



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*
Organic Acids	Urine	Urine	Urine	Urine
Amino Acids	Urine (NutrEval FMV) or Plasma (NutrEval Plasma)	Urine	Plasma (option to choose 40 with Ion Profile Amino 40 Upgrade)	Plasma
Oxidative Stress Markers	Urine	Urine	Urine (8-OHdG) & serum (lipid peroxides)	Urine (8-OHdG) & serum (lipid peroxides)
Glutathione	Whole Blood	N/A	N/A	N/A
CoQ10	Serum	N/A	Serum	Serum
Fatty Acids	RBC	Bloodspot (add-on)	Plasma	Plasma
25-OH Vitamin D	Serum (add-on)	Bloodspot (add-on)	Serum	Serum
Toxic Metals	5 measured in whole blood	20 toxic metals in urine (add-on)	5 measured in whole blood	5 measured in whole blood
Nutrient Elements	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
Homocysteine	N/A	N/A	Plasma	Plasma
CVD Risk Factors	N/A	N/A	N/A	11 analytes measured in whole blood
Genomics	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)
At-home specimen collection	Blood draw required, urine collected at home	Yes	Blood draw required, urine collected at home	Blood draw required, urine collected at home
Report Summary	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.