



YOUR PERSONALIZED NUTRIENT ASSESSMENT REPORT

Name: Ms Sample Report
Age: 50+Years
Report Code: VGTEST



The report consists of four sections of which pages 4- 35 contains the most important results for you, the rest of the report is for your general information.

Section 1

A discussion of your assessment, addressing factors noted to influence your current nutrient status.

Section 2

A visual summary of all the nutrients assessed in this report.

Section 3

A list of supplement options, based on your assessment answers, which may benefit you.

Section 4

A reference guide including detailed information about vitamins, minerals, essential fatty acids and the three specialised nutrients. This is for general knowledge about specific nutrients for your interest.



The background of the page is a light, neutral color, possibly white or a very light cream. It is decorated with several slices of citrus fruits, including oranges and lemons, scattered across the top and bottom edges. A single green leaf is visible on the right side, partially overlapping the top edge. The text is centered and uses a clean, sans-serif font.

SECTION ONE

A discussion of your assessment addressing factors noted to influence your current nutrient status.

SECTION TWO

A visual summary of all the nutrients assessed in this report.

SECTION THREE

A list of supplement options, based on your assessment answers, which may benefit you.

SECTION FOUR

A reference guide including detailed information about vitamins, minerals, essential fatty acids and the three specialised nutrients.
This is for general knowledge about specific nutrients for your interest.



Dear Ms Report,

Thank you for completing our Nourish Yourself Well Nutrient Assessment.

Based on your supplied information, your calculated recommended daily protein requirement is a minimum of 64g, though the optimal requirement is closer to 95g of protein per day. Protein is very important as it supplies you with your amino acids which are essential for structural growth & maintenance, energy production, gut health, healthy mood support, hormones and many enzymatic functions. You noted an additional two servings of protein is consumed daily and no additional protein supplements. It is advised to monitor the amount of protein acquired daily in order to make sure foods or supplements make up the recommended amount per day.

You noted a high level of stress, chronic stress has been shown to significantly impact nutrient concentrations. Increased metabolic and enzymatic demands during times of stress may also be associated with increased micronutrient utilization and subsequent depletion. Due to this increased demand, one can benefit from a high quality multivitamin. Please find the recommended multivitamin supplement suggestions [here](#).

Essential fatty acids play an important role as they are essential to human health but cannot be manufactured in the body. No omega rich foods or supplements were noted in your assessment. I advise adding a good quality omega supplement daily. Please find the omega supplement suggestions [here](#). There is also a Zinzino's BalanceTest available which provides you with accurate readings of 11 fatty acid levels in your blood and your essential omega 6:3 ratio with six different health markers. You can find more information on this test [here](#).

Trusting you will find the information supplied in the rest of this report useful in supporting your optimal nutrient health.

Dr Tracey Smillie

A handwritten signature in black ink, appearing to read 'Tracey Smillie', is written over the printed name.



The background of the page is a light, neutral color, possibly white or a very light cream. It is decorated with several slices of citrus fruits, including oranges and lemons, scattered across the top and bottom edges. A single green leaf is visible on the right side, partially overlapping the text area. The overall aesthetic is clean, fresh, and health-oriented.

SECTION ONE

A discussion of your assessment addressing factors noted to influence your current nutrient status.

SECTION TWO

A visual summary of all the nutrients assessed in this report.

SECTION THREE

A list of supplement options, based on your assessment answers, which may benefit you.

SECTION FOUR

A reference guide including detailed information about vitamins, minerals, essential fatty acids and the three specialised nutrients.
This is for general knowledge about specific nutrients for your interest.

