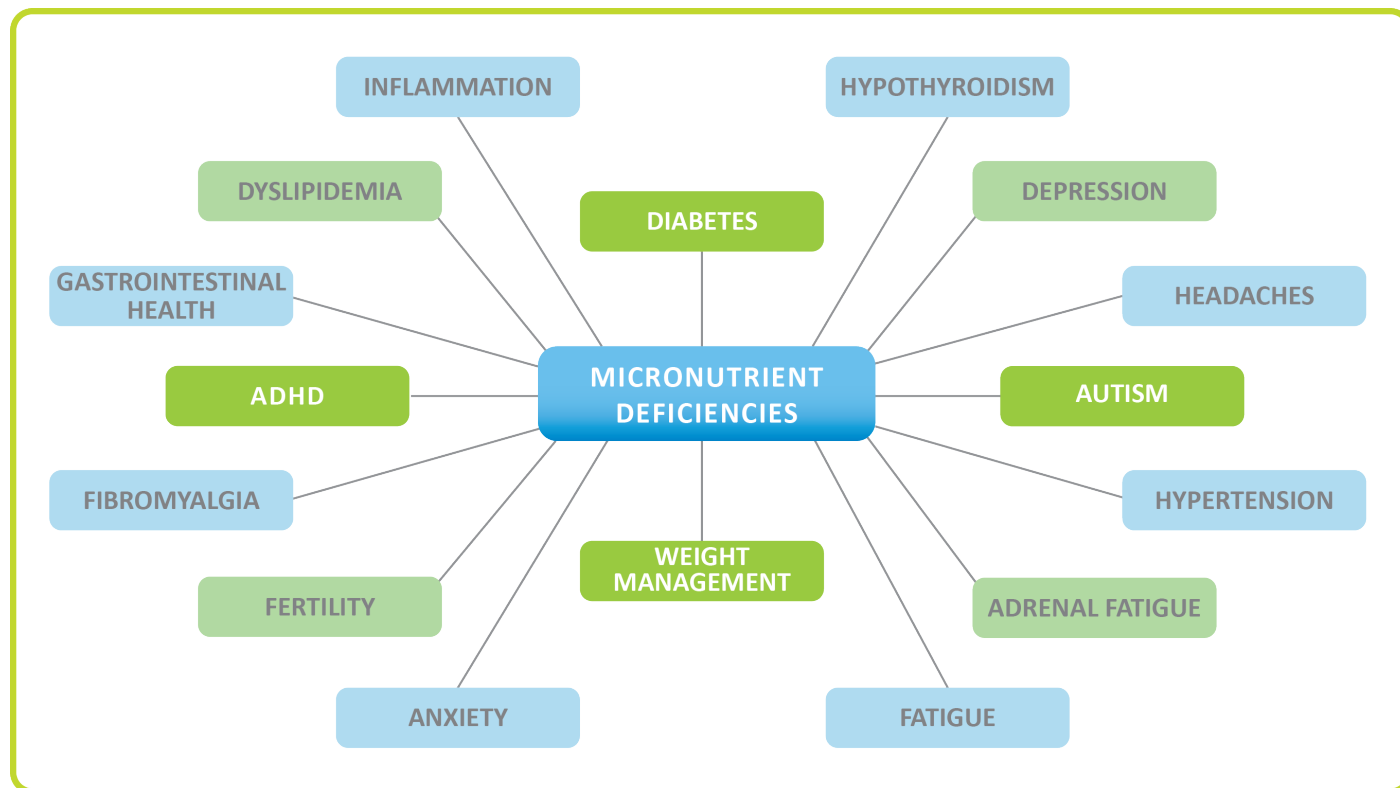


Micronutrient Deficiency Patterns for Common Conditions



Diabetes

Vitamin B12, Vitamin B3, Vitamin D, Vitamin E, Vitamin C, Inositol, Carnitine, Glutamine, Coenzyme Q10, Glutathione, Cysteine, Lipoic Acid, Zinc, Magnesium, Biotin, and Chromium

