

## **Introducing the FIA (Functional Intracellular Analysis) exclusively from SpectraCell Laboratories.**

The patented FIA analysis measures levels of selected vitamins, minerals, antioxidants and other essential micronutrients within your white blood cells called lymphocytes. Current standard serum micronutrient tests reflect a person's diet over a relatively narrow window of time. The results can be biased by many factors, especially by foods eaten during the few days preceding the test; this would allow potential long-term deficiencies to be missed.

But now, after 18 years of research, the patented SpectraCell FIA uses your own cells resting lymphocytes to measure the biochemical intracellular function of selected essential micronutrients. Analysis of these cells under SpectraCell's patented conditions can reveal a person's functional nutritional status over a much longer time than conventional serum testing.

The results obtained therefore can uncover deficiencies that standard serum tests may miss, if not corrected such deficiencies could impair your health by contributing to the development or progression of chronic disease.

### **Why is nutrient status important?**

Nutrient status is a vital foundation of health. Each micronutrient plays an individual and indispensable role in promoting optimal functioning of all our cells. When some of our cells do not function at their best, the foundation of our health is compromised, setting the stage for the development of disease. By identifying and correcting functional micronutrient deficiencies, you are taking an important step toward long-term maintenance of optimal health.

### **FIA Tests offered by SpectraCell:**

Vitamins

A, B1, B2, B3, B6, B12, Biotin, Folate, Pantothenate, D

Amino Acids;

Asparagine, Glutamine, Serine

Carbohydrate Metabolism;

Chromium, Fructose sensitivity, Glucose-Insulin Metabolism

Minerals

Calcium, Magnesium, Zinc

Anti-Oxidants;

*Spectrox profile*

Individual Antioxidants;

Alpha Lipoic acid

CoEnzyme Q10

Cysteine

Glutathione

Selenium

Vitamin E

Fatty Acids

Oleic Acid

Metabolites

Choline, Inositol, Carnitine

### **But I eat a balanced diet, Exercise and take a multivitamin**

If this describes all or part of your lifestyle, read on. Many people work at improving their health yet some individuals still have deficiencies. Why?

- Biochemical individuality; Because each of us is metabolically and biochemically unique, the micronutrient requirements for one person may be quite different than the requirements for another.
- Absorption; Although you may eat a balanced diet, if you do not absorb vitamins, minerals and antioxidants and/or the other micronutrients properly, you will have deficiencies.
- Chronic illness; Health conditions such as arthritis, cancer, cardiovascular disease, diabetes, fatigue and multiple sclerosis to name a few can be affected directly or indirectly by micronutrient deficiencies
- Aging; Our micronutrient requirements at age 30 are quite different from our requirements at age 40, 50 and beyond. Absorption difficulties, especially of vitamin B12 quite commonly occur as we age.
- Lifestyle; Excessive physical activity, prescription drugs, smoking, alcohol and even sedentary habits all impact micronutrient demands.

The FIA is the only functional intracellular blood test that takes all of the above factors into consideration to identify your baseline nutrient status. With this information, specific deficiencies that may be negatively influencing your health may be corrected

### **How do the FIA tests work?**

Your blood is collected and sent to SpectraCell (no fasting is required). At our laboratory your white blood cells are isolated and grown in a series of patented culture media. First the cells are stimulated to grow in the control media which contain optimal amounts of each micronutrient analyzed. Then each micronutrient is removed from the medium one at a time. The growth of your cells under these conditions reveals possible deficiencies. If your cells grow well they are not deficient. If your cells do not grow well, then a micronutrient deficiency is indicated. For example, when Vitamin B12 is removed from the medium and cell growth is not sufficient, then we conclude that your lymphocytes have a deficiency of B12.

### **50% of those taking supplements will remain deficient.**

There is overwhelming evidence confirming that vitamin deficiencies are associated with disease processes and the overall condition of your health. Vitamin, Mineral and Antioxidant deficiencies have been shown to suppress the function of the immune system which can contribute to degenerative processes such as arthritis, cancer, cardiovascular disease and diabetes to name a few. Yet you, like many other people may be deficient in some vitamins, minerals, antioxidants and other essential micronutrients and not even know it. University research shows that 50% of people taking supplements remain deficient. These deficiencies can contribute to disease processes and keep you from performing your best.

**How can I get an FIA Test?**

Your healthcare provider can tell you more about SpectraCell's FIA tests and order a test for you, or you can call SpectraCell for more information on how to order. It takes up to three weeks to receive your easy to read comprehensive test results. Additional testing services include homocysteine and specialized tests to assess cardiovascular risk are also available through SpectraCell.

**How will I be billed?****Insurance**

When ordered for diagnostic purposes, test components are reimbursable by most private insurance carriers (PPO, EPO, POS, & indemnity plans)

If components of the FIA are not a covered benefit on your insurance plan, you will be responsible for payment.

**Medicare**

SpectraCell accepts Medicare assignment. Most test components are reimbursable when ordered for diagnostic purposes by a licensed Medicare Provider.

**Non-Insurance**

If ordered through your healthcare provider, you will receive a bill from your provider or from SpectraCell Laboratories.

**Payment Methods;**

All payments to SpectraCell, including co-payments may be made by check or major credit card.

Get an FIA today, it may be the most important decision you make about your health.

***SpectraCell Functional Intracellular Analysis-a window on intracellular function***

10401 Town Park Dr

Houston TX 88082

[www.spectracell.com](http://www.spectracell.com)

(800) 227-5227

(713) 621-3234 FAX