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS



Likely not optimal (insufficient or possible excess) or insufficient information provided




Likely optimal




It is important to *test* this nutrient with your Healthcare provider before supplementing

<u>NUTRIENT</u>		
<u>Vitamin A</u>		
	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	Your diet was noted to contain foods likely insufficient in vitamin A .	
Your Recommended daily intake	700mcg RAE	The upper limit is 3000mcg.
Comments	Sweet potatoes & carrots greatly support healthy vitamin A levels. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin A levels.	
Your supplement contribution	No additional supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
<u>Vitamin B1 (Thiamin)</u>		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in vitamin B1.	
Your Recommended daily intake	1.1mg	There is no upper limit
Comments	Consuming a daily diet of varied foods will allow for optimum vitamin B1 levels. Poultry has a good amount of vitamin B1. Beef liver is the highest beef source of vitamin B1. Beef, almonds and eggs have high B2 levels. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B1 levels.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B2 (Riboflavin)		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in vitamin B2.	
Your Recommended daily intake	1.1mg	There is no upper limit
Comments	Consuming a daily diet of varied foods will allow for optimum vitamin B2 levels. You noted to consume poultry and dairy regularly which contains sufficient B2. Beef, almonds and eggs have high B2 levels. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B3 levels.	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B3 (Niacin)		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in vitamin B3.	
Your Recommended daily intake	14mg NE	Upper tolerable amount of 30mg NE
Comments	Consuming a daily diet of varied foods will allow for optimum vitamin B3 levels. You did note consuming meat which does contain levels of vitamin B3. 100g of peanuts offers around 12mg of vitamin B3 and 165g of tuna can offer around 21g of vitamin B3. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B3 levels.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B5 (Pantothenic Acid)		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in vitamin B5.	
Your Recommended daily intake	5mg	No upper limit
Comments	Consuming a daily diet of varied foods will allow for optimum vitamin B5 levels. 1/4 cup of sunflower seeds offers around 2.5mg of vitamin B5. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B5 levels.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B6 (Pyridoxal 5' Phosphate)		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in vitamin B6.	
Your Recommended daily intake	1.3mg	Upper tolerable limit of 100mg
Comments	<p>Consuming a daily diet of varied foods will allow for optimum vitamin B6 levels. 100g of pistachio nuts offer around 1.7mg of vitamin B6. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B6 levels.</p> <p>** It should be noted cooking foods lowers their B vitamin nutrient levels**</p>	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B7 (Biotin)		
	Likely Optimal	
Diet	Your diet was noted to contain foods likely sufficient in biotin (vitamin B7).	
Your Recommended daily intake	30mcg	No tolerable upper limit
Comments	Consuming a daily diet of varied foods will allow for optimum vitamin B7 levels. You noted to consume dairy and poultry regularly which contains a reasonable amount of vitamin B7. 1/2 a cup of cooked sweet potato offers around 2.4mcg of vitamin B7. One medium egg offers around 10mcg of vitamin B7. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B7 levels.	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B9 (Folate)		
	Likely Optimal	
Diet	There is likely sufficient levels of folate in the foods you marked to have consumed regularly though not many foods were noted.	
Your Recommended daily intake	400mcg	Upper tolerable limit of 1000mcg
Comments	<p>Consuming a daily diet of varied foods will allow for optimum folate levels. One cup of spinach offers around 100mcg of folate. and one cup of raw broccoli offers around 57mcg of folate. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B9 levels.</p> <p>**It should be noted cooking methods affect folate concentrations significantly. Potatoes which are boiled do not seem to affect the folate concentration, however boiling broccoli for 10 min resulted in 51% folate loss, while steaming for 10 min caused non-significant folate losses.**</p>	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin B12		
	Likely Optimal	
Diet	There are likely lower levels of vitamin B12 in the foods you marked to consume regularly.	
Your Recommended daily intake	2.4mcg	No upper limit noted
Comments	Consuming a daily diet of varied foods will allow for optimum B12 levels. One medium egg offers around 1.1ug of vitamin B12. 100g of cheddar cheese offers around 0.8mcg of vitamin B12. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin B12 levels.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin C		
