



summary

Biotin		good
Vitamin C		high
Magnesium		good
Vitamin B1		high
Vitamin B2		good
Zinc		good
Selenium		low
Vitamin B6		mild
Vitamin E		high
Folic Acid		high
Chromium		good
Vitamin A		mild
Glucosamine		good

Vitamin B12		good
Manganese		good
Vitamin B3		high
Omega-3 fatty acids		mild
Vitamin B5		good
Vitamin D		high
Calcium		good
Potassium		high
Sodium		high
CoenzymeQ10		good
Iodine		low
Iron		low
Copper		high

'mild' readings represent a slight variation of 'good' readings

---

## Selenium



It seems like your body has a deficiency of Selenium, which can lead to frequent infection, fatigue, muscle atrophy and heart diseases.

### advice

Incorporate Brazil nuts, yellowfin tuna, shrimp, scallops, noodles, garlic or supplements containing Selenium into your everyday diet. Selenium deficiency may work together with iodine deficiency to cause a goitre and an underactive thyroid gland in people who have

both deficiencies.

---

## Iodine



It seems like your body has a deficiency of Iodine, which can lead to a wide spectrum of illnesses collectively termed iodine-deficiency disorders. Iodine deficiency can affect any age group but is particularly harmful in pregnant women, the developing fetus and the newborn. Iodine deficiency most commonly leads to hypothyroidism and the development of an enlarged thyroid gland, commonly referred to as a goitre.



### advice

Ensure proper Iodine intake by consuming iodized salt and foods that contain Iodine such as cod fish and seaweed. Note that the Selenium deficiency may work together with Iodine deficiency to cause a goitre and an underactive thyroid gland in people who have both deficiencies.

---

## Iron



It seems like your body has a deficiency of Iron, which can lead to anaemia with symptoms such as fatigue, shortness of breath, dizziness, headache, coldness in your hands and feet, pale skin, chest pain and overall weakness.



### advice

Incorporate foods such as lean red meat, seafood, and poultry, iron-fortified breakfast cereals and breads, kidney beans, cashew nuts and some dried fruits (such as raisins) in your everyday diet. Iron from animal origin, called haem Iron, has higher bioavailability than plant origin, non-haem Iron. It is also important to note that many substances can reduce the amount of non-haem Iron we absorb; these substances include tannins in coffee or tea, dairy, phytates (fiber) and some types of chocolate. Vitamin C (ascorbic acid) can enhance the bioavailability of non-haem Iron. Calcium can impair the absorption of both non-haem and haem Iron.

---

## Vitamin A



It seems like your body has a slight deficiency of Vitamin A, which can lead to impaired adaptation to the dark (or night blindness), dry eye, hard and cracked skin, dry hair without shine, respiratory infections, keratinisation of the skin and of the mucous membranes in the respiratory, GI, and urinary tracts. A deficiency of zinc, vitamin C, protein or thyroid hormone impairs the conversion of pro-vitamin carotenes to Vitamin A.

### advice

Incorporate veal liver (cooked), cod liver oil, butter, whole fat milk as well as carrots, spinach, sweet potato, melon and mango or supplements containing Vitamin A into your everyday diet.

---

## Vitamin B6



It seems like your body has a slight deficiency of Vitamin B6, which can lead to inflammation of the skin, a sore tongue, cracking of the lips, depression, anaemia, cognitive problems and, eventually, convulsions. Magnesium and vitamin B2 deficiency can cause Vitamin B6 deficiency as both are required in the conversion of Vitamin B6 to its active form.

### advice

Incorporate turkey (light meat), chickpeas, russet potatoes (with skin), dried plums and bananas or supplements containing Vitamin B6 into your everyday diet.

---

## Omega-3 fatty acids



It seems like your body has a slight deficiency of Omega-3 fatty acids and Omega-6 fatty acids. Deficiency of Omega-3 fatty acids can lead to fatigue, poor memory, dry skin, heart problems, mood swings or depression, and poor circulation. Deficiency of Omega-6 fatty acids can lead to dry eyes, skipped heartbeats, joint pain and thin skin.

