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Functional Health Report

Patient Copy

Jane Doe

Lab Test on Jul 12, 2016
Standard International Units

Table of Contents

Dr. Prytula's Notes

Health Improvement Plan

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Fatty Liver/ Steatosis

The results of your blood test indicate a tendency towards fatty liver and a need for liver support.

Rationale:
ALT (SGPT) ↑, Alk Phos ↑, AST (SGOT) ↑

Increased Cardiovascular Disease Risk

The results of your blood test indicate a higher than optimal risk of you developing cardiovascular disease and shows a need for cardiovascular support.*

Rationale:
AST (SGOT) ↑, Triglycerides ↑, HDL Cholesterol ↓, Vitamin D (25-OH) ↓

Inflammation

The results of your blood test indicate a tendency towards inflammation and shows a need for anti-inflammatory support.

Rationale:
Cholesterol - Total ↓, Creatine Kinase ↑, Alk Phos ↑, Vitamin D (25-OH) ↓

Coronary Artery Insufficiency

The results of your blood test indicate a trend towards coronary artery insufficiency and shows a need for cardiovascular support, especially support for coronary artery blood flow.

Rationale:
AST (SGOT) ↑, Creatine Kinase ↑

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Biliary Stasis/Insufficiency

The results of your blood test indicate a tendency towards biliary insufficiency/stasis and shows a need for gallbladder support.

Rationale:
Cholesterol - Total ↓, Alk Phos ↑, ALT (SGPT) ↑

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This Health Improvement Plan has been prepared for **Jane Doe** by **Nature Medicine** . Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Suggested Individual Nutrient Recommendations

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Vitamin D Need

The results of your blood test indicate that your vitamin D levels might be lower than optimal and shows a need for vitamin D supplementation.

Rationale:
Vitamin D (25-OH) ↓

Essential Fatty Acid Need

The results of your blood test indicate that your Essential Fatty Acid levels might be lower than optimal and shows a need for EFA supplementation.

Rationale:
Cholesterol - Total ↓

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This Health Improvement Plan has been prepared for **Jane Doe** by **Nature Medicine** . Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Blood Test Results Report

The Blood Test Results Report lists the results of your Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range ↑ 6 Current 0 Previous	**Above Standard Range** ↑↑ 2 Current 0 Previous	**Alarm High** 0 Current 0 Previous
Below Optimal Range ↓ 3 Current 0 Previous	**Below Standard Range** ↓↓ 3 Current 0 Previous	**Alarm Low** 0 Current 0 Previous

Biomarker	Current Jul 12 2016	Optimal Range	Standard Range	Units
Hemoglobin A1C	0.05	0.04 - 0.06	0.00 - 0.06	Proportion of 1.0
Creatinine	73.00	70.72 - 97.24	35.36 - 132.60	µmol/L
eGFR Non-Afr. American	82.00 ↓↓	90.00 - 200.00	90.00 - 200.00	mL/min/1.73m2
Sodium	142.00	135.00 - 142.00	135.00 - 146.00	mmol/L
Potassium	4.30	4.00 - 4.50	3.50 - 5.30	mmol/L
Sodium/Potassium Ratio	33.02	30.00 - 35.00	30.00 - 35.00	ratio
Chloride	109.00 ↑	100.00 - 106.00	98.00 - 110.00	mmol/L
Calcium	2.35	2.30 - 2.50	2.15 - 2.60	mmol/L
Alk Phos	105.00 ↑	70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	29.00 ↑	10.00 - 26.00	10.00 - 35.00	IU/L
ALT (SGPT)	42.00 ↑↑	10.00 - 26.00	6.00 - 29.00	IU/L
GGT	11.00	10.00 - 30.00	3.00 - 70.00	IU/L
Cholesterol - Total	3.80 ↓	4.14 - 4.65	3.23 - 5.17	mmol/L
Triglycerides	1.01 ↑	0.79 - 0.90	0.00 - 1.69	mmol/L
LDL Cholesterol	1.92	0.00 - 3.11	0.00 - 3.37	mmol/L
HDL Cholesterol	1.42 ↓	1.42 - 1.81	1.19 - 2.59	mmol/L
Cholesterol/HDL Ratio	2.70	0.00 - 4.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	0.71	0.00 - 0.87	0.00 - 0.87	ratio
TSH	1.86	1.30 - 2.00	0.40 - 4.50	mIU/L
Creatine Kinase	3.80 ↑↑	1.09 - 2.25	0.73 - 3.27	µkat/L
Vitamin D (25-OH)	70.00 ↓↓	124.80 - 224.64	74.88 - 249.60	nmol/L
Total WBCs	6.20	5.50 - 7.50	3.80 - 10.80	giga/L
RBC, Female	4.65 ↑	3.90 - 4.50	3.80 - 5.10	10E12/L
Hemoglobin, Female	143.00	135.00 - 145.00	117.00 - 155.00	g/L
Hematocrit, Female	0.42	0.37 - 0.44	0.35 - 0.45	Prop. of 1.0
MCV	91.00 ↑	82.00 - 89.90	80.00 - 100.00	fL
MCH	30.80	28.00 - 31.90	27.00 - 33.00	pg
MCHC	336.00	320.00 - 350.00	320.00 - 360.00	g/L
Platelets	171.00	155.00 - 385.00	140.00 - 400.00	x10E9/L

