



FIGURE 6.1 — Urinary Markers of Nutrients Involved in Central Energy Pathways

Intermediates shown in bold purple font on this condensed version of central energy biochemical pathways are compounds normally included on profiles of urinary organic acids. This figure can be useful for patient education regarding the information gained from performing the profile since most people can understand the importance of deriving energy from dietary fat, carbohydrate and protein. Essential nutrient requirements for specific steps are shown in light blue boxes. Elevations of the substrates for those steps can indicate functional insufficiency of the associated nutrient. Amino acid abbreviations shown in green rectangles indicate the points of entry of their catabolic products into the citric acid cycle.