	Likely Optimal	
Diet	There is likely sufficient levels of vitamin C noted in your diet.	
Your Recommended daily intake	75mg	An upper limit of 2000mg is noted
Comments	One medium raw green pepper offers around 80.4mg of vitamin C. One medium sauteed green pepper offers around 177mg of vitamin C. Adding these foods daily or taking a low dose multivitamin daily will help sustain vitamin C levels.	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin D		
	It is important to test this nutrient with your Healthcare provider before supplementing	
Diet	Only a handful of foods contain vitamin D, including cod liver oil, swordfish, salmon and sardines.	
Your Recommended daily intake	15mcg	Vitamin D can become toxic and dangerous at high levels.
Comments	Due to the nature of this nutrient, it is advised to check with a qualified healthcare professional and have your levels tested.	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin E		
	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	Your diet is noted to be likely insufficient in vitamin E	
Your Recommended daily intake	15mg	An upper tolerable intake of 1000mg
Comments	Consuming sunflower seeds, almonds, avocado and butternut squash are all high in vitamin E. One handful of sunflower seeds offers around 7.3mg of vitamin E daily. One avocado roughly offers 4mg of vitamin E. One cup of cooked butternut squash offers around 2.5mg of vitamin E. Adding these foods daily or taking a low dose vitamin E containing multivitamin daily will help sustain vitamin E levels. It is however a difficult nutrient to obtain through diet alone and an additional supplement can be beneficial.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Vitamin K		
⚠	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	There is likely sufficient levels of vitamin K noted in your diet.	
Your Recommended daily intake	90mcg	No upper tolerable limit noted
Comments	<p>You did note to consume cauliflower regularly, one cup of cauliflower, raw, contains about 15.5 micrograms of vitamin K and one cup of boiled cauliflower contains about 17.1 micrograms of vitamin K. One cup of raw kale offers around 113mcg of vitamin K. and 1/2 a cup of cooked broccoli contains around 110mcg of vitamin K. Adding these foods daily or taking a multivitamin daily will help sustain vitamin K levels.</p> <p>**Pairing foods high in vitamin K with a healthy fat will increase absorption.**</p>	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Calcium		
	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	There is likely insufficient levels of calcium noted in your diet.	
Your Recommended daily intake	1000mg	The upper tolerable limit is 2500mg
Comments	You noted consuming low fat milk regularly which generally offers around 300mg of calcium per cup. 100g of cheese offers around 721mg of calcium. Non dairy calcium foods include tofu, which offers around 122mg per 100g. Adding these foods daily or taking a multivitamin daily will help sustain calcium levels.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Magnesium		
	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	There is likely sufficient levels of magnesium foods noted in your diet to meet the recommended allowance.	
Your Recommended daily intake	320mg	Not determined
Comments	It can be difficult to optimize magnesium levels through diet alone. 100g of dried sunflower seeds offer around 325mcg of magnesium. 100g of dark chocolate offers around 252mg of magnesium. One cup of spinach (cooked) offers around 150mg of magnesium. Optimising magnesium levels may help with energy, particularly in instances of chronic stress.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Phosphorous		
	Likely Optimal	
Diet	There is likely sufficient levels of phosphorous noted in your diet.	
Your Recommended daily intake	700mg	The upper tolerable limit is 4g
Comments	Poultry is an excellent source of phosphorous. There is roughly 1230mg of phosphorous found in 100g of pumpkin seeds. 85g of sardines offer around 411g of phosphorous. One large baked potato with the skin offers around 224mg of phosphorous.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Potassium	
	Likely not optimal (insufficient or possible excess) or insufficient information provided
Diet	There is likely insufficient levels of potassium noted in your diet.
Your Recommended daily intake	2600mg
Comments	<p>Despite the many vital functions of potassium, most people only consume about half of the recommended 4,700 milligrams per day.</p> <p>A cup of large white beans offers around 1000mg of potassium. Tomato's offer around 520mg of potassium per cup.</p> <p>Most multivitamins do not contain potassium as it can be harmful in certain situations. It is advised to work with your healthcare provider and use an app such as cronometer to track your meals for three days to give a more accurate look into your potassium levels.</p>
Your supplement contribution	No supplementation noted

