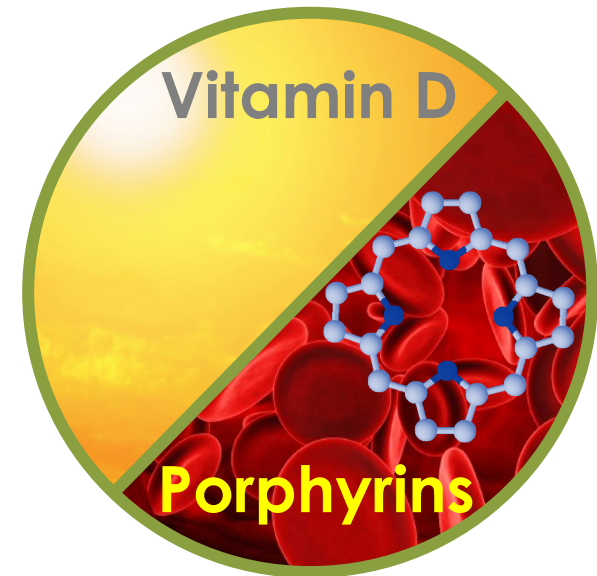


Micro Trace Minerals

New Tests



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Vitamin D

Vitamin D is referred to as a fat-soluble vitamin when in fact it is a pre-hormone, necessary for many body functions. It is stored in fatty tissue for longer periods of time, meaning that daily intake, in most cases is not needed.

Vitamin D is often considered the "sunshine" vitamin since production is stimulated through exposing the skin of your face, arms, back, or legs (without sunscreen) in the sun. It is said that 10-15 minutes of sunshine three times weekly is enough to produce the body's requirement of Vitamin D.

Unfortunately, many people live in regions where days are predominantly cloudy, or have high pollution, or live in countries where full clothing is necessary, leaving the individuals with Vitamin D deficiencies.

Most of the positive effects of solar radiation are linked to ultraviolet-B (UVB) rays which are responsible of Vitamin D production in skin.

Some foods contain high amounts of Vitamin D, such as fatty fish (salmon & mackerel), grain cereals, oysters, caviar, fortified daily products, as well as soy products, but it is almost impossible to receive sufficient vitamin D from the diet. Be aware that some of these food sources may also be high in heavy metals; i.e. fish.

A Vitamin D deficiency is a common occurrence, though often overlooked, which can result from:

- Lack of exposure to sunlight as outlined above and a lack of enough vitamin D in the diet
- Liver and kidney diseases
- Poor food absorption
- Use of certain medicines, including phenytoin, phenobarbital, and rifampin

Higher-than-normal levels of Vitamin D may be due to, a condition called Hypervitaminosis D, also known as Vitamin D toxicity. It is a rare but potentially serious condition that occurs when too much vitamin D is supplemented.

Vitamin D is easily measured in Serum, and the 25-hydroxy vitamin D test is considered the most accurate. The test is simple and inexpensive.

Test material: 3ml Serum

Provided Test:

Vitamin D (25-OH-D), Total 31.74 € + TAX *)

Porphyrins

Alternative Names: Urine uroporphyrin; Urine coproporphyrin

Porphyrins are organic compounds, one of them being hemoglobin, the protein in the red blood cells which carries oxygen in the blood. Porphyrins can be best measured in the urine.

High levels of porphyrins found in urine can be closely tied to lead (Pb) intoxication, and to long-term mercury (Hg) exposure in adults and children, especially the autistic. Porphyrin changes in the urine analysis can also be used as a biomarker for adults who are exposed to elemental mercury (Hg) in the workplace.

Symptoms of porphyria can also be seen in other diseases, making this a difficult diagnosis.

There is the Neurologic (or acute) Porphyria, which primarily affects the nervous system & the Cutaneous Porphyria, which primarily affects the skin. Both of these may be triggered by drugs, alcohol, and other environmental factors such as diet, stress, and illness.

The first and easiest step is to monitor porphyrins in the urine. This helps to determine which type of porphyrin is present.

Measuring porphyrins in plasma or other fluids is not necessary to make a diagnosis.

Test material: 10-15ml Urine

Sampling Procedure:

A 24-hour urine sample is needed. On Day 1 – begin by emptying your bladder into the toilet. For the next 24 Hours all Urine should be collected into a 24-urine collection container. This urine should be kept cool during the entire collection period. Finish your 24-hour collection on the morning of Day 2 when waking up – this will be your last collection.

Gently mix the urine in the collection container by inverting the container. Now take a 10-15ml sample of urine from the collection urine into the urine tube provided and write your name on the urine tube. Place both the urine tube into the protection container, with the patient information sheet and post it to Micro Trace Minerals Laboratory.

Provided Tests:

Porphyrins, Total, Urine 16.53 € + TAX *)

Porphyrins, Quantitative, Urine 37.69 € + TAX *)

*) Tax will be added, depending on tax regulation.