IMAGINE

if you could ask your body

WHAT'S GOING ON?

A Functional Health Report takes your lab data and analyzes it to help you understand what's going on inside your body.

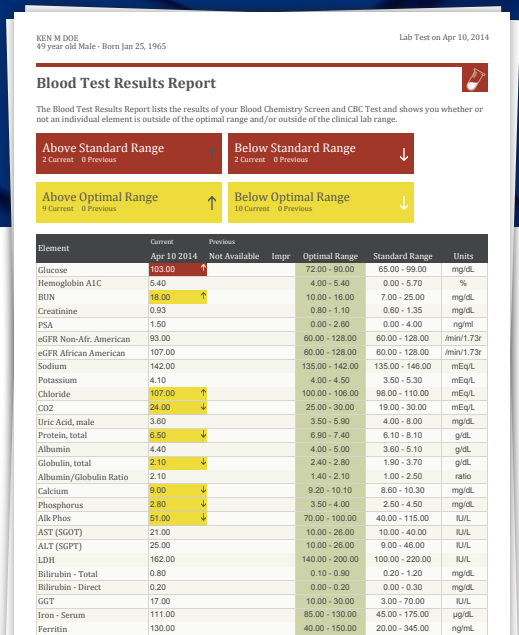
Like a fingerprint, people are individuals with unique biochemical characteristics. Even for people with the same condition, their contributing imbalances may be very different. That's why, for optimal results, health decisions should incorporate understandable, actionable information about your biochemistry. The Functional Health Report does precisely that, so ask your health care provider for one today.

You should get a Functional Health Report if…

- ☐ You want to address an ***existing health concern or condition***
- ☐ You want to ***optimize athletic performance***
- ☐ You want to ***reduce medications***
- ☐ You want to ***overcome an addiction***
- ☐ You want to ***get pregnant***
- ☐ You want to ***increase vitality***
- ☐ You're at ***high risk of disease***
- ☐ You simply ***want to feel better!***

Every recommendation is based on your body's unique biochemistry and sourced from published medical research.

Personalized Information = Better Decisions



KEN M DOE
49 year old Male - Born Jan 25, 1965

Lab Test on Apr 10, 2014

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 element is outside of the optimal range and/or outside of the clinical lab range.

Above Standard Range	Below Standard Range
2 Current 0 Previous	2 Current 0 Previous
Above Optimal Range	**Below Optimal Range**
9 Current 0 Previous	10 Current 0 Previous

Element	Current Apr 10 2014	Previous Not Available	Impr	Optimal Range	Standard Range	Units
Glucose	103.00 ↑			72.00 - 90.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.40			4.00 - 5.40	0.00 - 5.70	%
BUN	18.00 ↑			10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.93			0.80 - 1.10	0.60 - 1.35	mg/dL
PSA	1.50			0.00 - 2.60	0.00 - 4.00	ng/ml
eGFR Non-Afr. American	93.00			60.00 - 128.00	60.00 - 128.00	/min/1.73r
eGFR African American	107.00			60.00 - 128.00	60.00 - 128.00	/min/1.73r
Sodium	142.00			135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.10			4.00 - 4.50	3.50 - 5.30	mEq/L
Chloride	107.00 ↑			100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	24.00 ↓			25.00 - 30.00	19.00 - 30.00	mEq/L
Uric Acid, male	3.60			3.50 - 5.90	4.00 - 8.00	mg/dL
Protein, total	6.50 ↓			6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.40			4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.10 ↓			2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	2.10			1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.00 ↓			9.20 - 10.10	8.60 - 10.30	mg/dL
Phosphorus	2.80 ↓			3.50 - 4.00	2.50 - 4.50	mg/dL
Alk Phos	51.00 ↓			70.00 - 100.00	40.00 - 115.00	IU/L
AST (SGOT)	21.00			10.00 - 26.00	10.00 - 40.00	IU/L
ALT (SGPT)	25.00			10.00 - 26.00	9.00 - 46.00	IU/L
LDH	162.00			140.00 - 200.00	100.00 - 220.00	IU/L
Bilirubin - Total	0.80			0.10 - 0.90	0.20 - 1.20	mg/dL
Bilirubin - Direct	0.20			0.00 - 0.20	0.00 - 0.30	mg/dL
GGT	17.00			10.00 - 30.00	3.00 - 70.00	IU/L
Iron - Serum	111.00			85.00 - 130.00	45.00 - 175.00	µg/dL
Ferritin	130.00			40.00 - 150.00	20.00 - 345.00	ng/mL

Have you taken a lab test in the last 3 months? Or plan to take one soon?

