

## Assessing Your Overall And Cardiovascular Health...



*In addition to the cardiovascular markers reported in the Cardio/ION Profile, the ION Profile components are:*

- **Organix<sup>SM</sup> Profile** - reveals the nutritional and metabolic basis of patient symptoms, including anxiety, mood changes and immune responses
- **Fatty Acid Profile** - helps strike the right balance of fatty acids that can impact health and development
- **Amino Acids Profile** - determines essential amino acid imbalances that affect both physical and mental function
- **Nutrient and Toxic Element Profiles** - identify a toxic burden, which can render considerable damage to the brain and nervous system, as well as sufficiency of nutrient elements
- **Antioxidant vitamins** - measure total body status of antioxidant nutrients and nutritional deficiencies

### *What is the Cardio/ION<sup>SM</sup> Profile?*

The Metamatrix Cardio/ION (Individual • Optimal • Nutrition) Profile is a combination of nutritional analyses that measures levels of organic acids, fatty acids, amino acids, vitamins, minerals, antioxidants and risk factors for cardiovascular disease (CVD). Over time, functional nutritional inadequacies can result in a variety of chronic health conditions. The Cardio/ION Profile can help determine the basis for these chronic health conditions.

### *Why should I order the Cardio/ION Profile?*

According to the American Heart Association, 1 in 3 adults has some form of cardiovascular disease.<sup>1</sup> The Cardio/ION identifies key nutritionally modifiable risk factors for CVD, including:

- **Fatty Acid imbalances** leading to chronic inflammation, a probable cause of CVD
- **High Fibrinogen\*** that can make the blood more sticky, increasing risk of clots
- **Homocysteine**, an important risk factor for not only CVD, but stroke and dementia as well
- **Coenzyme Q10**, a fat-soluble, vitamin-like substance in every human cell, involved in key biochemical reactions that produce cell energy and acts as an antioxidant
- **Fasting insulin**, an indicator of insulin resistance often leading to metabolic syndrome, type 2 diabetes and CVD
- Sufficiency of **antioxidant protection**, shown in studies to help reduce fatty deposits on artery walls and limit cell damage that can lead to both CVD and cancer
- **C-reactive protein (hs)**, a marker of CVD inflammation

### *Conditions evaluated by the Cardio/ION Profile:*

- Chronic fatigue syndrome
- Cancer
- Obesity
- Immune disorders
- Mental/emotional disorders
- Multiple chemical sensitivities
- Inflammatory conditions, including joints and skin
- Heart disease

\*Not reported in New York

1. N. Hanes 1999-02, CDC/HCHS (American Heart Association)

## PATIENT INFORMATION SHEET