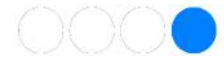
### advice

In case of Omega-3 deficiency incorporate food rich in Omega-3 fatty acids into your

everyday diet such as oily fish, flaxseed oil, chia seeds and walnuts or Omega-3 fatty acid supplements. In case of Omega-6 deficiency incorporate food rich in Omega-6 fatty acids into your everyday diet such as soybean oil, corn oil, sunflower oil, primrose oil, borage oil, pine nuts and blackcurrant seed oil or Omega-6 supplements.

---

## Copper



It seems like your body has an increased level of Copper, which can lead to nausea, vomiting, diarrhoea, kidney and liver damage.



### advice

Consumption of excess Copper is rare; nevertheless, pay close attention to acidic foods or beverages stored in Copper vessels over a long period of time and to food rich in Copper such as beef (organ meats), mollusks, macadamia nuts, bran flakes, grain, black pepper, chocolate and cocoa.

---

## Vitamin E



It seems like your body has an increased level of Vitamin E, which can manifest with muscle weakness, fatigue, nausea and bleeding, and impaired blood clotting.



### advice

Pay close attention to foods like grapeseed oil, cold-pressed vegetable oils, safflower oil, hazelnuts, dried apricots, avocado, peanut butter, olive oil and olives and try to modify their intake.

---

## Folic Acid



It seems like your body has an increased level of Folate.



### advice

Folate has no known toxic effects; nevertheless, pay particular attention to foods like lentils, asparagus, garbanzo beans, enriched spaghetti, root vegetables, orange, orange juice and try to monitor their intake.

---

## Sodium



It seems like your body has an increased level of Sodium, which manifests primarily as extreme thirst but can lead to neurological problems such as confusion. Excessive consumption of salt can cause hypertension and can increase the risk of cardiovascular disease.



### advice

Decrease salt intake in your diet and be mindful of salted meats, snacks, bread and added salt in cooking or at the table.

---

## Vitamin B1



It seems like your body has an increased level of Vitamin B1.



### advice

Vitamin B1 has no known toxic effects nevertheless, pay close attention to foods like wheat bread, brewer's yeast, green peas, white rice and oats and try to monitor their intake.

---

## Vitamin C



It seems like your body has an increased level of Vitamin C, which can manifest with nausea and diarrhoea.



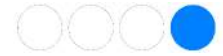
### advice

Pay particular attention to foods like citrus fruits, papaya, strawberries, cranberries, blueberries, watermelon, peppers and dark green, leafy vegetable and try to monitor their

intake.

---

## Vitamin B3



It seems like your body has an increased level of Niacin which can lead to skin flushes and liver damage. Niacin from food is not known to cause any adverse effects; side effects have been reported only with supplements.

### advice

Pay close attention to food rich in Niacin such as chicken (light meat), chinook salmon, lean beef, peanuts, beets and niacin-fortified cereals.

---

## Vitamin D



It seems like your body has an increased level of Vitamin D, which can lead to abnormally high blood calcium level. The symptoms are nausea, poor appetite, constipation, confusion and kidney problems.

### advice

Vitamin D toxicity is usually caused by extreme doses of Vitamin D supplements, not by diet or sun exposure. Nevertheless, pay close attention to oily fish such as sardines and pink salmon, margarine, vitamin D-fortified milk and some cereals and try to monitor their intake.

---

## Potassium



It seems like your body has an increased level of Potassium, which can lead to nausea, fatigue, muscle weakness and tingling sensations. More serious symptoms include a slow heartbeat and weak pulse.

### advice

Pay particular attention to foods rich in Potassium such as bananas, tomatoes, artichoke, prune juice and peaches as well as Potassium supplements and salt substitutes containing Potassium.

---

---

---