



ABSTRACT

The science and practice of micronutrient in clinical nutrition : the importance of micronutrient evaluation

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Micronutrients play a crucial role in maintaining good health as they are required for various processes within the body. Every individual has different micronutrient needs depending on their metabolic condition. To achieve optimal health, these needs must be met adequately. However, symptoms of micronutrient deficiency often appear late when deficiency is already severe. Accurate measurement is necessary to provide a good understanding of an individual's needs. Currently, advanced technology using ICP-MS methods is available to measure trace elements in the blood. Monitoring nutritional status by examining micronutrients is a practical and cost-effective approach for proper management.

Keywords: micronutrient, micronutrient assessment



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