Mineral deficiency

Lab test | Blood

Name: **Dummy Persson** Date of test: **03/01/2021** Analysis-ID: **8ETNQUTE-MI**

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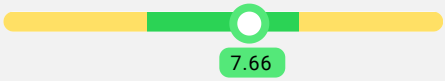
Your test results

Minerals such as magnesium, selenium and zinc play a vital role in maintaining your mental and physical health. Chronic deficiency of these minerals leads to severe complications including muscle weakness, immune system dysfunction and altered cognition.

Our lab has tested the concentration of magnesium, selenium and zinc in your blood. Your results can be found below.

Mineral	Your value	Reference value	Scale
Magnesium	2.00 mmol/l	1.3 - 1.8 mmol/l	
Selenium	123.00 µg/l	67 - 135 µg/l	
Zinc	7.66 mg/l	4.50 - 9.00 mg/l	

**The reference values apply to adults.*

Magnesium

Magnesium as a supplement

Magnesium in foods

Foods	mg / 100 gr	% av RDI
Pumpkin seeds	540	144%
Wheat bran	480	128%
Flax seeds	392	104,5%
Brazil nuts	376	100,3%
Sunflower seeds	355	94,7%
Wheat sprouts	290	77,3%
Almonds	280	74,7%
Soybeans	265	70,7%
Cashew nuts	260	69,3%
Broad beans	192	51,2%

Magnesium - Recommended daily intake

Below you will find a table with values for the recommended daily intake of magnesium for different ages.

Gender/Group/Age	Recommended intake
Infants 6-11 months	80 mg
Children 1-2 years	85 mg
Children 2-5 years	120 mg
Children 6-9 years	200 mg
Children 10-13 years	280 mg
Women and girls over 14 years	280 mg
Men and boys over 14 years	350 mg

Zinc

Zinc deficiency

Symptoms of zinc deficiency

Zinc in foods

Foods	mg / 100 gr	% av RDI
Oyster	50	500%
Wheat sprouts	17,8	178%
Dried reindeer meat	12,4	124%
Boiled beef and sirloin	8,94	89,4%
Quorn and mushroom protein	8	80%
Pumpkin seeds	7,5	75%
Wheat bran	7,3	73%
Moose meat	6,87	68,7%
Roasted peanuts	6,6	66%
Cashew nuts	5,6	56%

Zinc - Recommended daily intake

Below you will find a table with values for the recommended intake of zinc for different ages.

Gender/Group/Age	Recommended intake
Infants and children under 2 years	5 mg
Children 2-5 years	6 mg
Children 6-9 years	7 mg
Girls 10-13 years	8 mg
Boys 10-13 years	11 mg
Girls 14-17 years	9 mg
Boys 14-17 years	12 mg
Women	7 mg
Men	9 mg
Pregnant	9 mg
Breastfeeding	11 mg

Selenium

Symptoms of selenium deficiency

Selenium in foods

Foods	mg / 100 gr	% av RDI
Brazil nuts	1090	1981,8%
Mackerel (canned)	130	236,4%
Lobster (canned or cooked)	100	181,8%
Tuna (preserved in oil, drained)	86,6	157,5%
Tuna (preserved in water, drained)	77	140%
Oyster	70	127,3%
Mussels (cooked with team, drained)	68,1	123,8%
Eel (smoked)	66,7	121,3%
Yolk	58,6	106,5%
Perch (cooked)	56,1	102%

Selenium - Recommended daily intake

Below you will find a table with values for the recommended intake of selenium for different ages.

Gender/Group/Age	Recommended intake
Infants 6-11 months	15 µg
Infants 12-23 months	20 µg
Children 2-5 years	25 µg
Children 6-9 years	30 µg
Children 10-13 years	40 µg
Women and girls from 14 years	50 µg
Men and boys from 14 years	60 µg
Pregnant and breastfeeding	60 µg

This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

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