

# Vitamins, Minerals and Antioxidants



Healthscope  
PATHOLOGY

COLLECTION  
CENTRE

Healthscope Functional Pathology provides a blood test which can measure a number of trace elements, vitamins, minerals and antioxidants, providing valuable information on the body's nutritional and biochemical status.

## Substances Tested

A combination of any or all of the following nutrients can be tested from a blood specimen:

- *Minerals (Red Cell or Whole Blood) – Calcium, Chromium, Cobalt, Copper, Magnesium, Manganese, Nickel, Potassium, Selenium, Zinc*
- *Fluoride*
- *Vitamins – B1, B6, B12, D and Folate*
- *Co-Enzyme Q10*

## Specimen Requirements

- *A blood specimen is required, which can be taken at any time of the day. Overnight fasting may be required for some nutrients.*

## Specimen Collection

Once the practitioner has given the patient their request form, the patient takes it to their nearest Healthscope pathology collection centre. Please call 1300 55 44 80 or visit [www.functionalpathology.com.au](http://www.functionalpathology.com.au) for a list of collection centres.

## Turnaround Time

The standard turn around time for this test is 7 – 10 working days from the date the patient's specimen/s are received at our laboratory.

## Test Results

Patient results will be delivered via mail, unless requested otherwise. However, we can also issue results via:

- Fax
- Electronic Download
- Web Based Results

## Technical Support

All Healthscope Functional Pathology tests are accompanied by an Interpretive Guide to assist practitioners in their clinical understanding and patient management for each result. Healthscope Functional Pathology also has experienced full time Technical Advisors available for practitioners to discuss appropriate test selection, interpretation of test results, individual cases and other technical matters. Please call 1300 55 44 80 between the hours of 8.30am and 5.30pm AEST or email [infofp@healthscope.com.au](mailto:infofp@healthscope.com.au)

## Companion Tests

### • Intestinal Permeability (IP)

### • Complete Digestive Stool Analysis (CDSA)

The results of the blood test for vitamins, minerals and antioxidants may indicate the need for additional Healthscope Functional Pathology tests in order to establish any contributing factors to deficiency or excess. High intestinal permeability, poor digestive function and imbalanced gut flora can all contribute to nutrient deficiency. The Intestinal Permeability (IP) and Complete Digestive Stool Analysis (CDSA) may therefore be useful tests in conjunction with these blood tests.