functions.