

NUTRITION 1 TEST KIT (21 vials)
Product Code 8037

Code	Nutrient	Best sources	Function	Possible deficiencies	Possible toxic effects
NT 1	Vitamin A Retinol	Liver, eggs, milk & dairy products, fish liver oil, enriched margarine.	Growth and repair of body tissues; bone and tooth formation; vision in dim light; keeps mucus membranes healthy; protection from some cancers.	Reduced night vision; dry eyes; loss of vision due to gradual damage of cornea; reduced resistance to infection due to loss of integrity of skin and mucus membranes; follicular hyperkeratosis.	Headaches; drowsiness; skin changes; anorexia; weight loss; muscle pain; chronic liver disease; itchy and flakey skin; loss of body hair; brittle nails; increased risk of birth defects in pregnant women.
NT 2	Vitamin B₁ Thiamin	Wheat germ, yeast, liver, whole grains, nuts, oranges, fish, poultry, beans, pork.	Carbohydrate metabolism; appetite maintenance; nerve function; growth and muscle tone.	Tiredness; depression; irritability; inability to concentrate; poor memory; muscle weakness; gastro-intestinal disturbances; numbness and tingling in hands and feet; reduced pain tolerance; disturbed sleep; poor growth in children.	
NT 3	Vitamin B₂ Riboflavin	Fortified breakfast cereals, meat, eggs, green leafy vegetables, offal.	Fat; carbohydrate and protein metabolism; formation of antibodies and red blood cells.	Sore tongue and lips; Cracks in skin around nose and mouth; eye irritation; burning feet; red and greasy skin but also dryness and flaking; scrotal and vulval dermatitis.	
NT 4	Vitamin B₃ Niacin, Nicotinic Acid, Nicotinamide	Meat, poultry, fish, liver, milk products, peanuts, almonds, potatoes, yeast extract. Niacin can be synthesised from tryptophan.	Fat, carbohydrate and protein metabolism; health of skin, tongue and digestive system; blood circulation.	Irritability; headaches; poor memory; emotional instability; redness, scaling & pigmentation of skin in light-exposed areas; sore & fissured tongue; diarrhoea.	Flushing; peptic ulcers; liver dysfunction; gout; arrhythmia; hyperglycemia.
NT 5	Vitamin B₅ Pantothenic Acid	Meat, whole grains, legumes, yeast.	Converts nutrients into energy; formation of some fats; vitamin utilisation.	Tiredness; headaches; weakness; emotional swings; muscle cramps; nausea.	

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NT 6	Vitamin B₆ Pyridoxine	Fish, poultry, lean meat, nuts, pulses, whole grain cereals.	Fat, carbohydrate and protein metabolism; formation of antibodies; maintains sodium/potassium balance.	Exacerbates anaemia; irritability; nervousness; insomnia; seborrhoeic dermatitis on face; acne-like rash on forehead; red and greasy skin but also dryness and flaking; sore tongue; prominent taste buds. Increased requirement premenstrually and for those on the contraceptive pill.	Impairment of sensory nerve function; diminished tendon reflexes; numbness and loss of sensations in hands and feet; difficulty in walking.
NT 7	Vitamin B₁₂ Cyanoco-balamin	Offal, eggs, milk, oily fish, cheese.	Fat, carbohydrate and protein metabolism; maintains health of nervous system; blood cell formation; folate synthesis.	Mental confusion; tiredness; pale skin; recurrent mouth ulcers Pernicious anaemia usually involves lack of intrinsic factor for absorption of b12.	
NT 8	Biotin Vitamin H	Yeast, offal, eggs, milk, cheese.	Fat, carbohydrate and protein metabolism; helps utilise B vitamins.	Scaly dermatitis; tiredness; weakness; severe cradle cap in infants. Long-term antibiotic use can cause deficiency.	
NT 9	Choline	Widely available; can be synthesised from glycine.	Part of formation of acetyl-choline; emulsifies fats..	None specific.	
NT 10	Folic Acid	Green leafy vegetables, offal, melons, pumpkins, beans, carrots, egg yolk, apricots, avocado.	Red blood cell formation; protein metabolism; growth and cell division.	Megaloblastic anaemia; neural tube defects where mother's intake not adequate; poor growth in children; cracks at corners of mouth; painful sore tongue; mouth ulcers; depression. Increased requirements in women taking contraceptive pill.	Insomnia, irritability.

