

OligoCheck Analysis

Understanding your results

The OligoCheck analysis evaluates the balance of key **minerals, trace elements, and oxidative stress markers** in the body.

Based on these measurements, several **functional profiles** may be identified. These profiles highlight possible tendencies in your body's metabolism and nutritional status.

They **do not represent a medical diagnosis**, but rather provide useful insights to help guide **preventive care, lifestyle adjustments, and nutritional support**.

1. Cardiovascular Profile

This profile highlights the importance of certain antioxidants, particularly **selenium, magnesium, and silicon**, which play an important role in protecting the cardiovascular system.

These nutrients help to:

- Protect cells from **oxidative stress**
- Support healthy **blood vessels and circulation**
- Contribute to overall **heart health**

Maintaining adequate levels of these micronutrients supports the body's natural protective mechanisms and helps preserve the health and elasticity of vascular tissues.

2. Nervous System Balance Profile

This profile suggests a tendency toward **neuroendocrine imbalance**, which is often associated with:

- **Long-term stress**
- **Mental or physical overload**
- **Insufficient recovery or rest**

Dietary habits can also contribute to this imbalance, particularly when there is a high intake of **refined carbohydrates and sugars**.

If left unaddressed, this type of imbalance may lead to:

- **Low-grade inflammation**
- **Persistent fatigue**
- Reduced ability to **cope with stress**

Several lifestyle strategies may help restore balance:

- Reducing the consumption of **stimulants, sugar, and highly processed foods**



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- Choosing a diet rich in **vitamin C and essential minerals**
- Engaging in **regular gentle exercise**, which supports relaxation and stress management
- Considering **adaptogenic herbs**, which may help the body adapt more effectively to stress

From a physiological perspective, adrenal balance is closely connected to the **hypothalamus**, an important region of the brain that regulates hormonal activity and helps control **circadian rhythms**, including the sleep-wake cycle.

3. Digestive Vulnerability Profile

This profile may indicate **increased fragility of the intestinal lining**.

When the intestinal barrier becomes weakened, it may lead to:

- **Reduced absorption of nutrients**
- Increased passage of certain substances from the intestine into the **bloodstream and lymphatic system**

Over time, this can contribute to **multiple micronutrient deficiencies**.

Digestive health plays a central role in overall well-being, and many chronic health issues are now linked to imbalances in gut function.

For this profile, it is often helpful to:

- Support **liver and gallbladder function**, for example through gentle detox or drainage protocols twice per year
- Improve overall dietary quality

A supportive diet typically includes:

- Reducing **processed and sugary foods**
- Increasing the intake of **vegetables**
- Including **small oily fish** (such as sardines or mackerel), which provide essential fatty acids

Increased intestinal permeability may place additional strain on the liver's detoxification processes.

4. Early Nutritional Deficiency Profile

This profile indicates the presence of **early signs of nutritional imbalance**.

These mild deficiencies may not cause immediate symptoms, but over time they can **affect the body's optimal functioning** if they are not corrected.

In this situation, it may be beneficial to:

- Improve **overall dietary balance**



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- Consider a **high-quality multivitamin and mineral supplement**

Supporting **liver function**, for example through gentle detox support twice per year, may also help optimize the body's metabolic processes.

5. Neuro-Oxidative Profile

This profile is associated with **imbalances in phosphorus levels** together with increased exposure to factors that promote **lipid oxidation**, such as **mercury** or **fluoride**.

Fluoride can be beneficial in very small amounts for tissue mineralization. However, in some individuals with certain sensitivities, it may **accumulate in body tissues**.

Its potential effects may be increased when there is a deficiency in **magnesium and vitamin C**.

In modern diets, intake of these nutrients is often insufficient, which may make **nutritional support or supplementation particularly beneficial**, especially when fluoride retention in tissues is suspected.

Lipids—especially **phospholipids**—are essential components of:

- **Cell membranes**
- The **nervous system and brain**

When oxidative stress persists over time, these structures may become more vulnerable. In the long term, this may contribute to:

- **Chronic fatigue**
- **Mild cognitive difficulties**