

Trace mineral analysis is crucial for understanding your body's overall health and well-being. Trace minerals, though needed in small amounts, play vital roles in various physiological functions, including enzyme activation, hormone production, and maintaining a healthy immune system. Imbalances or deficiencies in these minerals can lead to significant health issues, such as weakened immunity, impaired cognitive function, and chronic fatigue. Additionally, the presence of toxic metals, which can be detected through trace mineral analysis, may interfere with essential biological processes and contribute to various diseases. By identifying and correcting these imbalances, trace mineral analysis helps optimize your body's functions, improve energy levels, and support overall health.