Then ask your healthcare practitioner for a Functional Health Report today.

<< EASY TO READ FHR REPORT

The Functional Health Report works by analyzing results from your lab data. It identifies your body's unique biochemical patterns and makes specific, scientifically based recommendations.

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JOHN DOE

Functional Health Report
Patient Copy

JOHN DOE

Lab Test on Mar 04, 2024
Conventional US Units

Table of Contents

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 element is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range ↑
8 Current 6 Previous

Above Standard Range ↑
3 Current 3 Previous

Alarm High
0 Current 0 Previous

Below Optimal Range ↓
5 Current 7 Previous

Below Standard Range ↓
0 Current 0 Previous

Alarm Low
0 Current 0 Previous

Element	Current Mar 04 2024	Previous Apr 27 2021	Impr	Optimal Range	Standard Range	Units
Glucose	89.00	93.00 ↑	👍	72.00 - 90.00	65.00 - 99.00	mg/dL
BUN	19.00 ↑	16.00	👎	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	1.03	1.06		0.80 - 1.10	0.40 - 1.35	mg/dL
BUN/Creatinine Ratio	18.44 ↑	15.09	👎	10.00 - 16.00	6.00 - 22.00	Ratio
PSA	0.90			0.00 - 2.60	0.00 - 4.00	ng/ml
eGFR	84.00 ↓	79.00 ↓	👍	90.00 - 120.00	60.00 - 90.00	mL/min/1.73m2
Sodium	140.00	141.00		135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.30	4.20		4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	32.55	33.57		30.00 - 35.00	30.00 - 35.00	ratio
Chloride	101.00	101.00		100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	25.00	27.00		25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	18.30 ↑	17.20 ↑	👎	7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, male	5.80	5.40		3.50 - 5.90	4.00 - 8.00	mg/dL
Protein, total	7.10	7.00		6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.70	4.60		4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.40	2.40		2.40 - 2.80	2.00 - 3.50	g/dL
Albumin/Globulin Ratio	1.95	1.91		1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.50	9.90		9.40 - 10.10	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	2.02	2.15		0.00 - 2.60	0.00 - 2.70	ratio
Phosphorus	3.60	3.40 ↓	👍	3.50 - 4.00	2.50 - 4.50	mg/dL
Calcium/Phosphorous Ratio	2.63	2.91 ↑	👍	2.30 - 2.80	1.90 - 4.20	ratio
Magnesium	2.10 ↓	2.20	👎	2.20 - 2.50	1.50 - 2.50	mg/dl
Alk Phos	52.00 ↓	63.00 ↓	👎	70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	18.00	18.00		10.00 - 26.00	10.00 - 35.00	IU/L
ALT (SGPT)	16.00	18.00		10.00 - 26.00	6.00 - 29.00	IU/L
LDH	156.00	160.00		140.00 - 200.00	120.00 - 250.00	IU/L
Bilirubin - Total	1.10 ↑	0.90	👎	0.10 - 0.90	0.20 - 1.20	mg/dL
GGT	16.00	12.00		10.00 - 30.00	3.00 - 70.00	IU/L

