



**You're unique. Eat like it.**

**Test micronutrient and antioxidant needs  
to nourish and protect your body at the cellular level.**

## More than just a snapshot!

### The value of the test provides insight into your long term intracellular nutrient status.

Our testing recognizes that every person is unique. It provides information about the nutrient stores inside your cells – like hemoglobin A1C provides long-term information about blood sugar regulation.

Nutrients are essential to health. Vitamins, minerals, amino acids, and fatty acids, are utilized within cells and are the “spark” behind metabolic reactions. It is also vital to maintain balance between oxidant stress and antioxidant factors to prevent damage in the body.

Micronutrients need to counteract high levels of stress in today's world, including environmental pollution, toxins, and drugs, varying from person to person. Lifestyle, genetics, pregnancy, recent infection, sleep patterns, overexertion in sports, age, gender, all play a role.



The Cellular Nutrition Assays by Cell Science Systems are calibrated according to the individual's need and how the immune cells respond to the addition of each test item.

**Most items tested ● Highly accurate ● Best value for money**

» Even though I have always eaten well and supplemented with vitamins and minerals, I struggled for years with fatigue. The CNA identified that I was not getting enough and the right forms of B vitamins, vitamin E, and a few amino acids. I have started to eat more protein sources and changed my supplement routine. My energy is better and I noticed that my focus has also improved. «  
(Elisabeth)

# Personalized nutrition is the key to feeling your best!

Science based personalized diet

**optimized metabolism ● improved energy ● enhanced performance**  
**● immune support ● protection from oxidative stress**



Whether you consume a health promoting eating pattern or find yourself struggling with balanced nutrition, this test can support:

● <b>Nutrition &amp; health status optimization with a tailored food and supplement plan</b>	● <b>Women's health; fertility, pregnancy, lactation, perimenopause, menopause</b>
● <b>Weight management, obesity</b>	● <b>Burnout, fatigue, depression, mood swings, low vitality</b>
● <b>High performance and/or severe stress</b>	● <b>Chronic and metabolic conditions (increased blood pressure and blood sugar, excess body fat, abnormal cholesterol)</b>
● <b>Sports nutrition</b>	● <b>Pre and post surgery</b>

# Find out more about the CNA and get tested

## Achieve your best!

### Your MICRONUTRIENT test

- Test to determine your **1) cellular micronutrient status**  
→ 55 vitamins, minerals, amino acids, and other nutrients

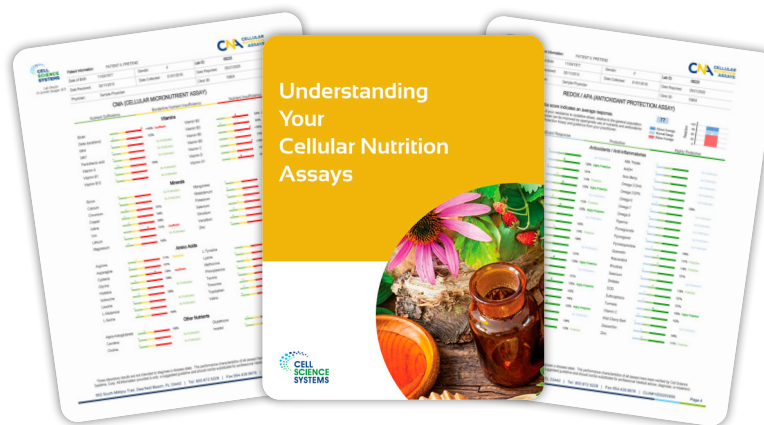
Nutrient stores in cells reflect long-term nutritional status and have the most functional impact. We analyze the direct response of your immune cells (lymphocytes) when individual micronutrients are added to them. Increased nutrient need is indicated by an increase in activity of your cells.

### Your CELL PROTECTION test

- **2) Cell stress test (Redox assay)**
- **3) Antioxidant Protection Assay (APA)**  
→ 49 antioxidants, botanicals, phytonutrients, anti-inflammatory, nutrients, fatty acids, and enzymes

These tests go hand in hand. The Redox Assay or your “cell stress test” determines your antioxidant capacity, in other words, your cells’ ability to resist oxidative damage. The APA takes all the guesswork out of identifying which nutrients would work best to protect your cells, resist oxidative damage, and improve your overall antioxidant capacity (Redox).

## Your results are easy to understand and color-coded A simple blood draw is needed



Nutrients are highlighted according to your cellular responses. Descriptions of each “insufficient” nutrient and “protective” antioxidant are provided along with foods to emphasize to meet the increased nutrient need.

We highly recommend that this test be used as part of a comprehensive nutritional assessment with individualized guidance from a qualified nutrition practitioner. If your practitioner does not provide nutrition therapy, you are welcome to arrange consultations with a PreviMedica nutritionist. Contact us at [hello@previmedica.com](mailto:hello@previmedica.com).