RDW	12.90	11.70 - 13.00	11.00 - 15.00	%
Neutrophils	36.00 ↓↓	40.00 - 60.00	40.00 - 74.00	%
Lymphocytes	17.00 ↓	24.00 - 44.00	14.00 - 46.00	%
Monocytes	6.00	0.00 - 7.00	4.00 - 13.00	%
Eosinophils	3.00	0.00 - 3.00	0.00 - 3.00	%
Basophils	0.00	0.00 - 1.00	0.00 - 1.00	%

% Deviation from Optimal Report

This report shows the biomarkers on the blood test that are farthest from optimal expressed as a %. The biomarkers that appear closest to the top and the bottom are those biomarkers that are farthest from optimal.

Biomarker	% from Median	Lab Result	Low	High	Optimal Reference Ranges Low High
Creatine Kinase	182	**3.80**	1.09	2.25	
ALT (SGPT)	150	**42.00**	10.00	26.00	
Triglycerides	145	**1.01**	0.79	0.90	
Chloride	100	**109.00**	100.00	106.00	
RBC, Female	75	**4.65**	3.90	4.50	
AST (SGOT)	69	**29.00**	10.00	26.00	
Alk Phos	67	**105.00**	70.00	100.00	
MCV	64	**91.00**	82.00	89.90	
Eosinophils	50	**3.00**	0.00	3.00	
Sodium	50	**142.00**	135.00	142.00	
RDW	42	**12.90**	11.70	13.00	
Monocytes	36	**6.00**	0.00	7.00	
Triglyceride/HDL Ratio	31	**0.71**	0.00	0.87	
Hemoglobin, Female	30	**143.00**	135.00	145.00	
TSH	30	**1.86**	1.30	2.00	
MCH	22	**30.80**	28.00	31.90	
Hematocrit, Female	21	**0.42**	0.37	0.44	
Cholesterol/HDL Ratio	18	**2.70**	0.00	4.00	
LDL Cholesterol	12	**1.92**	0.00	3.11	
Sodium/Potassium Ratio	10	**33.02**	30.00	35.00	
Potassium	10	**4.30**	4.00	4.50	
MCHC	3	**336.00**	320.00	350.00	
Hemoglobin A1C	0	**0.05**	0.04	0.06	
Total WBCs	-15	**6.20**	5.50	7.50	
Calcium	-25	**2.35**	2.30	2.50	
Creatinine	-41	**73.00**	70.72	97.24	
Platelets	-43	**171.00**	155.00	385.00	
GGT	-45	**11.00**	10.00	30.00	
Basophils	-50	**0.00**	0.00	1.00	
HDL Cholesterol	-51	**1.42**	1.42	1.81	
eGFR Non-Afr. American	-57	**82.00**	90.00	200.00	
Neutrophils	-70	**36.00**	40.00	60.00	
Lymphocytes	-85	**17.00**	24.00	44.00	
Vitamin D (25-OH)	-105	**70.00**	124.80	224.64	
Cholesterol - Total	-115	**3.80**	4.14	4.65	

Out of Optimal Range Report

The following results show all of the biomarkers that are out of the optimal reference range. The biomarkers that appear closest to the top of each section are those biomarkers that are farthest from optimal.

