

10th anniversary of Nutriprofiel®

Lessons learned from tailor-made nutritional advice upon vitamin status in clinical practice

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Introduction

NutriProfiel® is a healthcare support tool providing **tailor-made nutritional advice**, combining laboratory results for **vitamin B6, B12, D** and **folate** with results from a diet quality screener. It is used as: 1) part of usual care by GPs and MDs, and 2) a research tool.

NutriProfiel is celebrating its **10th anniversary** this year!



Methods

Algorithm: links laboratory test results and dietary intake.

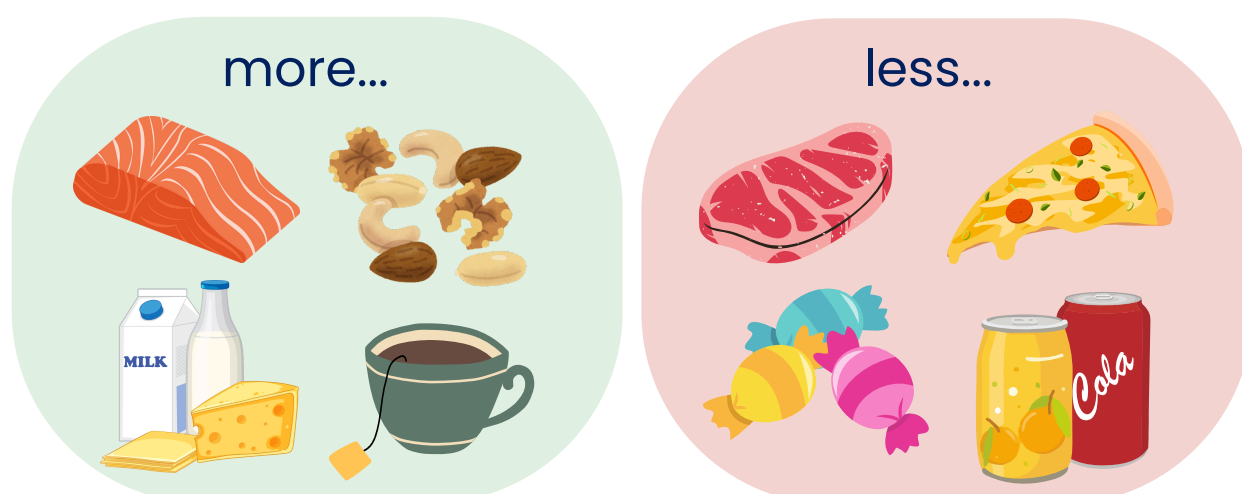
Results are **directly visible** to the patient and integrated in the **electronic health record** of GPs and MDs

Results

In 10 years, **more than 12,000 people** have had the opportunity to improve their diet with NutriProfiel®.

About **10%** of the vitamins fall below (i.e. D) or above (i.e. B-vitamins) the reference values.

Frequently provided nutritional advice :



Innovations

Through research projects, **tailored versions** of NutriProfiel® are being developed and evaluated for specific target groups.



NutriProfiel® Sport is expanded with **iron** and **protein**.

NutriProfiel® Pregnant includes haemoglobin, ferritin, and omega-3



NutriProfiel® Wound includes vitamin A, C and E.

Conclusion

NutriProfiel® is **unique** in combining laboratory testing with dietary intake. The **10th anniversary** is a great opportunity to reflect on its **impact** and explore **future innovations** and **collaborations**.

