



# Assessment

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

with

**Dr. Ritamarie Loscalzo**

**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](http://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



# 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