Above Optimal Range ↑
8 Total

Below Optimal Range ↓
6 Total

Above Optimal

Creatine Kinase ↑ 3.80 µkat/L (+ 182 %)

Creatine Kinase (CPK) is a group of enzymes found in skeletal muscle, the brain and heart muscle. Damage to one or more of these tissues will liberate CPK into the serum thus raising serum levels. Increased levels of CPK are associated with muscle damage or breakdown, damage to the heart muscle as in an acute MI, heavy exercise and brain damage or inflammation.

ALT (SGPT) ↑ 42.00 IU/L (+ 150 %)

SGPT/ALT is an enzyme present in high concentrations in the liver and to lesser extent skeletal muscle, the heart, and kidney. SGPT/ALT will be liberated into the bloodstream following cell damage or destruction. Any condition or situation that causes damage to the hepatocytes will cause a leakage of SGPT/ALT in to the bloodstream. These would be exposure to chemicals, viruses (viral hepatitis, mononucleosis, cytomegalovirus, Epstein Barr, etc.), alcoholic hepatitis. The most common non-infectious cause of an increased ALT is a condition called steatosis (fatty liver).

Triglycerides ↑ 1.01 mmol/L (+ 145 %)

Serum triglycerides are composed of fatty acid molecules that enter the blood stream either from the liver or from the diet. Levels will be elevated in metabolic syndrome, fatty liver, in patients with an increased risk of cardiovascular disease, hypothyroidism and adrenal dysfunction

Chloride ↑ 109.00 mmol/L (+ 100 %)

Chloride plays an important role in human physiology. The amount of serum chloride is carefully regulated by the kidneys. Chloride is involved in regulating acid-base balane in the body. Increased levels are associated with metabolic acidosis and adrenal stress.

RBC, Female ↑ 4.65 10E12/L (+ 75 %)

The RBC Count determines the total number of red blood cells or erythrocytes found in a cubic millimeter of blood. The red blood cell functions to carry oxygen from the lungs to the body tissues and to transfer carbon dioxide from the tissues to the lungs where it is expelled. Increased levels are associated with dehydration, stress, a need for vitamin C and respiratory distress such as asthma.

AST (SGOT) ↑ 29.00 IU/L (+ 69 %)

SGOT/AST is an enzyme present in highly metabolic tissues such as skeletal muscle, the liver, the heart, kidney, and lungs. This enzyme is at times released into the bloodstream following cell damage or destruction. AST levels will be increased when liver cells and/or heart muscle cells and/or skeletal muscle cells are damaged. The cause of the damage must be investigated.

Alk Phos ↑ 105.00 IU/L (+ 67 %)

Alkaline phosphatase (ALP) is a group of isoenzymes that originate in the bone, liver, intestines, skin, and placenta. It has a maximal activity at a pH of 9.0-10.0, hence the term alkaline phosphatase. Elevated levels of ALP in the serum can occur with any liver dysfunction, it is especially sensitive to any type of obstruction in the biliary tract, both intra and extra-hepatic, both severe and mild. The degree of ALP elevation is in direct correlation to the severity of the obstruction. Elevated levels not of liver origin are seen in normal bone growth in children and healing fractures.

MCV ↑ 91.00 fL (+ 64 %)

The MCV is a measurement of the volume in cubic microns of an average single red blood cell. MCV indicates whether the red blood cell size appears normal (normocytic), small (microcytic), or large (macrocytic). An increase or decrease in MCV can help determine the type of anemia present. An increased MCV is associated with B12, folate, or vitamin C deficiency.

