

# MENTAL HEALTH

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INSPIRED BY PATIENTS.*

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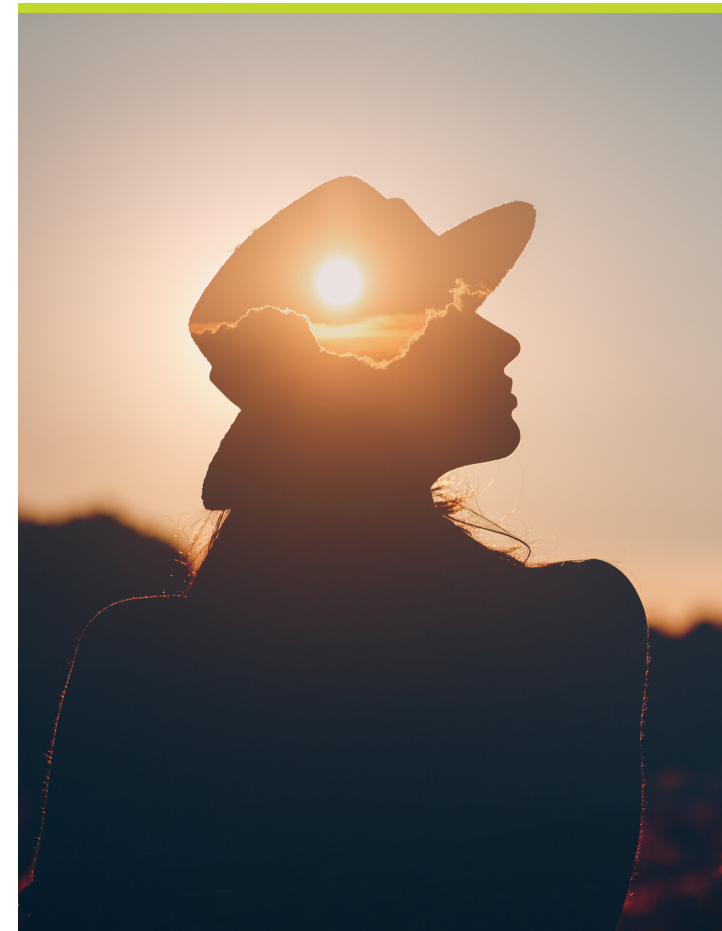
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## DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- ☐ Weakened Immune System
- ☐ Low Hormone Levels
- ☐ Anger and Irritability
- ☐ Restlessness and Exhaustion
- ☐ Forgetfulness/Memory Loss
- ☐ Lack of Concentration
- ☐ Low Stress Tolerance
- ☐ Trouble Sleeping or Insomnia
- ☐ Depressive Thoughts

# MENTAL HEALTH

ADVANCING  
PERSONALIZED HEALTH



## 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 B1

In clinical trials, supplementation of individuals that had marginal B1 deficiency improved their sleep

### VITAMIN D

Clinical trials suggest increasing blood levels of vitamin D, which is actually a hormone precursor, may improve symptoms of depression.

### SERINE

Regulates brain chemistry; Involved in NMDA receptor function; Acts as a neurotransmitter; Low levels correlate with severity of depression.

### CHROMIUM

Elevates serotonin (feel-good neurotransmitter) levels in the brain ; May be particularly effective on eating symptoms of depression such as carbohydrate craving and increased appetite, due to its effect on blood sugar regulation.

### VITAMIN B12

Normalizes circadian rhythms; Therapeutic benefits of B12 supplementation, both oral and intravenous, seen in studies.

### ZINC

Reduces anxiety in clinical trials, possibly due to its interaction with NMDA (N-methyl-D- aspartate) receptors in the brain which regulate mood.

### CARNITINE

Studies show that carnitine can reduce anxiety and improve feelings of well being

### SELENIUM

Integral part of regulatory proteins in the brain; Supplementation trials are promising; May alleviate postpartum depression.

### MAGNESIUM

Deficiency damages NMDA (N-methyl-D-aspartate) receptors in the brain, which regulate mood; Well-documented anti-depressant effects

*The very first step to understanding a stress-free 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 B1  
Vitamin B3  
Vitamin B6  
Vitamin B8  
Vitamin B9  
Vitamin B12  
Vitamin D  
Vitamin E  
Choline

### MINERALS

Calcium  
Copper  
Chromium  
Magnesium  
Manganese  
Zinc  
Selenium

### CELL HEALTH

Spectrox (Antioxidant Function)  
Immunidex (Immune Function)

### CARBOHYDRATE METABOLISM

Glucose-Insulin Response

### AMINO ACIDS

Asparagine  
Choline  
Cysteine  
Glutamine  
Serine

### ANTIOXIDANTS

Coenzyme Q10

## 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

