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Lifestyle Recommendation

Minerals and Vitamines related to metabolism some how disturbed: slow metabolism expected

The minerals involved by balancing the glucose and carbohydrate metabolism are disturbed which lead for progress of low metabolism and insulin resistant.

Symptoms:

- Weight Gain.
- Fatigue.
- Insulin resistant.
- Sugar Cravings.
- Difficulty losing weight.
- Headache

Improve metabolism

- Eat Plenty of Protein at Every Meal.
- Eating food can increase your metabolism for a few hours.
- Do a High-Intensity Workout.
- Lift Heavy Things.
- Stand up More.
- Eat Spicy Foods.
- Get a Good Nights Sleep

Minerals and Vitamines related to nutrients absorption in the GI some how disturbed: Weak Absorption expected

Symptoms of malabsorption syndrome are caused when unabsorbed nutrients pass through the digestive tract. Many symptoms differ depending on the specific nutrient or

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nutrients that aren't being absorbed properly. Other symptoms are a result of a deficiency of that nutrient, which is caused by its poor absorption.

Symptoms:

- vomiting
- Nausea
- bloating
- diarrhea
- muscle wasting
- weight loss or weight gain

Boost absorption

- Eat a variety of foods in one meal slowly.
- Pair vitamin C-rich foods with iron.
- Include healthy fats with each meal.
- Take a probiotic.
- Avoid drinking tea at mealtimes.

Minerals and Vitamines related to immunity some how disturbed e expected signs of weak immunity

Healthy Immune system depend on balanced mix of vitamins and minerals over time,

Symptoms:

- Fatigue
- Easy to get sick
- Digestive problem
- Loss of appetite
- Abdominal cramp
- Body inflammation

Improve your immunity

- Get enough sleep.
- Eat more whole plant foods.
- Eat more healthy fats.
- Improve your gut health by taking probiotics
- Limit added sugars.
- Exercise.
- Stay hydrated.

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- Manage your stress levels.
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Minerals and Vitamines related to the health of joints and muscle some how disturbed

In addition to calcium, vitamin D, vitamin K and omega-3 fatty acids, several other vitamins and minerals, including magnesium, silicon, vitamin C, and boron have been linked to improved bone and joint strength, according to a study published in The Open Orthopedics Journal

Improve your joint health

- Keep Moving.
 - Protect Your Joints.
 - Maintain Your Ideal Weight.
 - Do Low-Impact Exercises.
 - Strengthen Your Muscles.
 - Try Range-of-Motion Exercises.
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Elements Recommendation

MINERAL

Magnesium Borderline Deficiency

S & S include:

Muscle cramps especially after exercising, Muscle spasms,

Magnesium sources:

Spinach, figs, avocado, banana and raspberries. Nuts and seeds, Legumes Peas, broccoli, cabbage, green beans, artichokes, Seafood

Phosphorus Borderline Deficiency

S & S include:

Tooth decay, Fatigue, Vit D deficiency, Muscle weakness

Phosphorus sources:

Meats, Poultry, Fish, Nuts, Beans

Silicium Borderline Deficiency

S & S include:

Weak bones, Thinning of the hair, Brittleness of nails, Wrinkle formation, Dry skin

Silicium sources:

Apples, cherries, and oranges Raw cabbages, carrots, onions, cucumbers, and pumpkins.

Zinc Borderline Deficiency

S & S include:

Emotional problems, Fatigue, Poor wound healing, Low appetite, Lack of taste and smell.

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Zinc sources:

Meat, Shellfish, Legumes, lentils and beans, Seeds, Nuts, Dairy, Eggs, Whole Grains.

Chromium Borderline Deficiency**S& S include:**

Weight gain, Fatigue. Metabolism weakness

Chromium sources:

Broccoli, Potatoes, Green beans. Beef and Poultry. Bananas, Grape Juice.

Sulphur Border line Deficiency**S & S include:**

Acne, Arthritis, Brittle Nails And Hair, Convulsions, Depression, Memory Loss, Gastrointestinal Issues, Rashes And Even Slow Wound Healing. Obesity, Chronic Fatigue .

Sulphur sources:

Eggs, milk, horseradish, onions, garlic, red pepper, yeast, soy, legumes and organic whole grains.

Molybdenum Border line Deficiency**S & S include:**

Weight gain, Low metabolism

Molybdenum sources:

Legumes, such as beans, lentils, and peas, are the richest sources of molybdenum.

RATIOS

K/Na Unbalanced ratio:**S&S may include:**

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VITAMINS

Vitamin A Deficiency

S & S include:

Dry Skin. Dry Eyes. Throat and Chest Infections. Poor Wound Healing.Acne .

Sources:

Cod liver oil, Sweet potato, Carrots, Black-eyed peas. Spinach, Broccoli, Sweet red pepper.

Vitamin C - Deficiency

S & S include:

Rough, bumpy skin. Dry, damaged skin. Easy bruising. Slowly healing wounds.

Vitamin C sources:

Broccoli, Brussels sprouts, and cauliflower. Green and red peppers. Spinach, cabbage. Potatoes. Tomatoes and Tomato juice.

Vitamin B6 - Deficiency

S & S include:

Skin rashes. Cracked and sore lips. Mood changes.. Tiredness and low energy. Tingling and pain in hands and feet.

Vitamin B6 sources:

Poultry, chicken or turkey. Fish. Cereals. Oatmeal, wheatgerm and brown rice. Eggs.

Folic Acid - Deficiency

S & S include:

fatigue,Breathlessness. Headaches,mouth sores , palpitations

Folic Acid sources:

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spinach. orange juice.Beans.cereals

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Blood Tests

- OGTT
- CBC
- Folate serum Test

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Active Ingredients

- ALPHA LIPOIC ACID
- ASCORBIC ACID
- BIOTIN
- DEXPANTHENOL
- FOLIC ACID
- HYDROXOCOBALAMIN (VIT. B12)
- INOSITOL
- L-GLUTAMINE
- L-GLUTATHIONE
- MAGNESIUM CHLORIDE
- PYRIDOXINE HCl (VIT. B6)
- SELENIUM
- TAURINE
- THIAMINE HCl (VIT. B1)
- ZINC SULFATE

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Recommended Drip

- **ANTISTRESS DRIP**

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Food Supplements

- Glutathione 250mg Once daily
- SILICON TABLET ONCE DAILY
- Probiotic tablet once daily
- Folic acid 400mcg tablet Once daily
- Magnesium 500mg - Once daily



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