

ERC: Nutritional ABCs: Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake - Assessment

Nutritional ABCs:
Strategies for Optimizing Your Energy by Balancing Your Vitamin Intake

with
Dr. Ritamarie Loscalzo

Assessment



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Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Testing Vitamin Status

- Conventional blood testing not accurate
- SpectraCell
- Red blood cell
- Functional tests



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Functional Tests for Vitamin Status

- Mean Corpuscular Volume (MCV)
- Methylmalonic Acid – B12
- Homocysteine – B12, B6, Folate
- Organic Acids – all
 - ✓ Genova/Metametrix on Direct Labs
 - ✓ Great Plains – direct access - call

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