

# Case Study

29 year old female with MULTIPLE SYMPTOMS



Patient's primary complaints included moodiness, irritability, low sex drive, hx of IBS, constipation, chronic acne, sugar cravings, memory lapses, fatigue, PMS, progressive weight gain, strong family history of multiple forms of cancer. The patient's past medical history includes multiple use of antibiotics since childhood, Chlamydia at 22 years old, a left lumpectomy at 22 years old and history of HPV. Her habits include smoking one pack of cigarettes a week since the age of 17, heavy alcohol consumption on the weekends and a poor dietary habit. Medications she had been taking include Lexapro (10 mg qd) for one year and prior trials with Wellbutrin and Prozac having side effects for 2 years. SpectraCell's MicroNutrient Testing revealed functional deficiencies of Vitamin B12, Pantothenate, Coenzyme Q10 and Spectrox. **Based upon these deficiencies, she was administered the following protocol:**

- 1) Progesterone during Luteal Phase of cycle
- 2) Low dose Testosterone (3 times per week)
- 3) Adrenal support
- 4) CoQ10 supplementation
- 5) Vitamin B12, B6, Folic acid and Betaine supplementation
- 6) Probiotics
- 7) Broccoli extract supplementation
- 8) Alpha Lipoic Acid
- 9) Green tea
- 10) Whey protein
- 11) Chromium
- 12) Omega-3 fish oil

**In addition to the above supplements, lifestyle programs were implemented.** This includes one on one therapeutic lifestyle change education, dietary counseling – low glycemic food, exercise as tolerated and stress management techniques. Within 60 days, the patient noticed improved memory and a decrease in the craving of alcohol and nicotine (decreased total alcohol consumption by 70%). Both PMS and acne improved. In addition, she improved her eating habits and felt motivated to exercise. Within 90 days, she had lost 6 pounds and had a significant improvement in energy. Within 120 days, the patient was extremely active and had decreased her use of Lexapro to 5mg QOD.

Follow up SpectraCell's MicroNutrient Testing was performed 9 months later.

## Clinical Outcome:

**All deficiencies were resolved.** She experienced significant cost savings and benefits including: improved quality of life, decreased overall morbidity, savings on anti-depressants, a healthier lifestyle and initiation of weight reduction.



MicroNutrient  
Testing

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