Autism

Vitamin A, Vitamin D, Carnitine, Zinc, Magnesium, Vitamin B6, Vitamin B12, Vitamin B1, Glutathione, Cysteine, Vitamin C, Glutamine, and Folate

Weight Management

Asparagine, Biotin, Carnitine, Calcium, Lipoic Acid, Chromium, Vitamin B5, Magnesium, Glutamine, Cysteine, Inositol, Vitamin B3, Vitamin A, Vitamin E, Vitamin D, Vitamin K, and Zinc

ADHD

Antioxidants, Folate, Vitamin B6, Magnesium, Zinc, Carnitine, Serine, Glutamine, and Choline

Dyslipidemia

Manganese, Magnesium, Vitamin C, Vitamin D, Vitamin B3, Vitamin B5, Carnitine, Lipoic Acid, Inositol, Choline, Chromium, Coenzyme Q10, Copper, Selenium, and Zinc

Depression

Magnesium, Selenium, Chromium, Folate, Vitamin B12, Vitamin B6, Vitamin B2, Vitamin D, Carnitine, Inositol, Biotin, Antioxidants, Serine, and Zinc

Adrenal Fatigue

Vitamin B5, Vitamin C, Serine, Carnitine, Magnesium, Selenium, Coenzyme Q10, Inositol, Zinc, Copper, Manganese, Lipoic Acid, Vitamin E, Vitamin D, Glutathione, Cysteine, Vitamin A, Vitamin B12, Vitamin B6, and Vitamins B1, B2, B3

Fertility

Folate, Vitamin B6, Vitamin B12, Vitamin C, Vitamin D, Vitamin E, Selenium, Glutathione, Cysteine, Antioxidants, Carnitine, Copper, Manganese, Coenzyme Q10, and Zinc

Inflammation

Selenium, Manganese, Magnesium, Glutathione, Cysteine, Vitamin C, Vitamin D, Vitamin E, Lipoic Acid, Glutamine, Coenzyme Q10, Vitamin B6, Vitamin B2, Vitamin A, Copper, and Zinc

Hypothyroidism

Glutathione, B Vitamins, Vitamin C, Vitamin E, Vitamin A, Zinc, Copper, Selenium, Asparagine, Carnitine, Lipoic Acid, and Choline

Headaches

Vitamin B3, Carnitine, Lipoic Acid, Vitamin C, Vitamin B12, Folate, Glutathione, Magnesium, Vitamin D, Calcium, Vitamin B2, and Coenzyme Q10

Hypertension

Zinc, Glutathione, Biotin, Vitamin A, Vitamin B2, Vitamin B6, Vitamin C, Vitamin D, Vitamin E, Coenzyme Q10, Lipoic Acid, Cysteine, Oleic Acid, Carnitine, Folate, Calcium, Magnesium, and Copper

Fatigue

Carnitine, Chromium, Zinc, Asparagine, Biotin, Glutamine, Serine, Coenzyme Q10, Magnesium, Antioxidants, Vitamin C, Vitamin A, Vitamin E, Vitamin D, and B Vitamins

Anxiety

Carnitine, Chromium, Folate, Inositol, Choline, Serine, Copper, Magnesium, Selenium, Zinc, Vitamin B6, Vitamin B3, Vitamin D, and Vitamin E

Fibromyalgia

Coenzyme Q10, Carnitine, Choline, Inositol, Serine, Vitamin D, Vitamin B1, Antioxidants, Zinc, Magnesium, and Selenium

Gastrointestinal Health

Selenium, Glutamine, Zinc, Vitamin A, Vitamin C, Vitamin D, Vitamin K, Vitamin B12, Carnitine, Vitamin B6, Folate, Choline, Magnesium, Lipoic Acid, and Glutathione