THE DOCTORS LABORATORY

Vitamins, Nutrition and Lifestyle

VITAMIN B PROFILE

Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B6
Vitamin B9 (red cell)
Vitamin B12 (Active)

TAT 5 DAYS

VBP

A A B

VITAMIN PROFILE 1

Vitamin A
Beta Carotene
Vitamin B1
Vitamin B2
Vitamin B6
Vitamin C (Frozen)
Vitamin E

TAT 5 DAYS

VITS

A B B [7]

MINERAL SCREEN

Calcium
Magnesium
Zinc
Iron
Copper
Chromium
Manganese

TAT 5 DAYS

MINE

B K

SPORTS/PERFORMANCE PROFILE

FBC/ESR
Biochemistry Profile
HDL/LDL
Ferritin
C-Reactive Protein
Omega 3/Omega 6
Mineral Screen
Vitamin B9 (Red Cell Folate)
Vitamin B12 (Active)

TAT 5 DAYS

SPOR

A A A B B B B G K [4]

VITAMIN PROFILE 2

Vitamin A
Beta Carotene
Vitamin B1
Vitamin B2
Vitamin B3
Vitamin B6
Vitamin B9 (Red Cell Folate)
Vitamin B12 (Active)
Vitamin C (Frozen)
Vitamin D (25-OH)
Vitamin E

TAT 5 DAYS

VIT2

A A A B B [7,13]

MINERAL SCREEN – WHOLE BLOOD

Whole Blood Potassium
Whole Blood Magnesium
Whole Blood Calcium
Whole Blood Manganese
Whole Blood Zinc
Whole Blood Copper
Whole Blood Selenium
Whole Blood Chromium

TAT 5 DAYS

RMIN

H H

Patients taking supplements may be advised to stop medication prior to testing.

Vitamins, Nutrition and Lifestyle

TEST	CODE	SAMPLE REQS	TAT
Ceruloplasmin	CERU	B	1 day
Copper (Serum)	COPP	B	5 days
Essential Fatty Acid Profile (Red Cell)	EFAR	A[4]	10 days
Folate (Red Cell)	RBCF	A	2 days
Glutathione (Red Cell)	GLUR	H[5]	5 days
Glutathione Peroxidase	GLPX	H	5 days
Lutein	LUTE	B[13]	2 weeks
Lycopene	LYCO	B	2 weeks
Magnesium (Whole blood)	RCMG	A or H	4 days
Mineral Screen	MINE	B K	5 days
Mineral Screen (Whole blood)	RMIN	H H	5 days
Mineral Screen and Industrial Heavy Metal Screen (Trace Metals)	TRAC	A B H K	7-10 days
Omega 3/Omega 6 (see page 3)	OMG3	A[4]	4 days
Selenium (Serum)	SELE	B	4 days
Selenium (Whole Blood)	SELR	A or H	4 days
Sports/Performance Profile	SPOR	A A A B B B B G K[4]	5 days
Xylose Tolerance Test	XTT	J[1]	7 days
Zinc (Serum/Plasma)	ZINC	K	1 day
Zinc (Urine)	URZN	CU	5 days
Zinc (Whole Blood)	RBCZ	A or H	5 days

This provides valuable diagnostic information, which can be assimilated with other diagnostic markers in the assessment of nutritional status, and compares favourably to semi-quantitative functional assays.

TEST	CODE	SAMPLE REQS	TAT
1,25 Vitamin D	D3	B	5-8 days
Beta Carotene	CARO	B	5 days
Biotin	BIOS	B	1 week
Carotenes	CARO	B[13]	5 days
Vitamin A (Retinol)	VITA	B	5 days
Vitamin B (Functional)	FUNC	A A or H[13]	5 days
Vitamin B Profile	VBP	A A B	5 days
Vitamin B1 (Thiamine)	VIT1	A	5 days
Vitamin B2 (Riboflavin)	VIB2	A	5 days
Vitamin B3 (Nicotinamide)	VIB3	B	5 days
Vitamin B5 (Pantothenic Acid)	VB5S	B	5 days
Vitamin B6 (Pyridoxine)	VITB	A	5 days
Vitamin B8 (Biotin)	BIOS	B	5 days
Vitamin B9 (Folic acid) – Red cell	RBCF	A	2 days
Vitamin B9 (Folic acid) – Serum	FOLA	B	1 day
Vitamin B12 (Active)	B12	B	1 day
Vitamin B12 (Active)/ Red Cell Folate	B12F	A B	2 days

Vitamins, Nutrition and Lifestyle

TEST	CODE	SAMPLE REQS	TAT
Vitamin C (Active)	VITC	B (Frozen)[7]	5 days
Vitamin D (1, 25 Dihydroxy)	D3	B	5-8 days
Vitamin D (25-OH)	VITD	B	4 hours
Vitamin E (Alpha Tocopherol)	VITE	B	5 days
Vitamin K (Nutritional)	VKN	B[13]	5 days
Vitamin Profile 1	VITS	A B B[7]	5 days
Vitamin Profile 2	VIT2	A A A B B[7,13]	5 days

Omega3/6

Essential Red Cell Fatty Acids Omega-3/Omega-6

Omega-3 is the name given to a family of polyunsaturated fatty acids, which the body needs but cannot manufacture itself. Omega-3 fats are used as the building blocks for fat derived hormones such as prostaglandins and leukotrienes. The hormones with an Omega-3 base tend to reduce inflammation, while those that have an Omega-6 base increase inflammation. In the cell membrane the competition between these two essential fats has a direct bearing on the type of local hormone produced and the level of inflammation in the cell.

The Omega-6 to Omega-3 ratio in the cell membranes is key to the development of inflammatory disorders such as rheumatoid arthritis and heart disease. Diets low in oily fish and high in grains will promote inflammation and affect good health. The ratio of Omega-6 to Omega-3 in the West is around 15 to 1, fifteen times more Omega-6 on the cell membrane promoting inflammation. Having twice as much Omega-6 is considered by most experts to be the optimal amount but a ratio of 2:1 is not easy to produce by diet alone. Many people are aware of the health benefits of Omega-3 but the supplementation to achieve optimal health is erratic. Being able to test for Essential Red Cell Fatty Acids (Omega-6/ Omega-3 ratio) identifies a person's current status and is sufficiently specific to allow an accurate supplementation recommendation to be made.

Results show the Omega Ratio with a clear recommendation for the required level of Omega Supplementation (if any) to achieve optimal levels.

Results show the ratio of Omega 3 to Omega 6, against an optimal ratio and provide a supplementation recommendation to achieve this optimal ratio.

TEST	CODE	SAMPLE REQS	TAT
Omega 3/Omega 6	OMG3	A[4]	4 days