# Test items

## Panel contents / 104 test items

### CMA (Cellular Micronutrient Assay) | Micronutrient insufficiencies – 55 test items

#### VITAMINS

Thiamine (vitamin B1)  
Riboflavin (vitamin B2)  
Biotin  
Cobalamin (vitamin B12)  
Folate (vitamin B9)  
Nicotinamide (Niacin, vitamin B3)  
Pantothenic Acid  
Pyridoxine (vitamin B6)  
Vitamin C  
Vitamin A  
Vitamin D  
Vitamin E (Delta-tocotrienol)  
Vitamin K1  
Vitamin K2-MK7  
Vitamin K2-MK4

#### MINERALS

Boron  
Calcium  
Chromium  
Copper  
Iodine  
Iron  
Lithium  
Magnesium  
Manganese  
Molybdenum  
Selenium  
Strontium  
Vanadium  
Zinc

#### AMINO ACIDS

Arginine  
Asparagine  
Cysteine  
Glutamine  
Glycine  
Histidine  
Isoleucine  
Leucine  
Lysine  
Methionine  
Phenylalanine  
Serine  
Taurine  
Threonine  
Tryptophan  
Tyrosine  
Valine

#### OTHER NUTRIENTS

Carnitine  
Choline  
Coenzyme Q10  
Docosahexaenoic acid (DHA)  
Eicosapentaenoic acid (EPA)  
Glutathione  
Inositol  
Lipoic Acid  
Oleic acid (omega 9)

### APA | Individually beneficial antioxidants (Antioxidant Protection Assay) – 49 test items

#### BOTANICALS, PLANT EXTRACTS, PIGMENTS, PHYTONUTRIENTS

Acai Berry  
Andrographis  
Astaxanthin  
Astragalus  
Bilberry  
Boswellia  
Camu Camu  
Chlorophyll  
Cinnamon  
Echinacea  
Elderberry  
Garlic  
Ginger  
Ginkgo biloba  
Goji Berry  
Grape Seed  
Green Tea  
Lavender  
Lycopene  
Maitake mushroom  
Mangosteen  
Melatonin  
Milk Thistle  
Moringa  
Noni Berry  
Piperine  
Pomegranate  
Pycnogenol  
Quercetin  
Resveratrol  
Rhodiola Root  
Shiitake mushroom  
Sulforaphane  
Turmeric  
Wild Cherry Bark  
Zeaxanthin

#### ANTIOXIDANTS AND ENZYMES:

Beta-carotene  
Catalase  
Coenzyme Q10  
Glutathione  
Lipoic Acid  
Lutein  
NADH  
Pyrroloquinoline  
Selenium  
Super Oxide Dismutase (SOD)  
Vitamin C  
Vitamin E (Delta tocotrienol)  
Zinc

Alcat food  
sensitivity test  
+ CNA / Ask for  
combo price

## Test combinations

The Cellular Nutrition Assays and the ALCAT test for food and chemical sensitivities go hand in hand; one test telling you what to eat, and the other telling you what not to eat.

**ALCATTEST**

**CNA** CELLULAR  
NUTRITION  
ASSAYS

### Science Based Personalized Diet

Gut and skin disorders, overweight, arthritis, headaches, chronic fatigue, and other conditions related to INFLAMMATION

**Answers what to eat  
and what not to eat**

**Identifies triggers  
of inflammation**

**Basis for a healthy &  
anti-inflammatory diet**

**Micronutrient  
insufficiencies**

**Cells' ability to resist  
oxidative stress**

**Particularly  
beneficial antioxidants**

### Science Based Personalized Nutrients

Personalized foods and  
supplements tailored to your  
unique needs.

Ask for your Alcat Test **combined** with the CNA

» My doctor recommended the CNA together with the Alcat Test because no tests helped my skin rash. I was amazed that my skin problems were gone after only 6 weeks and I feel much better. Some fruits, veggies and casein were reactive in my Alcat list. I was missing vitamin E and K. You can't guess - I found out what "healthy" means for me only after I got tested! « (Jennifer)

» If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health.«

Hippocrates







# ALCATTEST



**About us:** Cell Science Systems is the developer of the Alcat Test for food & chemical sensitivity as well as other specialized tests aimed at disease prevention. The Alcat Test stands alone as the only food sensitivity test of its kind to have been independently validated in institutions like Yale School of Medicine. The three Cellular Nutrition Assays are available now and available for the first time in this unique combination with the Alcat Test.

Also interesting: The Methyl Detox Profile to test genes for biochemical processes related to i.e. methionine metabolism, detoxification, and hormone balance - for proper nutrition support to maximize the functions of metabolic pathways.

## Find YOUR path to health & happiness! Get tested NOW.

### Ask your healthcare provider about test options!

Or connect with us: 1 800-872-5228 Ext. 808 • [customerservice@cellsciencesystems.com](mailto:customerservice@cellsciencesystems.com)



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Testing Company of the Year“

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