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Iron		
	It is important to test this nutrient with your Healthcare provider before supplementing	
Diet	There is likely sufficient levels of iron noted in your diet.	
Your Recommended daily intake	18mg	An upper limit of 45mg is noted
Comments	<p>One small bar of dark chocolate offers around 6-10mg of iron. One cup of pistachio nuts offers around 4.8mg of iron.</p> <p>Iron levels can vary from person to person and can cause problems at low levels or high levels. Therefore it is advised to work with your healthcare provider to monitor iron levels.</p>	
Your supplement contribution	No supplementation noted	

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Manganese		
	Likely Optimal	
Diet	There is likely sufficient levels of manganese noted in your diet.	
Your Recommended daily intake	1.8mg	An upper limit of 11mg is noted
Comments	Food sources such as sweet potatoes are the best way to make sure one is getting sufficient manganese as high dose supplementation can lead to toxicity. One medium sweet potato contains around 0.335mg of manganese. One cup of brown rice offers around 2mg of manganese.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Copper		
	Likely Optimal	
Diet	There are likely sufficient levels of copper noted in your diet.	
Your Recommended daily intake	900mcg	An upper limit of 10 000mcg is noted
Comments	Avocados are a good source of copper offering around 0.4mg of copper per avocado. Sweet potatoes offer around 0.7mg of copper per cup (mashed). Coconut milk as a milk alternative is also a good copper support along with iron, phosphorous and potassium.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Zinc		
	Likely Optimal	
Diet	There are likely sufficient levels of zinc noted in your diet.	
Your Recommended daily intake	8mg	An upper limit of 40mg is noted
Comments	One cup of lentils offer around 2.5mg of zinc. One chicken thigh offers around 5mg of zinc. There is 3mg of zinc in a handful of pumpkin seeds. Adding these foods daily or taking a multivitamin daily will help sustain zinc levels.	
Your supplement contribution	No supplementation noted.	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Iodine	
	Likely Optimal
Diet	Dietary quantities of trace minerals such as this can be varied based on the soil quality.
Your Recommended daily intake	150mcg An upper limit of 1100mcg is noted
Comments	<p>Iodine is a component of almost every living plant and animal. No standard measurements of iodine in food exist because iodine concentrations vary across the world. In general, foods from the sea contain the most iodine, followed by animal foods, then plant foods.</p> <p>Of all foods, seaweed (such as kelp), is the most well-known and reliable source of natural iodine. Eggs are a good source as well. A single hard boiled medium sized egg offers around 26mcg of iodine. 118ml of Greek yoghurt offers around 50mcg of iodine.</p>
Your supplement contribution	No supplementation noted


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Selenium		
	Likely Optimal	
Diet	Dietary quantities of trace minerals such as this can be varied based on the soil quality.	
Your Recommended daily intake	55mcg	An upper limit of 400mcg is noted
Comments	Brazil nuts offer around 544mcg of selenium per handful. One large egg offers around 25mcg of selenium. Since selenium does accumulate in the body over time it is advised to take low doses in a multivitamin or food source and only supplement if recommended by your Healthcare provider.	
Your supplement contribution	No supplementation noted	


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Molybdenum	
	Likely Optimal
Diet	Dietary quantities of trace minerals such as this can be varied based on the soil quality.
Your Recommended daily intake	45mcg An upper limit of 2000mcg is noted
Comments	1/2 a cup of black eyed peas offer around 280mcg of molybdenum. A banana offers around 15mcg of molybdenum.
Your supplement contribution	No supplementation noted.


