



Optimal Nutrition Evaluation

sample type: **URINE**

Even if your patients are eating a “balanced” or healthy diet and taking supplements, their bodies could still lack vital and necessary nutrition. The **ONE** will help you understand your patients’ individual diet and supplementation needs.

• Analytes

Metabolic Analysis

Creatinine and 39 organic acids ratioed to creatinine including
-8 gastrointestinal metabolites
-13 cellular energy metabolites
-4 neurotransmitter metabolites
-14 amino acid metabolites

Amino Acids Analysis

38 analytes for urine representativeness
-Nutritionally essential and semi-essential amino acids
-Dietary peptide-related markers
-Non-essential protein amino acids
-Intermediary metabolites and diagnostic markers

Oxidative Stress

Lipid peroxides
8-OHdG

• Specimen Requirement:

Urine specimens required. Refer to patient kit instructions for details.

• Before Taking this Test:

-Discontinue non-essential medications (4 days before test)
-Refer to clinician instructions about what other medications and supplements to avoid (4 days before test)
-Patients must fast overnight
-Arrange shipping for Monday-Thursday
-See instructions inside test kit for details

This unique profile:

- Requires only one first morning void urine sample with easy patient at-home collection
- Evaluates overall nutritional status of your patient
- Assesses the functional need for vitamins and minerals
- Includes an innovative “Interpretation-at-a-Glance”
 - **Concise-Easy Interpretation**
 - **Provides clear, personalized recommendations for supplementation**
 - Anti-oxidants
 - B-vitamins
 - Minerals
 - Amino acids

The ONE consists of:

Metabolic Analysis measuring 39 key organic acids to evaluate gastrointestinal function, cellular energy production, neurotransmitter processing, and functional need for vitamins, minerals, and co-factors.

Amino Acid Analysis measuring 38 amino acids to evaluate dietary protein adequacy, digestion, absorption, amino acid transport, metabolic impairments, and nutritional deficits; including essential vitamins, minerals, and amino acids.

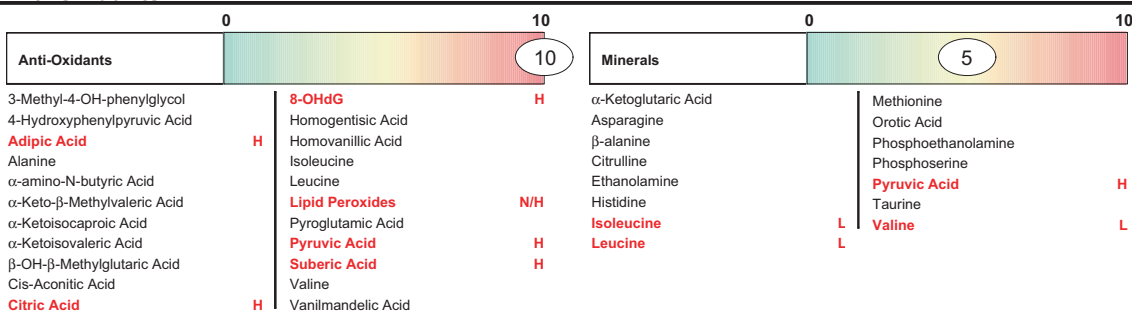
Oxidative Stress Analysis is a sensitive tool to evaluate the body’s anti-oxidant reserves and the presence of oxidative injury.



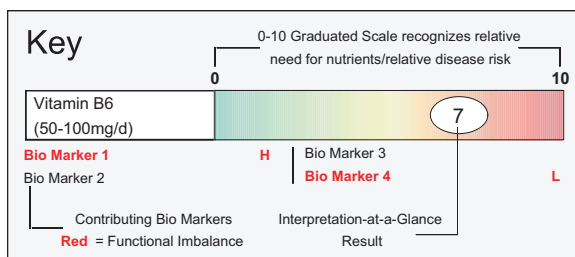
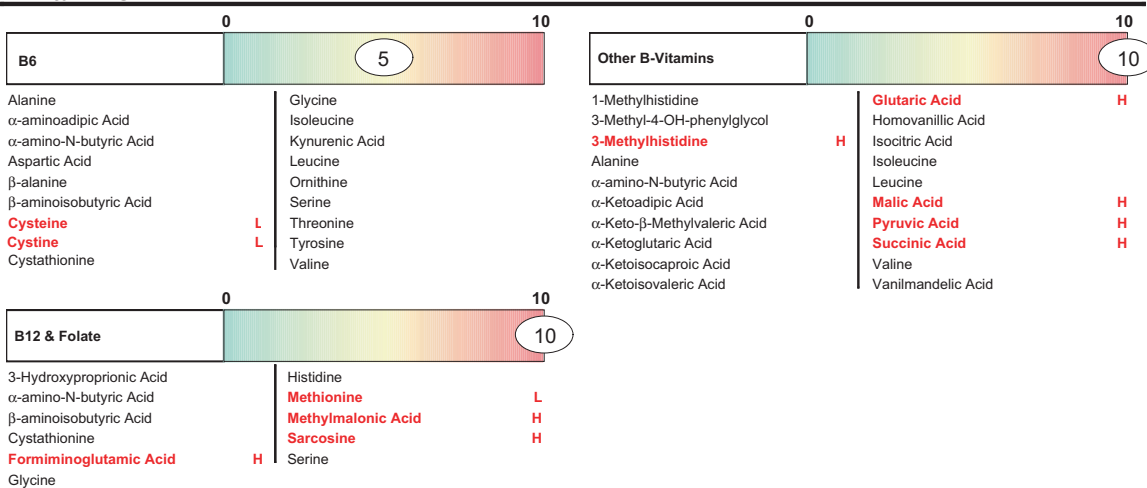
Interpretation-at-a-Glance

Nutritional Needs

Anti-Oxidants



B-Vitamins



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This Innovative "Interpretation at a Glance":

- **Highlights individualized nutritional recommendations**

- Anti-Oxidants
- B-Vitamins
- Minerals

- **Provides insight into disease risk and treatment options**

- Gastrointestinal Dysfunction
- Detoxification & Methylation
- Neurotransmitter Imbalance
- Need for Probiotics

For test kits, clinical support, or more information contact:

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More detailed publications with references are also available: www.GDX.net