

# ENERGY OPTIMIZATION

*DRIVEN BY SCIENCE.  
INSPIRED BY PATIENTS.*

# ENERGY OPTIMIZATION

ADVANCING  
PERSONALIZED HEALTH

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## CONTACT

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## DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- ☐ Weakened Immune System
- ☐ Low Hormone Levels
- ☐ Feeling Tired Daily
- ☐ High Caffeine Consumption
- ☐ Constant Yawning
- ☐ Need for Sleep During the Day
- ☐ Weight Management Issues
- ☐ Low Stress Tolerance
- ☐ Irritability



## WHY IS NUTRIENT STATUS IMPORTANT?

Contrary to established paradigms about health in America, the majority of chronic disease is attributable in large part to cellular deficiencies in micronutrients. By correcting deficiencies, you can prevent, treat, and reverse many medical conditions — from the most serious to the most banal.

### VITAMIN A

When cellular levels of vitamin A are low, mitochondrial respiration and ATP production decreases.

### VITAMIN C

Assists iron uptake and transport; Precursor to carnitine and several hormones that affect energy levels. Supplementation reduced fatigue in various trials.

### COENZYME Q10

Deficiency causes fatigue due to its role in mitochondrial energy metabolism; therapeutic benefits particularly noticeable in chronic fatigue syndrome.

### CARNITINE

Transports fatty acids into mitochondria; Decreases both mental and physical fatigue in clinical trials.

### ZINC

Deficiency lowers immunity and may cause muscle fatigue; Involved in several reactions for energy metabolism

### B VITAMINS

Necessary for converting food into energy; Cofactors in the mitochondrial respiratory chain include B1, B2, B3, B5, B6, B12 and B9 (Folate)

### VITAMIN D

Low levels are seen in patients with chronic fatigue syndrome; Deficiencies causes reduced muscle strength

### GLUTAMINE

Mental and physical fatigue coincides with reduced levels of this amino acid. Supplementation makes muscle more sensitive to insulin, increasing energy levels.

### SERINE

Counteracts the overproduction of fatigue-causing stress hormones

### MAGNESIUM

Required to store energy molecule ATP; Repletion of magnesium in chronic fatigue patients shows clinical improvement in energy levels.

*The very first step to understanding an energy filled routine, is to know which nutrients you are deficient in and correct them.*

## DID YOU KNOW...?

**43%** of the people taking multivitamins are micronutrient deficient, despite supplementation.\*

## WHAT THIS TEST MEASURES...

### VITAMINS

Vitamin A  
Vitamin B1  
Vitamin B2  
Vitamin B3  
Vitamin B5  
Vitamin B6  
Vitamin B7  
Vitamin B9  
Vitamin B12  
Vitamin C  
Vitamin D  
Vitamin E

### MINERALS

Copper  
Chromium  
Magnesium  
Zinc  
Selenium

### CELL HEALTH

Immunidex (Antioxidant Function)  
Spectrox (Immune Function)

### CARBOHYDRATE METABOLISM

Fructose Sensitivity  
Glucose-Insulin Response

### AMINO ACIDS

Asparagine  
Carnitine  
Cysteine  
Glutamine  
Serine

### ANTIOXIDANTS

Coenzyme Q10  
Glutathione  
Lipoic Acid  
Oleic Acid

## MANY PEOPLE LEAD HEALTHY LIFESTYLES, YET THEY STRUGGLE WITH DEFICIENCIES. WHY?

Micronutrient deficiencies may still exist for a host of reasons:

### Biochemical Individuality

Individual needs vary, thus micronutrient requirements for you may be quite different from another.

### Absorption

Malabsorption is common, and is often aggravated by stress.

### Illness (acute or chronic)

Just as micronutrient deficiencies can set the stage for disease, health conditions—and the medications often prescribed to treat them—can contribute to micronutrient depletions

### Lifestyle

Diet, physical activity, medication use—all profoundly affect micronutrient demands



This material is for informational and educational purposes only, and is not intended to constitute or substitute for the advice of a physician or other healthcare professional. Patients should always seek the advice of a physician or other healthcare professional regarding health conditions.  
\*Source: Clayton Foundation for Research; University of Texas Biochemical Institute