Below Optimal

Cholesterol - Total ↓ 3.80 mmol/L (- 115 %)

Cholesterol is a steroid found in every cell of the body and in the plasma. It is an essential component in the structure of the cell membrane where it controls membrane fluidity. It provides the structural backbone for every steroid hormone in the body, which includes adrenal and sex hormones and vitamin D. The myelin sheaths of nerve fibers are derived from cholesterol and the bile salts that emulsify fats are composed of cholesterol. Cholesterol is made in the body by the liver and other organs, and from dietary sources. The liver, the intestines, and the skin produce between 60-80% of the body's cholesterol. The remainder comes from the diet. Decreased cholesterol levels are a strong indicator of gallbladder dysfunction, oxidative stress, inflammatory process, low fat diets and an increased heavy metal burden.

Vitamin D (25-OH) ↓ 70.00 nmol/L (- 105 %)

This vitamin D test measures for levels of 25-OH vitamin D and is a very good way to assess vitamin D status. Decreased vitamin D levels are a sign of Vitamin D deficiency.

Lymphocytes ↓ 17.00 % (- 85 %)

Lymphocytes are a type of white blood cell. Decreased levels are often seen in a chronic viral infection when the body can use up a large number of lymphocytes and oxidative stress.

Neutrophils ↓ 36.00 % (- 70 %)

Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white cell in the body's reaction to inflammation. Decreased levels are often see in chronic viral infections.

eGFR Non-Afr. American ↓ 82.00 mL/min/1.73m2 (- 57 %)

The eGFR is a calculated estimate of the kidney's Glomerular Filtration Rate. It uses 4 variables: age, race, creatinine levels and gender to estimate kidney function. Levels below 60 are an indication of a loss of kidney function and may require a visit to a renal specialist for further evaluation.

HDL Cholesterol ↓ 1.42 mmol/L (- 51 %)

HDL functions to transport cholesterol from the peripheral tissues and vessel walls to the liver for processing and metabolism into bile salts. It is known as “good cholesterol” because it is thought that this process of bringing cholesterol from the peripheral tissue to the liver is protective against atherosclerosis. Decreased HDL is considered atherogenic (tending towards the formation of fatty plaques in the artery).

Functional Index Report

The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: **90% - 100%** - Dysfunction Highly Likely, **70% - 90%** - Dysfunction Likely, **50% - 70%** - Dysfunction Possible, **< 50%** - Dysfunction Less Likely.

Functional Index	0% 100%
Gallbladder Function Index	67%
Liver Function Index	59%
Inflammation Index	57%
Oxidative Stress Index	56%
Cardiovascular Risk Index	55%
Immune Function Index	53%
Toxicity Index	47%
Adrenal Function Index	44%
Acid-Base Index	40%
Lipid Panel Index	27%
Kidney Function Index	17%
Bone Health Index	15%
Red Blood Cell Index	13%
Blood Sugar Index	9%
GI Function Index	7%
Allergy Index	0%
Heavy Metal Index	0%
Electrolyte Index	0%
Thyroid Function Index	0%
Sex Hormone Index - Female	0%

Gallbladder Function Index

The Gallbladder Function Index reflects the degree of function in your gallbladder. The gallbladder plays an essential role in helping your body digest the fat in the diet. It does this through the release of a substance called bile. Bile is not only essential for fat digestion but it also helps the body get rid of certain toxins and also excess cholesterol from the body. Factors affecting gallbladder function include the inability of the liver to produce bile (a condition called biliary insufficiency), the progressive thickening of the bile in the gallbladder (a condition called biliary stasis) or the presence of obstructions in the gallbladder itself (a condition called biliary obstruction). For your blood test, your Gallbladder Function Index is:

[67%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Alk Phos ↑, Cholesterol - Total ↓, ALT (SGPT) ↑

Liver Function Index

The Liver Function Index reflects the degree of function in your liver. The liver has over 500 known functions. It is involved with detoxification, digestion, the hormonal system, the immune system, controlling blood sugar, storing nutrients, and protein and fat metabolism. The liver also produces a substance called bile that is stored in the gallbladder. Bile is essential for proper fat digestion and is also a major route of elimination for the body. Factors affecting liver function include the accumulation of fat within the liver (a condition called fatty liver), inflammation of the liver cells from infections, toxins, etc. (a condition called hepatitis), actual damage to the liver cells themselves (a condition called cirrhosis) or a decrease in the ability of the liver to detoxify, which leads to detoxification issues. There are elements in the blood that we can measure that can indicate the relative function of the liver. For your blood test, your Liver Function Index is:

