

## NutriScan® tests

NutriScan® includes laboratory tests to check the nutritional status of the body such as vitamins, amino acids, and fatty acids:

### ➤ Vitamin Basic Profile

It includes the test of water-soluble vitamins B1, B2, B6, and C as well as fat-soluble vitamins A (beta carotene and retinol) and E (α- and γ-tocopherol).

### ➤ Vitamin Comprehensive Profile

It includes the test of water-soluble vitamins B1, B2, B3, B5, B6, B7, B9, B12, and C as well as fat-soluble vitamins A (beta carotene and retinol), vitamin D, E (α- and γ-tocopherol).

### ➤ B Complex Vitamin Profile

The B vitamins tested are: B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid), B12 (cyanocobalamin).

### ➤ Fat-Soluble Vitamin Profile

It includes the test of vitamins A (beta carotene and retinol), D, E (α- and γ-tocopherol), and vitamin K.

### ➤ Biologically Active Vitamin Profile

The measurement of biologically active vitamins is recommended when the test of vitamins has borderline values and when the measured levels of vitamins are not compatible with the observed clinical picture or other laboratory findings.

### ➤ Micronutrient Elements Profile

It includes the measurement of plasma Choline, Carnitine, alpha-Lipoic Acid, and Coenzyme Q10.

### ➤ Plasma and Urine Amino Acids

It is used to determine the adequacy of dietary proteins and the balance of amino acids in the body, conditions that underlie many chronic pathologies.

## How is it performed?

NutriScan® is easy to perform and can be done:

By appointment at Diagnostiki Athinon.  
Book your appointment in real-time and purchase the test online at [eshop.athenslab.gr](http://eshop.athenslab.gr)

By sending a sample collection kit via courier.  
Purchase the test online at [eshop.athenslab.gr](http://eshop.athenslab.gr)

Addressed to our partners throughout Greece

# We find the causes. You choose the solutions!

Diagnostiki Athinon is a laboratory  
certified with ISO 9001:2015



## DIAGNOSTIKI ATHINON

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### VITAMIN & MICRONUTRIENT TESTS

Check if your body is properly nourished  
with the unique NutriScan® tests!

Nutrition is much more than a diet! It is a point of reference in Preventive and Functional Medicine as, according to the World Health Organization, it is one of the pillars of health and well-being. In people of all ages, proper nutrition leads to less disease and stronger health by maintaining physical and mental strength throughout life.

Many times, we resort to deprivation diets or diets restricting foods that can cause a great imbalance in the body since they deprive it of valuable nutrients. In addition, life in cities and our modern lifestyle deprive us of access to healthy, pure, and additive-free fresh food, with the result that many times we replace food with nutritional supplements. But do they have a substantial effect on our organization? Additionally, do the foods we eat ultimately give us all the nutrients our body needs to function normally? How can we find out?

The answer lies in the valid and specialized tests provided by Diagnostiki Athinon's NutriScan®!



## Take a complete vitamin checkup

NutriScan® provides you with valid information on the levels of vitamins, amino acids, omega fatty acids, and other macronutrients and micronutrients in your body. In particular, NutriScan® is essential:

- For those who have symptoms, signs, or laboratory findings that indicate a lack of certain vitamins such as disorders of the skin and mucous membranes, alopecia, hair loss, anemia, brittle nails and hair, disorders from the nervous system such as irritability and memory disorders
- For those who are at risk of vitamin deficiency due to gastrointestinal surgeries, or due to gastrointestinal pathological conditions such as celiac disease and inflammatory bowel diseases
- For those who follow extreme diets or have an unbalanced diet, to women during pregnancy and lactation as well as to those who play sports at the championship level and to amateur athletes
- For those who regularly use nutritional supplements and want to know their effectiveness

Your food is your medicine! But are you getting the right one?

## Omega Fatty Acids Profile - OmegaScan®

To OmegaScan® is used to assess the levels and balance of essential and non-essential fatty acids in the body. The profile includes **omega-3** and **omega-6 fatty acids**, "bad" **trans fatty acids**, **omega-7** and **omega-9 fatty acids**, and **monounsaturated** as well as some important indices for assessing the risk of cardiovascular diseases.

- Omega-3 fatty acids are very important for the heart, nervous system, and joint health
- Low levels of omega-3 fatty acids are associated with an increased risk of fatal heart attack, depression, and Alzheimer's disease
- Omega-3 fatty acids are very important in pregnancy for the fetus because they are structural components of the developing brain
- Most people who follow a typical **Western diet** have low levels of omega-3 fatty acids, while the **Mediterranean diet** provides an excellent ratio of omega-3 and omega-6 fatty acids to the body
- Levels of most fatty acids can be adjusted with simple dietary changes and taking the right supplements in the right dosage