Iron - Serum	109.00	81.00 ↓	👍	85.00 - 130.00	40.00 - 160.00	µg/dL
Ferritin	80.00	96.00		40.00 - 150.00	10.00 - 232.00	ng/mL
Cholesterol - Total	222.00 ↑	200.00 ↑	👎	155.00 - 190.00	125.00 - 200.00	mg/dL
Triglycerides	97.00	44.00 ↓	👍	50.00 - 100.00	0.00 - 150.00	mg/dL
LDL Cholesterol	152.00 ↑	139.00 ↑	👎	0.00 - 120.00	0.00 - 100.00	mg/dL
HDL Cholesterol	53.00 ↓	53.00 ↓	👎	55.00 - 70.00	46.00 - 100.00	mg/dL
Cholesterol/HDL Ratio	4.20 ↑	3.80 ↑	👎	0.00 - 3.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	1.83	0.83		0.00 - 2.00	0.00 - 3.30	ratio
TSH	1.84	1.47		1.00 - 3.00	0.40 - 4.50	µU/mL
Free T3	3.00	3.00		2.80 - 3.50	2.30 - 4.20	pg/ml
Total T3	118.00	100.00		90.00 - 168.00	76.00 - 181.00	ng/dL
Free T4	1.34	1.35		1.00 - 1.50	0.80 - 1.80	ng/dL
Total T4	8.70	8.00		6.00 - 11.90	4.50 - 12.00	µg/dL
Hs CRP, Male	0.44	0.30		0.00 - 0.99	0.00 - 2.90	mg/L
ESR, Male	8.00 ↑	4.00	👎	0.00 - 5.00	0.00 - 15.00	mm/hr
Vitamin D (25-OH)	58.60	61.90		50.00 - 90.00	30.00 - 100.00	ng/ml
Total WBCs	7.00	5.20 ↓	👍	5.30 - 7.50	3.80 - 10.80	k/cumm
RBC, Male	5.01 ↑	5.08 ↑	👍	4.20 - 4.90	4.20 - 5.80	m/cumm
Hemoglobin, Male	15.20 ↑	15.40 ↑	👍	14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit, Male	45.00	45.90		40.00 - 48.00	38.50 - 50.00	%
MCV	90.00	90.00		85.00 - 92.00	80.00 - 100.00	fL
MCH	30.30	30.30		27.00 - 31.90	27.00 - 33.00	pg
MCHC	33.80	33.60		32.00 - 35.00	32.00 - 36.00	g/dL
Platelets	252.00	249.00		150.00 - 400.00	140.00 - 400.00	k/cumm
RDW	12.50	12.20		11.70 - 13.00	11.00 - 15.00	%
Neutrophils	69.00 ↑	60.00	👎	40.00 - 60.00	38.00 - 74.00	%
Lymphocytes	21.00 ↓	28.00	👎	25.00 - 40.00	14.00 - 46.00	%
Monocytes	7.00	8.00 ↑	👍	0.00 - 7.00	0.00 - 7.00	%
Eosinophils	3.00	3.00		0.00 - 3.00	0.00 - 3.00	%
Basophils	0.00	1.00		0.00 - 1.00	0.00 - 1.00	%

Out of Optimal Range Report

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

Above Optimal Range
11 Total

Below Optimal Range
5 Total

Above Optimal

Anion gap ↑ 18.30 mEq/L (+ 176 %)

The anion gap is the measurement of the difference between the sum of the sodium and potassium levels and the sum of the serum CO_2/bicarbonate and chloride levels. Increased levels are associated with thiamine deficiency and metabolic acidosis.

Cholesterol - Total ↑ 222.00 mg/dL (+ 141 %)

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. An increased cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, hypothyroidism, biliary stasis, and fatty liver. Decreased cholesterol levels are a strong indicator of gallbladder dysfunction, oxidative stress, inflammatory process, low fat diets and an increased heavy metal burden.

ESR, Male ↑ 8.00 mm/hr (+ 110 %)

The ESR test is based on the fact that certain blood proteins will become altered in inflammatory conditions, causing aggregation of the red blood cells and as such it is a non-specific measure for inflammation in the body. The ESR is useful for determining the level of tissue destruction, inflammation, and is an indication that a disease process is ongoing and must be investigated.

BUN ↑ 19.00 mg/dL (+ 100 %)

BUN or Blood Urea Nitrogen reflects the ratio between the production and clearance of urea in the body. Urea is formed almost entirely by the liver from both protein metabolism and protein digestion. The amount of urea excreted as BUN varies with the amount of dietary protein intake. Increased BUN may be due to an increased production of urea by the liver or decreased excretion by the kidney. BUN is a test used predominantly to measure kidney function, where it will be increased. An increased BUN is also associated with dehydration and hypochlorhydria. A low BUN is associated with malabsorption and a diet low in protein.

Neutrophils ↑ 69.00 % (+ 95 %)

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. Levels will be raised in bacterial infections. Decreased levels are often see in chronic viral infections.

