



PATIENT INFORMATION SHEET

ADDRESSING THE UNIQUE NEEDS OF YOUR BODY



HEALTH IS A CONTINUUM

At one end of the health spectrum is peak energy and vitality; at the other is disease, even death. Many of us live much of our lives somewhere between the two extremes—not quite ill, but not truly well. Improving nutrition can help us move positively toward peak health, with fewer illnesses and more vitality, even as we age. The IONSM Profile is designed to help you do just that.

Individual • Optimal • Nutrition (ION)

The ION Profile is a comprehensive test that reveals whether something is lacking in your nutrition, or if your body's ability to produce energy from the food you eat is being disrupted. It measures more than 100 components, integrating them into a complete picture of functions that impact your mental and physical well-being.

From your test results, your healthcare provider can recommend an optimal nutrition regimen designed to meet your individual needs. Also provided with results is a guide developed to help you understand problem areas, as well as offer individualized supplementation recommendations that offer guidance on ways to improve.

The ION Profile measures:

- **Amino Acids** - detects amino acid imbalances that affect both physical and mental function
- **Homocysteine** - identifies total homocysteine in plasma, highlighting risk factors for premature cardiovascular disease
- **Organic Acids** - reveals the nutritional and metabolic sources of symptoms, including anxiety and mood changes
- **Fatty Acids** - helps strike the right balance of “good fats”
- **Nutrient and Toxic Elements** - assesses toxic burden, which can render damage to the brain and nervous system
- **Antioxidant Vitamins** – measure a total body status of antioxidant nutrients and nutritional deficiencies
- **Vitamin D** - measures total vitamin D in the body, identifying the presence of deficiencies and toxic levels

The ION Profile is also available in a Pediatric format, offering modified specimen collection procedures.

Ask your healthcare provider about the ION Profile.

To learn more about associated symptoms and conditions, please visit www.metamatrix.com/ionprofile.

The ION Profile can aid your physician treating chronic illnesses, such as:

- Heart Disease
- Obesity and Weight Issues
- Chronic Fatigue Syndrome
- Immune System Disorders
- Developmental Delays
- Mental/Emotional Disorders
- Mood Disorders
- Multiple Chemical Sensitivities



Mood Disorders



Digestive Disorders



Obesity and Weight Issues



Immune System Disorders

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