

Nutrigenomic & Nutraceutical Services



Are you always feeling tired and run down, and can't understand why? Could your health problems be caused by some nutritional deficiency?

It is possible that you have a deficiency of a specific vitamin or mineral. Lifestyle (particularly diet) and illness can play havoc with the nutrients your body needs for optimal health, but did you know that your genes may also play a role?

Your body is as entirely unique as your genetic make-up. Just as your genetics makes you look different from everyone else around you, it also influences the way that your body uptakes individual nutrients from the food you eat, and the way your body uses them. Genetic deficiencies occur when one or more of the body's pathways for handling a nutrient (e.g. for its absorption from the gut, or for converting it from an inactive to an active form) does not function adequately.

In extreme cases of genetic deficiency, one may have the correct intake of a specific nutrient—or even take a supplement—and not experience its health benefit.

Fortunately, a suite of tests are available to identify the causes of nutritional deficiencies. When a specific deficiency's cause is known, it may be overcome by taking an appropriate supplement. Sometimes, appropriate supplements are not commercially available and can only be formulated in a compounding pharmacy.

What we offer

We offer a comprehensive testing service, including:

- Non invasive Mineral and Heavy Metal assessment
- Pathology testing for nutritional deficiencies
- Genetic testing for common nutritional processing defects
- Formulation of personalised nutritional supplements to suit your needs

Please contact us to arrange our services, or to learn more about how we can help you feel your best!

FORMULÆ

THE ART & SCIENCE OF COMPOUNDING

Nutrient	Role in the body	Signs of deficiency	Signs of excess
Calcium	Bone formation, blood clotting, maintenance of electrolyte and pH balance, nerve conduction	Anxiety, allergies, cognitive impairment, menstrual problems, insomnia, muscle cramps, osteoporosis	Anorexia, asthma, depression, memory problems, kidney stones
Chromium	Insulin function and glucose metabolism, reduces total cholesterol, increases HDL and reduces LDL	Diabetes, high cholesterol, infertility, peripheral neuropathy, obesity	Liver and kidney damage
Copper	Elastin and collagen synthesis, antioxidant, wound healing, nervous system, immunity	Enlarged heart, capillary damage, limb swelling, decreased hair and skin pigmentation, decreased muscle tone	Alzheimer's disease, autism, depression, dementia, diabetes, cancer, anorexia, heart disease
Magnesium	Calcium regulation, heart muscle, protein synthesis, skeletal muscle, nerve function	Alzheimer's disease, anxiety, asthma, ADHD, autism, decreased appetite, dementia, hypertension, migraines, PMS, osteoporosis	Mental disturbances, heart rhythm disturbances, muscle weakness, low blood pressure, kidney disease
Manganese	Metabolism, energy production, tissue formation, hormone production, effects copper and iron levels	Anaemia, diabetes, dermatitis, fatigue, epilepsy, high cholesterol, weight loss, weak tendons	Anaemia, insomnia, high blood pressure, dementia, mental disturbances
Molybdenum	Cancer prevention, detoxification, fat metabolism	Asthma, autism, dental cavities, impotency	Anaemia
Vitamin B1	Converting carbohydrates into energy, fat metabolism, protein metabolism, skin, eyes, hair, liver, nervous system, brain function, stress reduction	Tingling or burning sensation in hands and feet, rapid eye movements, damage to nerves in central and peripheral nervous system, memory loss, cataracts, heart failure	Gastrointestinal upset
Vitamin B6	Protein and carbohydrate metabolism, red blood cell formation, brain processes, immune function, production of melatonin and serotonin, regulation of homocysteine levels, mood	Muscle weakness, irritability, depression, brain fog, short term memory loss, heart disease, sleep disturbances, PMS, carpal tunnel syndrome, arthritis	Neurological problems, loss of balance, sunlight sensitivity, loss of appetite
Vitamin B12	Nerve function, nerve health, production of DNA and RNA, works with folate, red blood cell formation, iron homeostasis, mood	Fatigue, shortness of breath, nervousness, numbness, tingling in fingers and toes, nerve damage, anaemia, heart disease, macular degeneration, breast cancer, male infertility	Imbalance of other B vitamins
Folate (not folic acid)	Brain function, mental health, emotional health, production of DNA and RNA, works with Vitamin B6 and B12 to control homocysteine levels	Birth defects, heart disease, hearing loss, macular degeneration, depression, cancer, brain fog	Sleep problems, skin reactions, seizures, imbalance of other B vitamins
Selenium	Antioxidant, cancer prevention, detoxification, works with iodine for thyroid formation	Cancer, arthritis, cataracts, low thyroid, infertility, muscle pain, diminished cognition	Arthritis, nail and hair changes, skin changes, teeth mottling, fatigue, bad breath
Zinc	Protein synthesis, enzyme synthesis, neurotransmitter synthesis, sensory system, immune system, wound healing, prostate function, growth hormone and insulin function, detoxification	Acne, anorexia, ADHD, Autism, decreased taste, slowed wound healing, dermatitis, diabetes, hair loss, impaired growth, pregnancy problems	Anaemia, tiredness, decreased iron and copper levels, low immune response