

Nutritional balance plays a key role in optimal wellness, chronic disease prevention and managing the aging process.

- Scientific evidence shows us that analyzing the white blood cells gives us the most accurate analysis of how well micronutrients function in the body, rather than simply measuring blood serum levels of these nutrients.
- SpectraCell Micronutrient Tests measure the function of 35 nutritional components including vitamins, antioxidants, minerals and amino acids within our white blood cells.
- Micronutrient Testing measures antioxidant capacity and immune system function which attributes to the body's defense and regenerative ability.
- SpectraCell also offers comprehensive male and female hormone panels that reveal the overall state of hormonal balance. Like nutrients, hormones influence all aspects of health and disease - mood, sleep, metabolism, immunity, heart health and appearance. An imbalance of one hormone can initiate cascade of events that alters other hormones, so a comprehensive look at hormone status is key.