

# The clinical value of the OMX™ Organic Metabolomics Test



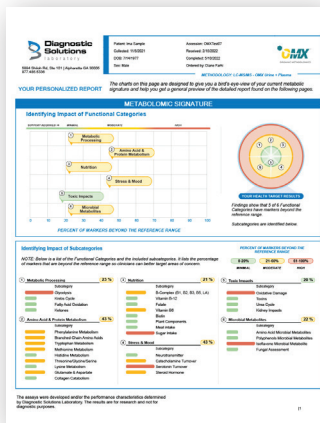
Hi, I'm Dr. Sodano, the director of clinical support and education at Evexia Diagnostics. As you most likely know, a functional nutritional assessment looks at metabolic substances or intermediates that are produced in the enzymatic pathways of cellular energy production, detoxification, neurotransmitter breakdown, and amino acid metabolism.

An elevation of one or more of these metabolites can signal a metabolic inhibition or block of one or more of these pathways that can lead to a disease state.

Metabolic blockages can be due to nutrient deficiencies, inherited enzyme deficits, a buildup of toxins in the body, and/or adverse drug effects. You should also be aware that it's possible for an individual to have normal blood levels of a particular vitamin while exhibiting signs of insufficiency or deficiency for that vitamin. For this reason, direct testing of individual nutrients alone may not provide a complete picture.

This is where metabolomics, also called metabolic profiling or metabolic testing, and a lab test called "The OMX™ Organic Metabolomics" becomes especially valuable.

This type of test evaluates patterns of metabolites related to core biological systems, offering insight into biochemical dysfunctions and personalized nutrition recommendations. From a functional medicine perspective, it's important to know that metabolites are impacted by many factors, and can change in response to diet, nutrient status, toxin exposures, exercise, physiologic demands, genetics, gut microbiome alterations, or disease state.



## OMX TEST CORE AREAS OF ASSESSMENT

The core areas of assessment on the test include 6 categories and their respective subcategories.

The categories are:

- METABOLIC PROCESSING, which assesses energy production by looking at the efficiency or lack of efficiency of glycolysis, fatty acid oxidation, the Krebs cycle and oxidative phosphorylation.
- THE "AMINO ACIDS AND PROTEIN METABOLISM PLASMA AND URINE" CATEGORY, which assesses the metabolism of essential amino acids and their catabolic products, collagen catabolism and the urea cycle.
- THE NUTRITION CATEGORY, which assesses micronutrient status and markers of plant, meat and fructose intake.
- THE STRESS AND MOOD CATEGORY, which looks at cortisol and GABA.
- THE TOXIC IMPACT CATEGORY, which assesses for oxidative damage to DNA, styrene and xylene exposure, phase I detoxification P450 activity (via glucaric acid) and the urea cycle markers and toxic markers related to kidneys such as microalbumin.
- And finally, the category, which assesses for markers of GI DYSBIOSIS.

Learn more about the OMX Organic Metabolomics Test by [clicking here](#).

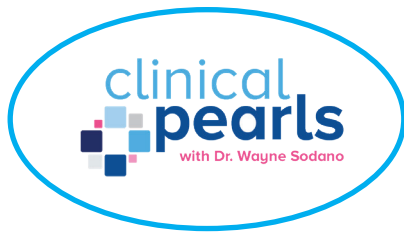
Learn more about the Evexia Nutraceuticals by [clicking here](#).

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## OMX CLINICAL VALUE AND BENEFITS

In a nutshell, the OMX™ Organic Metabolomics is an advanced organic acids and amino acids profile that enables you to see a patient’s larger health picture by deciphering and connecting blockage and dysfunction of key metabolic pathways and analytes, allowing for truly personalized therapeutic support. Essentially, metabolic analysis can help you evaluate the function of key pathways to better targeted support where it’s needed.

### SO, HOW CAN THIS TEST HELP US APPLY METABOLOMICS INTO CLINICAL CARE?

Metabolomics research has generally compared sick or disease populations to healthy controls, and identified the analytes, pathways, and categories that were most impacted. The research has concentrated on several conditions including diabetes, autism, Alzheimer’s disease, obesity, fatty-liver disease, heart disease, toxic exposure and more. The OMX™ metabolomics test allows clinicians to identify these markers or pathways that research has identified as most associated with specific disease or core impairments.

### HERE ARE SOME OF THE BENEFITS OF THIS TYPE OF TESTING:

Understanding an individual’s metabolome, combined with their medical history and lifestyle, allows you to establish a larger picture and provide comprehensive support from the bottom up.

This test provides insight into:

- Metabolic and macronutrient processing
- Nutritional and vitamin status
- Level and flow of amino acids
- Detoxification
- Mood issues
- Gut concerns and
- Overall well-being



Here are some Evexia Nutraceuticals™ recommendations related to metabolic health for your patients:

**B-PLUS** is a combination of the eight vitamins which form the B complex, with added choline and trimethylglycine. Working together as a team, the B vitamins are critical nutrients that act as required ‘keys’ to unlock the potential of various enzymatic reactions in the body and thus, support a healthy metabolism. The modern refined diet is high in sugar, alcohol, and devitalized foods which lead to lower levels of B vitamins. Stress, many medications and the aging process may also lower B vitamin levels. Without adequate B vitamins, many of the body’s chemical processes become slow and inefficient.

**BIOAVAIL MAGNESIUM** provides three unique forms of highly absorbed magnesium to ensure maximum absorption of this important macro-mineral. Most magnesium supplements use only a single-source of magnesium, which can easily overwhelm a single pathway of absorption, and limit uptake of high-dose magnesium regimens. Bio-Avail Magnesium takes advantage of three unique pathways of absorption by providing magnesium as di-magnesium malate, magnesium citrate and magnesium glycinate for enhanced absorption, improved utilization and gastrointestinal comfort.

**MAX-ANTIOX COMPLETE** is a unique antioxidant formula derived from a combination of some of nature’s most powerful herbs and spices, along with other classic and novel antioxidant compounds, to help the body properly combat cellular oxidative stress. These ingredients were specifically selected for their protective ability to maintain the function and integrity of both water-based and lipid-based body structures and compounds including cell membranes (protective outer layer of cells), LDL cholesterol, proteins and enzymes. When these body tissues and compounds become damaged, they lose their ability to perform their biochemical functions properly.

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