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Essential Fatty Acids	
	Likely not optimal (insufficient or possible excess) or insufficient information provided
Diet	While a variety of seeds, nuts and fish offer good essential fatty acids, increased oxidative stress depletes these nutrients.
Your Recommended daily intake	Total Omega 3 (ALA, DHA, EPA) = 1.6g daily
Comments	<p>2g omega-3 can be obtained from sardines. Plant Omega-3s, such as chia seeds, tend to be vastly inferior to animal sources like fish.</p> <p>There was no noted fish consumption or omega containing foods or supplements. It is advised to receive the minimum dose of essential fatty acids daily. Please see the discussion above for recommendations.</p>
Your supplement contribution	No supplementation noted


SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Coenzyme Q10 (CoQ10)	
	Likely not optimal (insufficient or possible excess) or insufficient information provided
Diet	CoQ10 is found in meat, fish and nuts. The amount of CoQ10 found in these dietary sources, however, isn't enough to significantly increase CoQ10 levels in your body.
Your Recommended daily intake	<p>Typically, 90–200 mg of CoQ10 per day is recommended, though some conditions may require higher dosages of 300–600 mg. There is no official established ideal dose.</p> <p>Many healthcare providers suggest individuals over the age of 50 take at least 100 mg of CoQ10 supplement per day AND add an additional 100 mg for every decade of life thereafter.</p>
Comments	<p>Beef offers about 3.1 milligrams per 100 grams, chicken has 1.4 milligrams.</p> <p>Please see discussion above regarding recommendations for this vital nutrient.</p>
Your supplement contribution	No supplementation noted

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>	
Inositol	
	Likely not optimal (insufficient or possible excess) or insufficient information provided
Diet	High amounts of myo-inositol are present in fruits, beans, grains, and nuts. Fresh vegetables and fruits were found to contain more myo-inositol than did frozen, canned, or salt-free products.
Your Recommended daily intake	There is currently no official consensus on the most effective dosage.
Comments	Most varied modern diets offer around 1 gram of inositol daily. There is no direct indication this nutrient is needed as an additional supplement.
Your supplement contribution	No supplementation noted.

SUMMARY OF YOUR RECOMMENDED NUTRIENT SUGGESTIONS

<u>NUTRIENT</u>		
Choline		
	Likely not optimal (insufficient or possible excess) or insufficient information provided	
Diet	Your diet was noted to contain foods likely insufficient in choline	
Your Recommended daily intake	250mg-550mg	An upper limit of 35mg is noted
Comments	<p>You noted to include poultry in your diet. A 100g of chicken meat has around 66mg of choline Almonds have been identified as a plant-based source of choline. Eating 28 grams of almonds provides your body about 15 mg of the nutrient.</p> <p>It is difficult to get optimal levels of choline without consuming eggs and organ meats. Adding a multivitamin containing choline can be beneficial. See the supplement recommendations above.</p>	
Your supplement contribution	No supplementation noted	

The background of the page is a light, airy composition featuring various citrus fruits. Slices of bright orange and pale yellow lemons are scattered across the top and bottom. A single, vibrant green lime slice is positioned near the bottom center. On the right side, a glass filled with a clear, yellow-orange juice is partially visible. The overall aesthetic is clean, fresh, and health-oriented.

SECTION ONE

A discussion of your assessment addressing factors noted to influence your current nutrient status.

SECTION TWO

A visual summary of all the nutrients assessed in this report.

SECTION THREE

A list of supplement options, based on your assessment answers, which may benefit you.

SECTION FOUR

A reference guide including detailed information about vitamins, minerals, essential fatty acids and the three specialised nutrients. This is for general knowledge about specific nutrients for your interest.

YOUR RECOMMENDED SUPPLEMENT SUGGESTIONS

Multivitamin (in no particular order)

Product	Brand
 <p><u>Metagenics PhytoMulti</u> <u>60 Capsules</u></p>	Metagenics
 <p><u>Metagenics PhytoMulti without iron</u> <u>60 Tablets</u></p>	Solgar
 <p><u>Metagenics Womens Wellness</u> <u>Essentials</u> <u>30 Packets</u></p>	Natroceutics
 <p><u>Tailorblend Powder</u> <u>30 day supply</u></p>	Tailorblend

Please click the product link to go to the product listing