BUN/Creatinine Ratio ↑ 18.44 Ratio (+ 91 %)

The BUN/Creatinine is a ratio between the BUN and Creatinine levels. An increased level is associated with renal dysfunction. A decreased level is associated with a diet low in protein.

Cholesterol/HDL Ratio ↑ 4.20 Ratio (+ 90 %)

The ratio of total cholesterol to HDL is a far better predictor of cardiovascular disease than cholesterol by itself. A lower ratio is ideal because you want to lower cholesterol (but not too low) and raise HDL. A level below 3.0 would be ideal. Every increase of 1.0, i.e. 3.0 to 4.0 increases the risk of heart attack by 60%.

LDL Cholesterol ↑ 152.00 mg/dL (+ 77 %)

LDL functions to transport cholesterol and other fatty acids from the liver to the peripheral tissues for uptake and metabolism by the cells. It is known as “bad cholesterol” because it is thought that this process of bringing cholesterol from the liver to the peripheral tissue increases the risk for atherosclerosis. An increased LDL cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, oxidative stress and fatty liver.

Bilirubin - Total ↑ 1.10 mg/dL (+ 75 %)

The total bilirubin is composed of two forms of bilirubin: Indirect or unconjugated bilirubin, which circulates in the blood on its way to the liver and direct or conjugated bilirubin, which is the form of bilirubin made water soluble before it is excreted in the bile. An increase in total bilirubin is associated with a dysfunction or blockage in the liver, gallbladder, or biliary tree, oxidative stress or red blood cell hemolysis.

Hemoglobin, Male ↑ 15.20 g/dl (+ 70 %)

Hemoglobin is the oxygen carrying molecule in red blood cells. Measuring hemoglobin is useful to determine the cause and type of anemia and for evaluating the efficacy of anemia treatment. Hemoglobin levels may be increased in cases of dehydration.

RBC, Male ↑ 5.01 m/cumm (+ 66 %)

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. The RBC Count determines the total number of cells or erythrocytes found in a cubic millimeter of blood. Increased levels are associated with dehydration, stress, a need for vitamin C and respiratory distress such as asthma. Decreased levels are primarily associated with anemia.

Below Optimal

Alk Phos ↓ 52.00 IU/L (- 110 %)

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. Decreased levels of ALP have been associated with zinc deficiency.

Magnesium ↓ 2.10 mg/dl (- 83 %)

Magnesium is important for many different enzymatic reactions, including carbohydrate metabolism, protein synthesis, nucleic acid synthesis, and muscular contraction. Magnesium is also needed for energy production and is used by the body in the blood clotting mechanism. An increased serum magnesium is associated with kidney dysfunction and thyroid hypofunction. A decreased magnesium is a common finding with muscle cramps.

Lymphocytes ↓ 21.00 % (- 77 %)

Lymphocytes are a type of white blood cell. An increase in lymphocyte concentration is usually a sign of a viral infection but can also be a sign of increased toxicity in the body or inflammation. Decreased levels are often seen in a chronic viral infection and oxidative stress.

eGFR ↓ 84.00 mL/min/1.73m2 (- 70 %)

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 90 are an indication of a mild loss of kidney function. Levels below 60 indicate a moderate loss of kidney function and may require a visit to a renal specialist for further evaluation.

HDL Cholesterol ↓ 53.00 mg/dL (- 63 %)

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, increased HDL is considered protective.

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%
Lipid Panel Index	100%
Immune Function Index	63%
Acid-Base Index	60%
Oxidative Stress Index	50%
Gallbladder Function Index	50%
Kidney Function Index	50%
Blood Sugar Index	45%
GI Function Index	26%
Cardiovascular Risk Index	25%
Toxicity Index	19%
Electrolyte Index	17%
Adrenal Function Index	17%
Heavy Metal Index	15%
Inflammation Index	12%
Liver Function Index	10%
Allergy Index	0%
Prostate Function Index	0%
Red Blood Cell Index	0%
Thyroid Function Index	0%
Sex Hormone Index - Male	0%
Bone Health Index	0%

Lipid Panel Index

The Lipid Panel index gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel Index indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances. For your blood test, your Lipid Panel Index is:

