



Nordic Laboratories offers different options for comprehensive nutritional testing, allowing the practitioner to choose the best test based on individual patient needs. Nutritional testing offers insight into the identification of specific imbalances of vitamins, nutrients, and essential co-factors, which can contribute to common chronic diseases.

Here you can compare the most comprehensive tests used to identify and target nutritional imbalances, both through at-home collection and with testing requiring a blood draw.

	NutrEval*	Metabolomix+	ION Profile*	CardioION*
<b>Organic Acids</b>	Urine	Urine	Urine	Urine
<b>Amino Acids</b>	Urine (NutrEval FMV) or Plasma (NutrEval Plasma)	Urine	Plasma (option to choose 40 with Ion Profile Amino 40 Upgrade)	Plasma
<b>Oxidative Stress Markers</b>	Urine	Urine	Urine (8-OHdG) & serum (lipid peroxides)	Urine (8-OHdG) & serum (lipid peroxides)
<b>Glutathione</b>	Whole Blood	N/A	N/A	N/A
<b>CoQ10</b>	Serum	N/A	Serum	Serum
<b>Fatty Acids</b>	RBC	Bloodspot (add-on)	Plasma	Plasma
<b>25-OH Vitamin D</b>	Serum (add-on)	Bloodspot (add-on)	Serum	Serum
<b>Toxic Metals</b>	5 measured in whole blood	20 toxic metals in urine (add-on)	5 measured in whole blood	5 measured in whole blood
<b>Nutrient Elements</b>	6 nutrient elements in various blood	15 nutrient elements in urine (add-on)	10 nutrient elements in various blood	10 nutrient elements in various blood
<b>Homocysteine</b>	N/A	N/A	Plasma	Plasma
<b>CVD Risk Factors</b>	N/A	N/A	N/A	11 analytes measured in whole blood
<b>Genomics</b>	4 SNPs via buccal swab (add-on)	4 SNPs via buccal swab (add-on)	4 SNPs via buccal swab (add-on)	4 SNPs via buccal swab (add-on)
<b>At-home specimen collection</b>	Blood draw required, urine collected at home	Yes	Blood draw required, urine collected at home	Blood draw required, urine collected at home
<b>Report Summary</b>	Nutrient recommendations with descriptions	Nutrient recommendations with descriptions	Nutrient recommendations with descriptions	Nutrient recommendations with descriptions

\*Shipping with dry ice may be required depending on location, please contact your practitioner support for details.