System-Specific Nutrient Response Curve
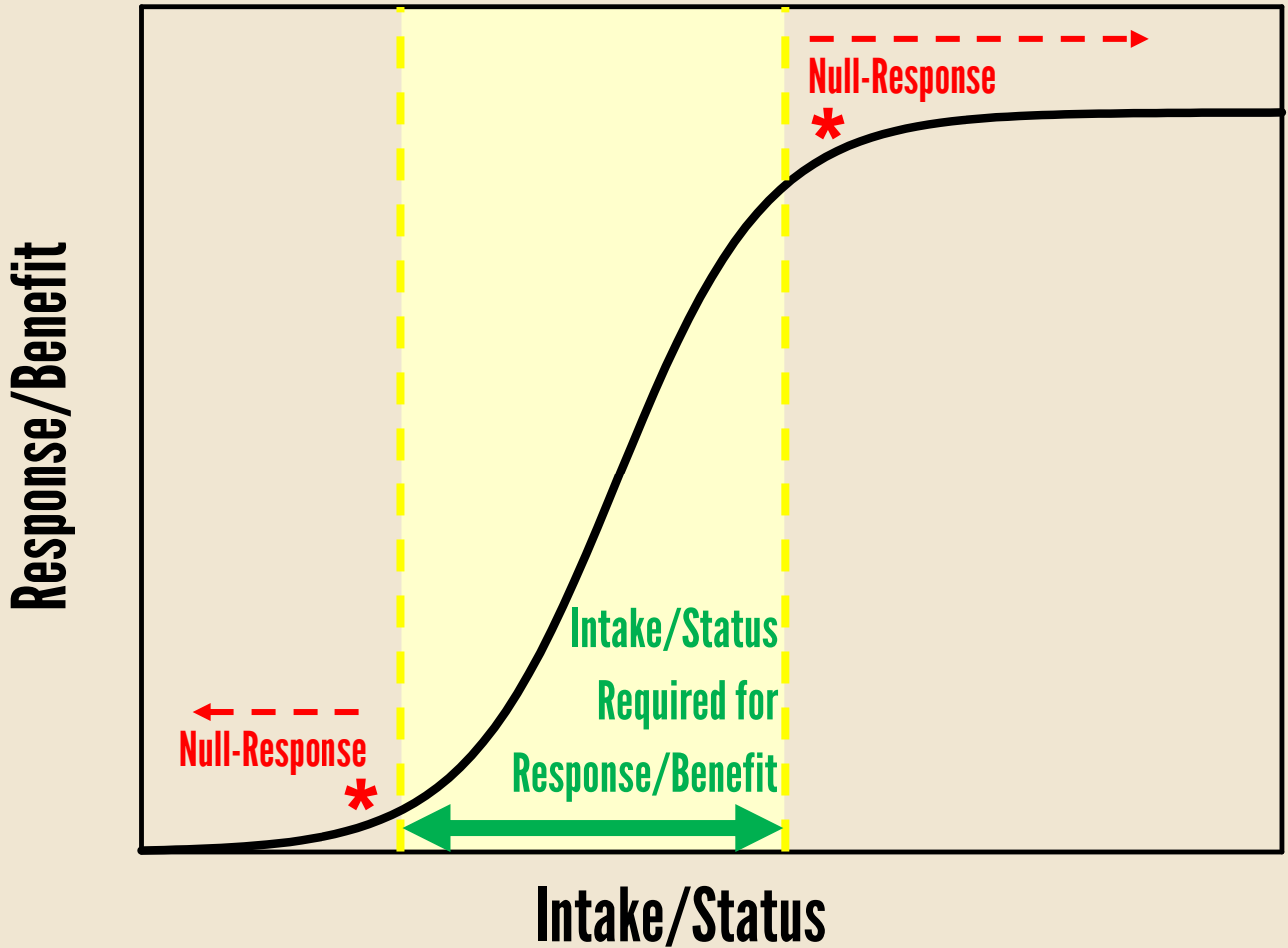

Response/Benefit (y-axis)

Intake/Status (x-axis)

Null-Response *

Null-Response *

Intake/Status Required for Response/Benefit

* Responses vary by system

©2016 GrassrootsHealth
Courtesy of Robert P. Heaney, MD, FACP, FASN

GrassrootsHealth
Moving Research into Practice
www.grassrootshealth.net