

WEIGHT OPTIMIZATION

*DRIVEN BY SCIENCE.
INSPIRED BY PATIENTS.*

ORDER YOUR
WEIGHT OPTIMIZATION
TEST TODAY!

www.ibalancewellness.com



DO YOU EXPERIENCE ANY OF THE FOLLOWING?

- ☐ Weakened Immune System
- ☐ Low Hormone Levels
- ☐ Fructose Intolerance
- ☐ Insulin Resistance
- ☐ Inefficient Fat Metabolism
- ☐ Weight Management Issues
- ☐ Low Stress Tolerance
- ☐ Inflammation

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WEIGHT OPTIMIZATION

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 A

Enhances expression of genes that reduce a person's tendency to store food as fat; Reduces the size of fat cells.

VITAMIN D

Deficiency strongly linked to poor metabolism of carbohydrates; Genes that are regulated by vitamin D may alter the way fat cells form in some people

CALCIUM

Inhibits the formation of fat cells; Also helps oxidize (burn) fat cells.

MAGNESIUM

Low magnesium in cells impairs a person's ability to use glucose for fuel, instead storing it as fat; Correcting a magnesium deficiency stimulates metabolism by increasing insulin sensitivity. Magnesium may also inhibit fat absorption.

VITAMIN B

Treatment with B3 increases adiponectin, a weight-loss hormone secreted by fat cells; Niacin-bound chromium supplements helped reduced body weight in clinical trials.

ZINC

Deficiency of zinc reduces leptin, a beneficial hormone that regulates appetite, which is reversed by zinc repletion

GLUTAMINE

Reduces fat mass by improving glucose uptake into muscle.

CARNITINE

Carries fatty acids into the cell so they can be burned for fuel; Helps reduce visceral adiposity (belly fat).

CHROMIUM

Makes the body more sensitive to insulin, helping to reduce body fat and increase lean muscle

The very first step to understanding a nutritional routine, is to know which nutrients and supplements need to be added to your diet.

DID YOU KNOW...?

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

WHAT THIS TEST MEASURES...

VITAMINS

Vitamin A
Vitamin B3
Vitamin B5
Vitamin B12
Vitamin C
Vitamin D
Vitamin E
Vitamin K
Cell Health
Immunidex

MINERALS

Calcium
Chromium
Magnesium
Zinc

CARBOHYDRATE METABOLISM

Fructose Sensitivity
Glucose-Insulin Response

AMINO ACIDS

Asparagine
Carnitine
Cysteine
Glutamine

ANTIOXIDANTS

Coenzyme Q10
Glutathione
Lipoic Acid
Inositol

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



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