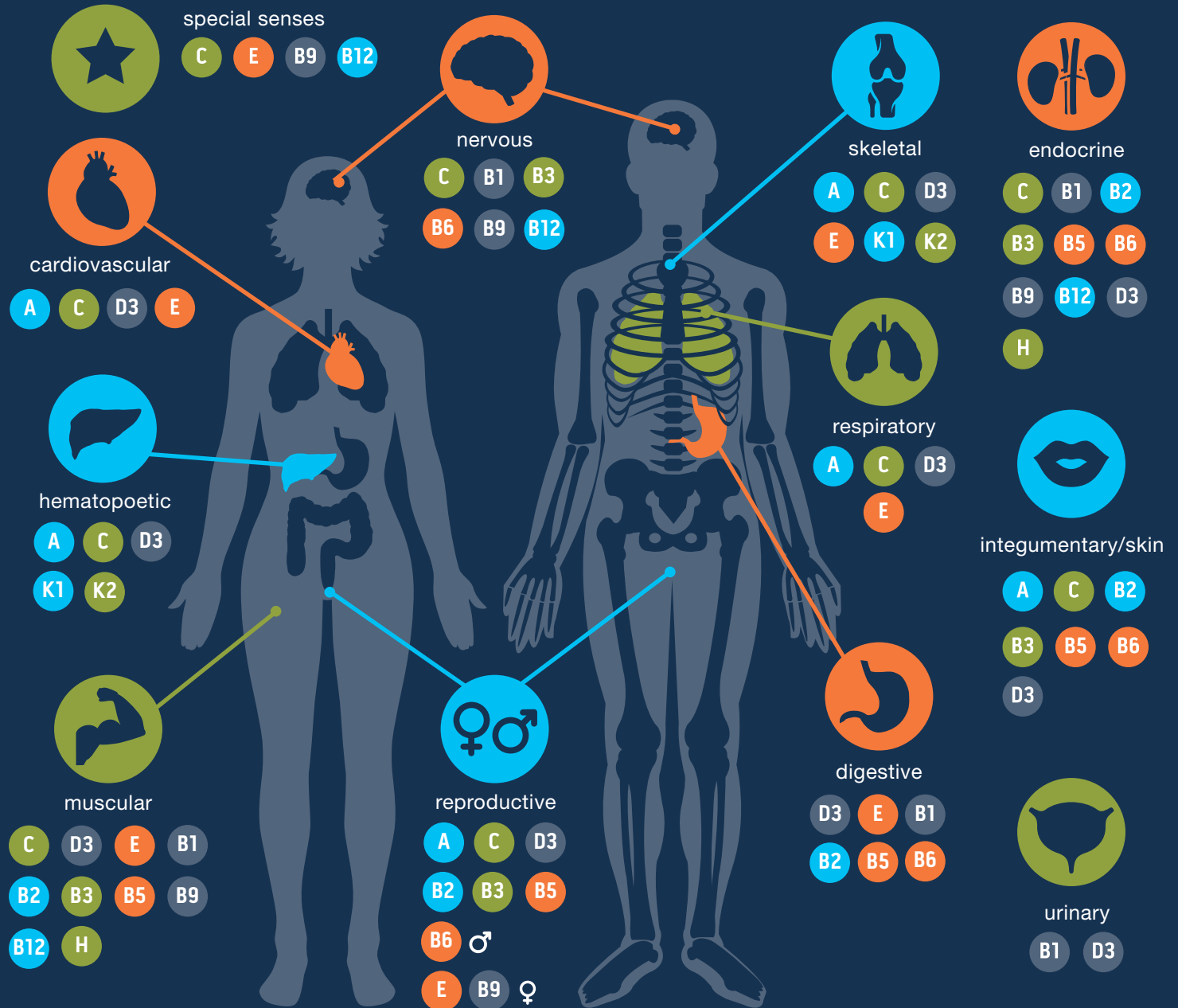


# ON THE BENEFITS OF COMPREHENSIVE EVALUATION OF NUTRITIONAL STATUS

The human body is comprised of water (60%), plus 60 essential minerals, 16 essential vitamins, 10 essential amino acids and two essential fatty acids (40%). Essential, in this case, simply means that all 99 of the preceding listed nutrients must be obtained from the diet and cannot be manufactured in or by ourselves. Fortunately, most of the required nutrients have multiple functions, and to a point, a deficiency of a single nutrient can be masked by other nutrients. Examples of this include two well-known causes of anemia, iron deficiency and vitamin B12. We continue to function at reduced efficiency with either deficiency, but severe and prolonged deficiency will cause death. The following graphic, constructed from studies conducted at the University of Maryland, shows which body systems are affected by 13 of the essential vitamins.



B1 = Thiamine  
B2 = Riboflavin  
B3 = Niacin

B5 = Pantothenic Acid  
B6 = Pyridoxine  
B9 = Folic acid

B12 = Cobalamin  
H = Biotin (also known as B7)