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

Rationale:
Cholesterol - Total ↑, LDL Cholesterol ↑, Cholesterol/HDL Ratio ↑, HDL Cholesterol ↓

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:

[63%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Neutrophils ↑, Lymphocytes ↓, Alk Phos ↓

Acid-Base Index

The Acid-Base Index can help us pinpoint imbalances in the body's pH (acid-alkaline) regulation system. There are a number of elements in the blood that will go out of balance when the body gets too acidic (a condition called metabolic acidosis) or too alkaline (a condition called metabolic alkalosis). For your blood test, your Acid-Alkaline Index is:

[60%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Anion gap ↑

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:

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Lymphocytes ↓, Bilirubin - Total ↑, LDL Cholesterol ↑, Neutrophils ↑

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:

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Cholesterol - Total ↑, Bilirubin - Total ↑

Kidney Function Index

The Kidney Function Index reflects the degree of function in your kidneys. The kidneys help to filter waste and toxins from the body and also help regulate fluid and mineral balance, help regulate blood pressure and regulate acid-alkaline balance in the body. Factors affecting kidney function include heavy metal toxicity, dehydration, caffeine and alcohol, liver dysfunction and may over the counter and prescription drugs. Kidney dysfunction can be a slow decrease in function (a condition called renal insufficiency) or impaired function associated with kidney infections and disease. For your blood test, your Kidney Function Index is:

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
BUN ↑, BUN/Creatinine Ratio ↑, eGFR ↓

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%
Hydration Index	60%
Carbohydrate Index	50%
Vitamin Index	43%
Mineral Index	42%
Fat Index	12%
Protein Index	0%

Hydration Index

The Hydration index gives us a good indication of how well hydrated you were at the time your blood was drawn. Adequate hydration is necessary for many basic chemical reactions in your body, including digestion, electrolyte balance, hormone transport, and kidney and heart function. Dehydration is a very common problem and is most often due to insufficient water intake and/or excessive use of diuretics (substances that increase water loss from the body). These would include certain over the counter and prescription drugs, botanical medicines, caffeine, etc. These are some of the most common causes of dehydration and may be a cause of an increased Hydration Index. For your blood test, your Hydration Index is:

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
BUN ↑, RBC, Male ↑, Hemoglobin, Male ↑

Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

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

Rationale:
Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

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%
Zinc Need	90%
Magnesium Need	50%
Thiamine Need	50%
Vitamin B6 Need	0%
Iron Deficiency	0%
Iodine Need	0%
Vitamin B12/Folate Need	0%
Calcium Need	0%
DHEA Need	0%
Vitamin C Need	0%
Molybdenum Need	0%
Selenium Need	0%
Glutathione Need	0%

Zinc Need

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

[90%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Alk Phos↓

Magnesium Need

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

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Magnesium ↓

Thiamine Need

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

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Anion gap ↑

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 right 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.

Element	Latest 4 Test Results			
	Mar 02 2017	Jan 15 2021	Apr 27 2021	Mar 04 2024
Glucose	84.00	91.00 ↑	93.00 ↑	89.00
Hemoglobin A1C		5.40		
Insulin - Fasting		3.60		
Fructosamine				
C-Peptide				
BUN	17.00 ↑	18.00 ↑	16.00	19.00 ↑
Creatinine	1.14 ↑	1.14 ↑	1.06	1.03
BUN/Creatinine Ratio	14.91	15.78	15.09	18.44 ↑
Creatinine, 24-hour urine				
Creatinine Clearance				
eGFR	74.00 ↓	72.00 ↓	79.00 ↓	84.00 ↓
Sodium	139.00	139.00	141.00	140.00
Potassium	4.40	4.30	4.20	4.30
Sodium/Potassium Ratio	31.59	32.32	33.57	32.55
Chloride	102.00	99.00 ↓	101.00	101.00
CO2	29.00	25.00	27.00	25.00
Anion gap	12.40 ↑	19.30 ↑	17.20 ↑	18.30 ↑
Uric Acid, male	6.00 ↑	6.40 ↑	5.40	5.80
Protein, total	6.80 ↓	7.90 ↑	7.00	7.10
Albumin	4.20	4.80	4.60	4.70
Globulin, total	2.60	3.10 ↑	2.40	2.40
Albumin/Globulin Ratio	1.60	1.54	1.91	1.95
Calcium	9.20 ↓	10.20 ↑	9.90	9.50
Calcium/Albumin Ratio	2.19	2.12	2.15	2.02
Collagen Cross-Linked NTx				
Phosphorus	3.60	3.40 ↓	3.40 ↓	3.60
Calcium/Phosphorous Ratio	2.55	3.00 ↑	2.91 ↑	2.63
Magnesium	2.10 ↓	2.20	2.20	2.10 ↓
Alk Phos	46.00 ↓	64.00 ↓	63.00 ↓	52.00 ↓

