ANALYZED PARAMETERS

METHYLATION MARKERS

- **Homocysteine**: high concentrations are associated with a greater risk of cardio-vascular diseases.
- **Vitamin B12**: decisive role in anemia and in chronic fatigue syndromes. A correct supplementation restores strength and accelerates recovery from illnesses and surgical operations.
- **Folic Acid**: group B vitamin, essential in pregnancy; necessary for the cardio-vascular and nervous systems functions.

INFLAMMATION MARKERS

- **C Reactive Protein** (high sensitivity method): high concentrations in blood corresponds to severe stress in the organism and increased cardio-vascular risk.
- **Interleukin 6**: it can be indicative of vascular pathologies or diabetes. It increases in obese subjects.
- **Ferritin**: The primary function of ferritin is to create a significant iron deposit in the organism. High ferritin levels can be associated with acute or chronic inflammatory states.
- **Fatty Acids profile**: it assesses the balance between Omega-3 and Omega-6, which are essential for the health and the wellbeing of the organism.

GLYCATION MARKERS

- **Glycemia**: increased values in diabetic subjects
- **Insulinemia**: it measures insulin levels, the hormone which transports glucose into the cells. Commonly imbalanced in diabetic and pre-diabetic subjects with insulin-resistance.
- **HOMA index** (Homeostasis Model Assessment): it indicates the relation between insulinemia and glycemia and calculates the risk of incurring in insulin-resistance in healthy or at risk subjects;
- **Glycated Haemoglobin**: it is formed every time the glucose bonds the haemoglobin, and this compound does not function properly. To be monitored in all diabetic patients.
- **Fructosamine**: molecule monitoring blood glucose concentration since the past two weeks before the sampling.

OXIDATION MARKERS

- **Free Radical Test (F.R.T.)**: it measures the total concentration of free radicals, directly responsible of oxidative stress.
- **Isoprostanes**: belonging to the fatty acids family, they function as a cellular signal. Over the past years, several studies confirm that increased levels reflect an increase of oxidative stress.
- **Antioxidant Capacity Test (A.C.T.)**: evaluation of the antioxidant substances (enzymes, vitamins, polyphenols, etc.) opposing the effect of free radicals.

In your city, you can contact:

OTHER DIAGNOSTIC TESTS CARRIED OUT BY NATRIXLAB:

- **FOOD INTOLERANCE TEST**: assessment of food intolerance with the ELISA method.
- **GLUTEN SENSITIVITY TEST**: non-celiac gluten sensitivity evaluation.
- **CELIAC TEST**: Immunological evaluation of the possible positivity to celiac discase.
- **HORMONAL PROFILES**: Weight Loss, Stress, Sport, Goodnight, Woman (Fertility\Menopause), Man.
- **ANTI-AGING PROFILE**: (Free Radical Test + Antioxidant Capacity Test) global assessment of oxidative stress.
- **IN FLORA SCAN**: the most in-depth assessment panel for intestinal health.
- **MINERAL EVO**: nutritional minerals and heavy metals assessment.

Tele nutrizione

YOUR NUTRITIONIST ALWAYS BESIDE YOU

After the analysis, you can request on-line a specific nutrition program through the telemedicine service called "**Telenutrizione**". A team of doctors and nutrition specialists can assist patients during their nutrition program. For further information, visit the website.

www.telenutrizione.com

For more information you can contact us from Monday to Friday from 09:00 a.m. to 1:00 p.m. and 2:00 p.m. to 6:00 p.m. (**+39 0522 232606**).

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CELLULAR AGING FACTORS (C.A.F.)

Cellular aging profile

We can't stop the aging process, but we can do a lot to slow it down. Research has made outstanding breakthroughs concerning the aging process. Several chronic pathologies are influenced by four main physiological processes:

- METHYLATION
- INFLAMMATION
- GLYCATION
- OXIDATION.

"Cellular Aging Factors" measures the cellular aging level by analyzing specific biomarkers of these four processes.

Recent studies show that the environment can significantly affect the organism and cause early aging.
The alteration of one of the processes examined in this test can cause inevitable damages to the organism, if not properly challenged.
How? Inside the body, in case of stress or several pathologies, free radicals concentration considerably increases, leading to a worsening of oxidative stress.
The more this condition is prolonged, the more organs and tissues are damaged. Moreover, oxidative stress worsens the other mechanisms responsible of cellular aging, thereby triggering a vicious cycle in the organism.
Gene expression, too, is influenced by environmental factors and lifestyle, and both may have a negative impact on growth and development, triggering chronic illnesses such as diabetes, increased blood pressure, atherosclerosis, and other cardio-vascular pathologies, and accelerate the aging process.
Hence, improving lifestyle and nutrition, lowering the quantity of calories ingested daily, and integrating personal metabolic deficiencies, we can improve body health.
The four main processes responsible for health and cellular aging are:

- **Methylation**: essential on DNA level regulating gene expression and, consequently, proteic, hormonal, and lipidic. If weakened, it causes early aging and functional alterations of the cells.
- **Inflammation**: in response to internal and external damages and insults. Chronic inflammation cause of low grade and prolonged irritation which may show no symptoms for several years, triggers more destructive outcomes for the entire organism.
- **Glycation**: regulation of glycemia (concentration of blood glucose) and of the factors involved. An excessive and irregular diet, rich in refined sugars and carbohydrate, may lead to an uncorrect glucidic metabolism, which consequently triggers an amplification of oxidative stress and of chronic inflammation.
- **Oxidation**: reaction leading to the formation of free radicals, which cause damages to DNA, proteins, and all the cellular structures, and are directly responsible of oxidative stress.

All these processes are exclusively bio-chemical; they do not lead to clinical manifestations, neither subjective, nor objective.
As such, they will remain unnoticed, causing inevitable damages to the organism, until a specific test as the **C.A.F.** is carried out.

CELLULAR AGING FACTORS

The goal of this specific profile is to answer to the deep-felt worries perceived by the population concerning their expectancy of aging in the best way possible.

We **recommend** it to **everyone**, it is useful:

1. To assess cellular health and to prevent related pathologies, diabetes, high blood pressure, cardio-vascular pathologies, atherosclerosis, stroke.
2. To assess skin aging and strong oxidative stress.
3. To identify potential vitamin and mineral deficiencies and elaborate a personalized diet aimed at losing weight.
4. To monitor over time of the effectiveness of the cures and treatments underwent.
5. To prevent and treat skin imperfections, such as wrinkles and cellulite.

It may be necessary when suffering from psycho-emotional and social stress; in overweight, obesity, and as the starting point to begin the long path towards losing weight and well being. It is useful for those with chronic fatigue and persistent tiredness. With this profile, we also attempt to answer other important questions:

- Why should you take vitamins as supplements if you are following a healthy and varied diet? Which vitamins and which supplements should you take and in which quantity? Is it possible to live a healthy life practicing a proper physical exercise and with the help of vitamin supplements?
- What does anti-aging therapy mean and stand for?
- If you are already affected by a disease, can you change your lifestyle easily and realistically to feel and get better?

NATRIX Lab