

Case Study

33 year old female with chief complaint of DEPRESSION



This patient also had a secondary complaint of muscle spasms. She had previously taken Xanax, Adderall, Motrin and birth control pills. Other complaints included low appetite, difficulty sleeping, low energy, anxiousness and leg cramps at bedtime. SpectraCell's MicroNutrient Testing revealed functional deficiencies of Vitamin B12, Zinc, Choline, Oleic Acid, Magnesium and Insulin. **Based upon these deficiencies, she was administered the following daily nutritional supplement protocol:**

- 1) 1,000 mg IM of Vitamin B12 and 300 mcg of F/B methyl B12
- 2) 1,000 mg of Omega-3 DHA/EPA twice daily
- 3) 525 mg orally of Magnesium Glycinate at bedtime
- 4) 25 mg of Zinc
- 5) 500 mg of Choline Barbiturate twice daily
- 6) Ferrous Fumerate and Wellbutrin were added

In addition to the above supplements, diet and exercise programs were implemented. The patient had to have a diet with a low glycemic index. She also had to exercise by briskly walking for 30 minutes. The patient also discontinued her regimen of birth control pills.

Follow up SpectraCell's MicroNutrient Testing was performed 24 months later.

Clinical Outcome:

All previous deficiencies were resolved. The only nutrient that was found to be deficient in was Vitamin B5.

The patient experienced improved energy, elevated mood, no evening leg cramping, no anxiety (Xanax discontinued) and sound sleeping. Her HCT is now 26 and her fasting blood sugar 92. She also lost 4 pounds. The patient was able to decrease the amount of prescription medications taken and have a preventative strategy instituted for insulin resistance in place.



MicroNutrient
Testing

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