Element	Latest 4 Test Results			
	Mar 02 2017	Jan 15 2021	Apr 27 2021	Mar 04 2024
LDH	131.00 ↓	159.00	160.00	156.00
AST (SGOT)	18.00	16.00	18.00	18.00
ALT (SGPT)	21.00	21.00	18.00	16.00
GGT	14.00	14.00	12.00	16.00
Bilirubin - Total	0.70	1.80 ↑	0.90	1.10 ↑
Bilirubin - Direct				
Bilirubin - Indirect				
Iron - Serum	102.00	158.00 ↑	81.00 ↓	109.00
Ferritin	96.00	116.00	96.00	80.00
TIBC				
% Transferrin saturation				
Cholesterol - Total	181.00	204.00 ↑	200.00 ↑	222.00 ↑
Triglycerides	119.00 ↑	55.00	44.00 ↓	97.00
HDL Cholesterol	45.00 ↓	55.00	53.00 ↓	53.00 ↓
LDL Cholesterol	112.00	139.00 ↑	139.00 ↑	152.00 ↑
VLDL Cholesterol				
Cholesterol/HDL Ratio	4.00 ↑	3.70 ↑	3.80 ↑	4.20 ↑
Triglyceride/HDL Ratio	2.64 ↑	1.00	0.83	1.83
Leptin, Male				
TSH	1.18	1.44	1.47	1.84
Total T4	7.10	8.80	8.00	8.70
Total T3	100.00	101.00	100.00	118.00
Free T4	1.20	1.51 ↑	1.35	1.34
Free T3	3.10	2.90	3.00	3.00
T3 Uptake				
Free Thyroxine Index (T7)				
Thyroid Peroxidase (TPO) Abs				
Thyroglobulin Abs				
Reverse T3				
Hs CRP, Male	0.50	0.41	0.30	0.44
C-Reactive Protein				
ESR, Male	2.00	4.00	4.00	8.00 ↑
Homocysteine				
Fibrinogen				

Element	Latest 4 Test Results			
	Mar 02 2017	Jan 15 2021	Apr 27 2021	Mar 04 2024
Creatine Kinase				
Vitamin D (25-OH)	57.00	70.30	61.90	58.60
Vitamin B12				
Folate				
DHEA-S, Male				
Cortisol - AM				
Cortisol - PM				
Testosterone, Free Male				
Testosterone, Total Male				
Testosterone - Bioavailable Female				
Sex Hormone Binding Globulin, male				
Estradiol, Male				
Progesterone, Male				
PSA				0.90
Total WBCs	5.20 ↓	3.80 ↓	5.20 ↓	7.00
RBC, Male	4.70	5.44 ↑	5.08 ↑	5.01 ↑
Reticulocyte count				
Hemoglobin, Male	14.20	16.80 ↑	15.40 ↑	15.20 ↑
Hematocrit, Male	42.90	49.50 ↑	45.90	45.00
MCV	91.20	91.00	90.00	90.00
MCH	30.10	30.90	30.30	30.30
MCHC	33.00	33.90	33.60	33.80
Platelets	268.00	250.00	249.00	252.00
RDW	13.30 ↑	12.10	12.20	12.50
Neutrophils	53.50	49.00	60.00	69.00 ↑
Bands				
Lymphocytes	31.30	34.00	28.00	21.00 ↓
Monocytes	8.20 ↑	11.00 ↑	8.00 ↑	7.00
Basophils	0.60	1.00	1.00	0.00
Eosinophils	6.40 ↑	5.00 ↑	3.00	3.00

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