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NT 11	Vitamin C Ascorbic Acid	Citrus fruit, nectarines, melons, vegetables, tomatoes, potatoes.	Helps heal wounds; strengthens blood vessels; collagen maintenance; resistance to infection; required for production of adrenal hormones; helps detoxification and excretion of a wide range of toxic chemicals.	Scurvy; poor wound healing; lowered resistance to infection; bleeding gums; fragile capillaries; damage to bone & connective tissue; dry and scaly skin; dandruff. Aspirin, barbiturates, corticosteroids, and tetracycline drugs increase excretion.	Kidney stones because of increased excretion of water and oxalate; impairment of white cell function; decreased b12 and increased iron absorption.
NT 12	Vitamin D₂ Ergocalciferol	Often used in supplements; made in body when skin exposed to sunlight.	Calcium and phosphorus metabolism (bone formation); heart action; nervous system maintenance.	Inadequate calcification of bones; skeletal deformity, migraine, hearing loss.	Hypercalcaemia; renal stones; hypertension; excessive thirst; diarrhoea; nausea; weakness.
NT 13	Vitamin D₃ Cholecalciferol	Oily fish, egg yolks, offal, fortified margarine; made in body when skin exposed to sunlight.	Calcium and phosphorus metabolism (bone formation); heart action; nervous system maintenance.	Inadequate calcification of bones; skeletal deformity, psoriasis, migraine, hearing loss.	Hypercalcaemia; renal stones; hypertension; excessive thirst; diarrhoea; nausea; weakness.
NT 14	Vitamin E Tocopherol	Vegetable oils, green vegetables, wheat germ, offal, eggs.	Protects membrane and red blood cells; inhibits coagulation of blood; protects fat soluble vitamins; cellular respiration; protects cells from free radical damage.	Increased risk of coronary heart disease and some cancers; acceleration of some degenerative diseases (e.g. Cataracts, rheumatoid arthritis); Acceleration of ageing; Menopausal hot flashes; reducing scarring.	Raised blood pressure; Minor gastro-intestinal upsets.
NT 15	Vitamin K₁ Phylloquinone	Green leafy vegetables, fruits, cereals. Synthesised in gut.	Important in formation of blood clotting agents, involved in energy metabolism, protein formation in bone tissue.	Increased blood clotting time, haemorrhagic disease in new born which can be fatal. Broad spectrum antibiotics destroy the gut flora which make vitamin K.	Prolonged clotting time.

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NT 16	Vitamin K₂ Menaquinone	Dairy products, meat, in bacteria. Synthesised in gut.	Important in formation of blood clotting agents, involved in energy metabolism, protein formation in bone tissue.	Increased blood clotting time, haemorrhagic disease in new born which can be fatal. Broad spectrum antibiotics destroy the gut flora which make vitamin K.	Prolonged clotting time.
NT 1	Vitamin K₃ Menadione	Dairy products, meat. Synthesised in gut.	Important in formation of blood clotting agents, involved in energy metabolism, protein formation in bone tissue.	Increased blood clotting time, haemorrhagic disease in new born which can be fatal. Broad spectrum antibiotics destroy the gut flora which make vitamin k.	Prolonged clotting time.
NT 18	Arachidonic acid	Can be formed from linoleic acid.	Omega 6 series polyunsaturated fatty acid, precursor of prostaglandins and leukotrienes.	Inflammation, blood vessel constriction, blood pressure, arthritis, pain, blood clotting, allergies, asthma, eczema, psoriasis, dry skin, migraine, fertility, PMT (especially breast tenderness), dry eye syndrome, behavioural problems.	
NT 19	Eicosapentaenoic acid	Fish oils, flax seed oil, pumpkin seeds.	Omega 3 series polyunsaturated fatty acid.	Inflammation, blood clotting, rheumatoid arthritis, behavioural problems, muscle weakness, visual impairment.	
NT 20	Linoleic acid		Omega 6 series polyunsaturated fatty acid, precursor of prostaglandins and leukotrienes.	Inflammation, blood vessel constriction, blood pressure, arthritis, pain, blood clotting, allergies, asthma, eczema, psoriasis, dry skin, migraine, fertility, PMT (especially breast tenderness), dry eye syndrome, behavioural problems.	

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NT 21	Linolenic acid		Omega 6 series polyunsaturated fatty acid, precursor of prostaglandins and leukotrienes.	Inflammation, blood vessel constriction, blood pressure, arthritis, pain, blood clotting, allergies, asthma, eczema, psoriasis, dry skin, migraine, fertility, PMT (especially breast tenderness), dry eye syndrome, behavioural problems.	

World Cancer Research Fund *WCRF Guide to Vitamins* (leaflet)
 Anthony Leeds et al *Nutrition Matters for Practice Nurses*
Proof Winter 1996/97
 Briony Thomas *Nutrition in Primary Care*
 Dr Stephen Davies & Dr Alan Stewart *Nutritional Medicine*
 Linda Lazarides *The Nutritional Health Bible*
 Thomas A Scott & E Ian Mercer *Concise Encyclopedia Biochemistry & Molecular Biology*

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