[59%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
ALT (SGPT) ↑, Alk Phos ↑, AST (SGOT) ↑, Cholesterol - Total ↓, MCV ↑

Inflammation Index

The Inflammation Index can help us identify whether or not you are suffering from inflammation. This is important because inflammation can be silent, i.e. not have any symptoms. A number of elements on a blood test can indicate the presence of inflammation. These are markers for inflammation and are not specific to any particular inflammatory condition or disease but they can help us look at the underlying dysfunctions that are the true cause of inflammation in the body. For your blood test, your Inflammation Index is:

[57%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Cholesterol - Total ↓, Creatine Kinase ↑, Alk Phos ↑, Vitamin D (25-OH) ↓

Oxidative Stress Index

The Oxidative Stress index gives us an indication of the level of oxidative stress activity in your body. Oxidative stress is a disturbance in the free radical/antioxidant balance in the body and is associated with the aging process and a number of degenerative diseases. Oxidative stress arises when the levels of free radicals in the body are high and/or the levels of antioxidants in the body are low. The primary contribution to increased free radicals is the exposure to toxins from our environment. A high Oxidative Stress Index may indicate you need more antioxidants and/or need to make lifestyle changes such as quitting smoking, reducing stress, reducing alcohol consumption, etc. For your blood test, your Oxidative Stress Index is:

[56%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Cholesterol - Total ↓, Lymphocytes ↓

Cardiovascular Risk Index

The Cardiovascular Risk Index looks at 15 elements on a blood test to assess for your risk of cardiovascular dysfunction. A high Cardiovascular Risk Index indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Risk index will be used along with information from an examination of your diet, lifestyle, exercise, body mass index and family history to give us a more complete picture of what is going on. For your blood test, your Cardiovascular Risk Index is:

[55%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
AST (SGOT) ↑, Triglycerides ↑, HDL Cholesterol ↓, Vitamin D (25-OH) ↓

Immune Function Index

The Immune Function Index allows us to assess the state of function in your immune system. When the immune system is in a state of balance we are able to cope and deal with infections with little or no lasting negative side-effects. Elements on a blood test allow us to check and see if the immune system is in a state of balance or not. Some of the factors to consider include a low functioning immune system (a condition called immune insufficiency), bacterial or viral infections or GI dysfunction associated with decreased immune function: abnormal immunity in the gut lining, a decrease in immune cell function in the gut or an increase in abnormal bacteria, etc. in the gut (a condition called dysbiosis). For your blood test, your Immune Function Index is:

[53%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Neutrophils ↓, Lymphocytes ↓

Nutrient Index Report

The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Nutrient Assessment Report based on our latest research. This report gives me an indication of your nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: **90% - 100%** - Nutrient Status is Poor, **75% - 90%** - Nutrient Status is Low, **50% - 75%** - Moderate Nutrient Status, **< 50%** - Optimum Nutrient Status

Nutrient Index	0% 100%
Vitamin Index	57%
Fat Index	50%
Carbohydrate Index	12%
Protein Index	12%
Hydration Index	10%
Mineral Index	0%

Vitamin Index

The Vitamin Index gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and breakdown individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves. For your blood test, your Vitamin Index is:

[57%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
Vitamin D (25-OH) ↓, MCV ↑

Fat Index

The Fat Index gives us an assessment of fatty acid deficiency in your body. We do this by measuring elements in the blood that can indicate fat deficiencies in the diet itself and also for the ability of your body to handle the fats that you do consume in your diet. A deficiency in Essential Fatty Acids (EFAs) is quite common. EFAs are fats that are essential for life and include the Omega 6 and Omega 3 fats, essential fats that are found in evening primrose oil, fish oils, flax seed oil, etc. For your blood test, your Fat Index is:

[50%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
Cholesterol - Total ↓

Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of

an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Score Guide: **90% - 100%** - Deficiency Highly Likely, **70% - 90%** - Deficiency Likely, **50% - 70%** - Deficiency Possible, **< 50%** - Deficiency Less Likely.

