

DOCTOR EDGES NUTRITIONAL HEALTH

MEASURES ESSENTIAL NUTRIENTS

The Micronutrient Panel offers a comprehensive assessment of both intra- and extracellular nutrient levels, including common vitamins, minerals, co-factors, amino acids, and essential fatty acids. This panel is particularly beneficial for individuals diagnosed with or suspected of having chronic inflammatory conditions, autoimmune diseases (such as Celiac disease or Crohn's disease), or conditions linked to nutrient malabsorption, as it provides direct measurements of essential nutrients critical for overall health.

On the other hand, the Organic Acids Test analyzes organic acids found in urine, which are metabolic byproducts of daily cellular processes. This test can accurately detect conditions related to genetic disorders, nutrient deficiencies, intestinal dysbiosis, and toxicity resulting from diet or prescription medications. By offering a comprehensive snapshot of various bodily systems, the Organic Acids panel provides valuable insights into overall body function and can aid in identifying underlying health issues.

IDENTIFY NUTRIENT DEFICIENCIES

This nutritional Test can help identify nutrient deficiencies, which are an underlying condition for many clinical diseases, and learn if genetics are making it difficult for you to absorb nutrients or convert them into a usable form. This quick and effective test measures genetic variations that may be in your body as well as your nutrient levels to gauge how your genetics could be affecting nutrient absorption. If you are experiencing stubborn symptoms and suspect nutrient deficiencies and genetic issues may be to blame, this test can benefit you.

Your Wellness Expert:
Joseph Claiborne MD



People who struggle with any of these symptoms:

- Stress
- Fatigue (sluggish, tired)
- Depression or anxiety
- Skin problems
- Numbness or tingling in extremities
- Weakened immune system
- Lack of concentration/Brain fog
- Fluctuating weight
- Neurological symptoms (impaired memory, confusion, ataxia, loss of balance, tremors)
- Stubborn weight gain
- Sudden, unexplained weight loss
- Digestive abnormalities: diarrhea, constipation, excessive bloating
- Mood swings
- Stomach pain/cramps
- Irregular heartbeat
- Joint pains
- Rashes or hives
- Shortness of breath
- Swelling/burning lips or tongue
- Lack of concentration/brain fog
- Stiff joints
- Canker sores
- Cardiometabolic disorders
- Anemia
- Bone-related disorders
- Neurological and mood disorders
- Age-related disorders
- Inflammatory disorders
- Inhibited athletic performance
- Hyperactive (nervous energy)
- Insomnia
- Forgetfulness
- Nausea

WHAT DOES IT TEST FOR?

Vitamins:

- Vitamin A
- Beta carotene
- Vitamin B1
- Vitamin B2
- Vitamin B3
- Vitamin B5
- Vitamin B6
- Vitamin B7
- Vitamin B9 (Folate)
- Vitamin B12
- Vitamin C
- Vitamin D, 25-OH
- 1,25-dihydroxyvitamin D
- Vitamin D2 (Ergocalciferol)
- Vitamin D3 (Cholecalciferol)
- Vitamin E (α -tocopherol)
- Vitamin E (γ tocopherol)
- Vitamin K1
- Vitamin K2

Minerals:

- Sodium
- Potassium
- Zinc
- Molybdenum
- Iodine
- Fluoride
- Phosphorus
- Iron
- Manganese
- Calcium
- Magnesium
- Copper
- Chromium

Amino Acids:

- Glutamine
- Serine
- Glycine
- Arginine
- Citrulline
- Tryptophan
- Phenylalanine
- Gamma-aminobutyric acid (GABA)
- Asparagine
- Cysteine
- Valine
- Isoleucine
- Leucine

Fatty Acids:

- RBC Omega fatty acids (n3 and n6)
- 11-Eicosenoic Acid
- Alpha-Linolenic Acid (ALA)
- Arachidonic Acid
- Docosahexaenoic Acid (DHA)
- Eicosapentaenoic Acid (EPA)
- Gamma Linolenic Acid (GLA)
- Linoleic acid

Other Nutrients and Compounds:

- Alpha lipoic acid
- Tetrahydrobiopterin rs5030853 PAH
- Coenzyme Q (CoQ10)
- Glutathione
- Methylmalonic acid (MMA)
- Choline
- Inositol
- Carnitine
- Selenium

WHAT DOES IT TEST FOR?

