

## [The Need to Test](#)

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Metabolic Panel Testing is the latest craze. Here's why...the test takes a look at the inside of the body to determine exactly what your vitamin deficiencies are. Once the test is conducted and the company you choose to work with receives your lab results, they have a laboratory custom blend nutrients that are unique to you. However, when you invest in a test of this kind there are a few things that you want to consider:

1. Does the test involve just a urine sample which determines your vitamin deficiencies or does it also include a blood test which determines your amino acid deficiencies as well? By testing your amino acid deficiencies you can determine if you have stuck neurological pathways which has been known to cause depression, detoxification impairments which prevents your main drainage points from working properly (kidneys and liver) and much more. For more information on what amino acids can do for you, please visit the [nutritional supplements section of our site](#).
2. Are the custom compounds in the form of a capsule or powder? This is extremely important, because if they are in the form of a capsule, you may not be absorbing the nutrients properly due to "leaky gut." This is where undigested food materials escape from your gut into your blood stream. There are many possibilities as to how your gut walls become more permeable; antibiotic overuse, parasites, chronic infections, excessive alcohol consumption, poor diet, high levels of physical stress and more. So, imagine how many of us are walking around with "leaky gut" and don't know it. This is why powder form is more beneficial; it provides faster absorption of nutrients into the blood stream in comparison to capsules.
3. Lastly, make sure the company you are dealing with is using a reputable laboratory for both their lab testing results and "custom compounds." As the saying goes, "you get what you pay for" and when it comes to your health, you deserve the best!

Metabolic Panel Testing that offers both a blood test for amino acid and a urine sample to determine vitamin, mineral and antioxidant deficiencies uses methods that are tried and true. So, be sure to ask lots of questions and collect all of the facts when deciding to "Take Control of your Health" and get the best test so you don't have to guess what supplements your body really needs.