Individual Nutrients	0% 100%
Vitamin D Need	100%
Calcium Need	43%
Vitamin B12/Folate Need	42%
Vitamin C Need	22%
Vitamin B6 Need	0%
Iron Deficiency	0%
Zinc Need	0%
Iodine Need	0%
Magnesium Need	0%
DHEA Need	0%
Molybdenum Need	0%
Selenium Need	0%
Thiamine Need	0%
Glutathione Need	0%

Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Vitamin D (25-OH) ↓

Blood Test History Report

The Blood Test History Report lists the results of your Blood Chemistry Screen and CBC tests side by side with the latest test listed on the left hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track your progress.

Biomarker		Latest Test Result Jul 12 2016
Glucose		
Hemoglobin A1C		0.05
Insulin - Fasting		
Fructosamine		
C-Peptide		
BUN		
Creatinine		73.00
eGFR Non-Afr. American		82.00 ↓↓
eGFR African American		
BUN/Creatinine Ratio		
Sodium		142.00
Potassium		4.30
Sodium/Potassium Ratio		33.02
Chloride		109.00 ↑
CO2		
Anion gap		
Uric Acid, female		
Protein, total		
Albumin		

Biomarker		Latest Test Result Jul 12 2016
Globulin, total		
Albumin/Globulin Ratio		
Calcium		2.35
Calcium/Albumin Ratio		
Phosphorus		
Calcium/Phosphorous Ratio		
Magnesium		
Alk Phos		105.00 ↑
LDH		
AST (SGOT)		29.00 ↑
ALT (SGPT)		42.00 ↑↑
GGT		11.00
Bilirubin - Total		
Bilirubin - Direct		
Bilirubin - Indirect		
Iron - Serum		
Ferritin		
TIBC		
% Transferrin saturation		
Cholesterol - Total		3.80 ↓
Triglycerides		1.01 ↑
LDL Cholesterol		1.92

Biomarker		Latest Test Result Jul 12 2016
HDL Cholesterol		1.42 ↓
VLDL Cholesterol		
Cholesterol/HDL Ratio		2.70
Triglyceride/HDL Ratio		0.71
Leptin, Female		
TSH		1.86
Total T4		
Total T3		
Free T4		
Free T3		
T3 Uptake		
Free Thyroxine Index (T7)		
Thyroid Peroxidase (TPO) Abs		
Thyroid Peroxidase (TPO) Abs LABCORP		
Thyroglobulin Abs LABCORP		
Thyroglobulin Abs		
Reverse T3		
Hs CRP, Female		
C-Reactive Protein		
ESR, Female		
Homocysteine		
Fibrinogen		

Biomarker		Latest Test Result Jul 12 2016
Creatine Kinase		3.80 ↑↑
Vitamin D (25-OH)		70.00 ↓↓
Vitamin B12		
Folate		
DHEA-S, Female		
Testosterone, Free Female		
Testosterone, Total Female		
Sex Hormone Binding Globulin, female		
Estradiol, Female		
Progesterone, Female		
Collagen Cross-Linked NTx		
Creatinine Clearance		
Cortisol - AM		
Cortisol - PM		
Gastrin		
Total WBCs		6.20
RBC, Female		4.65 ↑
Reticulocyte count		
Hemoglobin, Female		143.00
Hematocrit, Female		0.42
MCV		91.00 ↑
MCH		30.80

Biomarker		Latest Test Result Jul 12 2016
MCHC		336.00
Platelets		171.00
RDW		12.90
Neutrophils		36.00 ↓↓
Bands		
Lymphocytes		17.00 ↓
Monocytes		6.00
Eosinophils		3.00
Basophils		0.00

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NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, DELAY SEEKING MEDICAL ADVICE OR TREATMENT, OR STOP CURRENT MEDICAL TREATMENT, BECAUSE OF SOMETHING YOU HAVE READ IN THIS REPORT.

Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition. Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 911 or your doctor immediately.