Yeast and Fungal Markers:

- Citramalic Acid
- 5-Hydroxymethyl-furoic Acid
- 3-Oxoglutaric Acid
- Furan-2,5-dicarboxylic Acid
- Furancarboxylglycine
- Tartaric Acid
- Arabinose
- Carboxycitric Acid
- Tricarballic Acid

Ammonia Excess:

- Orotic Acid

Tryptophan Metabolites:

- Glyceric Acid
- Glycolic Acid
- Oxalic Acid

Ketone and Fatty Acid Oxidation:

- 3-Hydroxybutyric Acid
- Acetoacetic Acid
- 4-Hydroxybutyric Acid
- Adipic Acid
- Suberic Acid
- Sebacic Acid
- Ethylmalonic Acid
- Methylsuccinic Acid

Bacterial Markers:

- Hippuric Acid
- 2-Hydroxyphenylacetic Acid
- 4-Hydroxybenzoic Acid
- 4-Hydroxyhippuric Acid
- DHPPA

Aspartame, Salicylates, or GI bacteria Markers:

- 2-Hydroxyhippuric Acid

Glycolytic Cycle Metabolites:

- Lactic Acid
- Pyruvic Acid

Nutritional Markers:

- N-Acetylcysteine Acid
- Methylcitric Acid
- Methylmalonic Acid (Vit B12)
- Pyridoxic Acid (Vit B6)
- Pantothenic Acid (Vit B5)
- Glutaric Acid (Vit B2)
- Ascorbic Acid (Vit C)

Clostridia Bacterial Markers:

- 4-Hydroxyphenylacetic Acid
- HPPA
- 4-Cresol
- 3-Indoleacetic Acid
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Krebs Cycle Metabolites:

- Succinic Acid
- Fumaric Acid
- Malic Acid
- 2-Oxoglutaric Acid
- Aconitic Acid
- Citric Acid

Pyrimidine Metabolites:

- Uracil
- Thymine

Glutathione:

- Pyroglutamic Acid
- 2-Hydroxybutyric Acid

WHAT DOES IT TEST FOR?

Amino Acid Metabolites:

- 3-Methylglutaric Acid
- 3-Methylglutaconic
- 3-Hydroxyglutaric acid
- 2-Hydroxyisovaleric Acid
- 3-Methyl-2-oxovaleric Acid
- 2-Hydroxyisocaproic Acid
- 2-Oxoisocaproic Acid
- 2-Oxo-4-methylbutyric Acid
- Mandelic Acid
- Phenyllactic Acid
- Phenylpyruvic Acid
- Homogentisic Acid
- 4-Hydroxyphenyllactic Acid
- N-Acetylaspatic Acid
- Malonic Acid

Mineral Metabolites:

- Phosphoric Acid

Catecholamine Markers:

- DOPAC
- HVA
- VMA
- HVA/VMA Ratio
- HVA/DOPAC Ratio

Nutritional Markers:

- N-Acetylcysteine Acid
- Methylcitric Acid
- Methylmalonic Acid (Vitamin B12)
- Pyridoxic Acid (Vitamin B6)
- Pantothenic Acid (Vitamin B5)
- Glutaric Acid (Vitamin B2)
- Ascorbic Acid (Vitamin C)

Serotonin Metabolites & Ratio:

- 5-HIAA
- Kynurenic Acid
- Quinolinic Acid
- Quinolinic Acid/5-HIAA Ratio

Other included testing and Imaging

- 3D Body Composition Analysis

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NUTRIENT ABSORPTION IS LINKED TO SEVERE DISEASES

Micronutrient deficiencies affect over 2 billion people globally, highlighting the widespread impact of inadequate nutrient intake. Evaluating nutrient absorption at both intra- and extracellular levels is crucial for identifying the root causes of malnutrition and inflammation accurately. Micronutrient deficiencies often signify underlying chronic inflammation, making their detection a critical step in managing chronic conditions and promoting healing. These essential nutrients are indispensable for various bodily functions, including energy production, hemoglobin synthesis, bone health maintenance, immune system support, and defense against oxidative stress and cellular damage. Taking a holistic approach to nutrient absorption can assist healthcare providers in distinguishing between dietary, genetic, and other factors that hinder nutrient metabolism or absorption. Chronic inflammation is strongly linked to severe diseases like heart disease, diabetes, cancer, arthritis, Crohn's disease, and ulcerative colitis, making it a significant global health concern. Organic acids testing serves as a valuable tool for identifying metabolic imbalances, infection risks, impaired detoxification, nutrient deficiencies, toxicity, and inflammation in individuals with chronic or complex acute illnesses. By examining metabolic pathways and enzyme-cofactor requirements, organic acid markers offer valuable insights into the underlying causes of chronic symptoms. Integrating organic acids profiles with other diagnostic tests enables healthcare providers to develop personalized and effective treatment plans tailored to address the root causes of chronic conditions.

This nutritional test is important as it measures both short-term and long-term nutritional status, giving you a holistic view of your nutritional status and helping you to discover the root cause of your symptoms

NO NEED TO FAST

Fasting is not mandatory for the test, but it's recommended. Before urine collection, it's recommended to avoid consuming apples, grapes, pears, cranberries, mushrooms, and ribose supplements for 48 hours. For optimal results, collect the first-morning urine sample immediately upon waking, and refrain from collecting urine if you urinate overnight. Additionally, limit water intake to no more than 8 ounces at least 1 hour before urine collection to prevent dilution of the sample, which could lead to rejection. Our providers will guide you on whether to continue or discontinue any dietary supplements or medications before undergoing the test.

