



NutriStat

COMPLETE

Improving Nutritional & Metabolic Health

Dr. TEST DOCTOR
TEST HEALTH CENTRE

TEST PATIENT

01-Jan-1960 Female

LAB ID: 3890014



SAMPLE REPORT



Nutritional Guide

Nutrient	Adult Dose Range	Units	Clinician Notes
Vitamin-C	450.0	mg	
Vitamin-B1	15.0	mg	
Vitamin-B2	17.0	mg	
Vitamin-B3	13.0	mg	
Vitamin-B5	10.0	mg	
Vitamin-B6	5.0	mg	
Vitamin-B12	450.0	ug	
Chromium .	3.0	ug	
Magnesium .	140.0	mg	
Acetyl-L-Carnitine.	20.0	mg	
N-Acetylcysteine.	5.0	mg	
Glutathione.	4.6	mg	
Glycine .	5.0	mg	
Methionine.	6.0	mg	
Ornithine.	10.0	mg	
Serine.	5.0	mg	
Taurine .	6.0	mg	
Tryptophan.	8.0	mg	
Lactobacillus	1.0	billion CFU	
Probiotics (Multistain)	1.0	billion CFU	
D-Lactate-free probiotics	1.0	billion CFU	

Disclaimer:

Supplement recommendations are based on the Organic Acid test results. The prescribing health practitioner must take into consideration the age, weight, sex, and pregnancy or lactation state. In addition, consider clinical state, medication regime, associated drug-nutrient depletion and allergies. The doses listed above are considered optimal, based on lab results and do not apply to specific disease conditions where doses may need to be altered. The vitamins, minerals or amino acids listed are elemental quantities. Use clinical discretion when choosing the right salt with the guidance of your compounding health professional. For example, Magnesium may be prescribed as a glycinate for its calming effect or threonate may be used for a Magnesium that crosses the blood-brain-barrier.

References:

Laboratory Evaluations for Integrative and Functional Medicine by Richard Lord. J.Alexander Bralley; Textbook of Nutritional Medicine by Alan Gaby.

Mineral Analysis

BLOOD - Red Cell	Result	Range	Units	
Chromium	1.20	1.00 - 2.00	ug/L	
COBALT	1.30	0.13 - 1.70	ug/L	
Iodine	17.00	15.00 - 160.00	ug/L	
MANGANESE	9.9	9.0 - 33.0	ug/L	
Molybdenum	1.27	0.60 - 2.00	ug/L	
Selenium.	199.0	190.0 - 500.0	ug/L	
Vanadium	0.44	0.10 - 0.50	ug/L	
Copper.	0.88 *H	0.52 - 0.80	mg/L	
Magnesium.	41.0	39.0 - 58.0	mg/L	
Zinc.	9.14	8.60 - 14.50	mg/L	

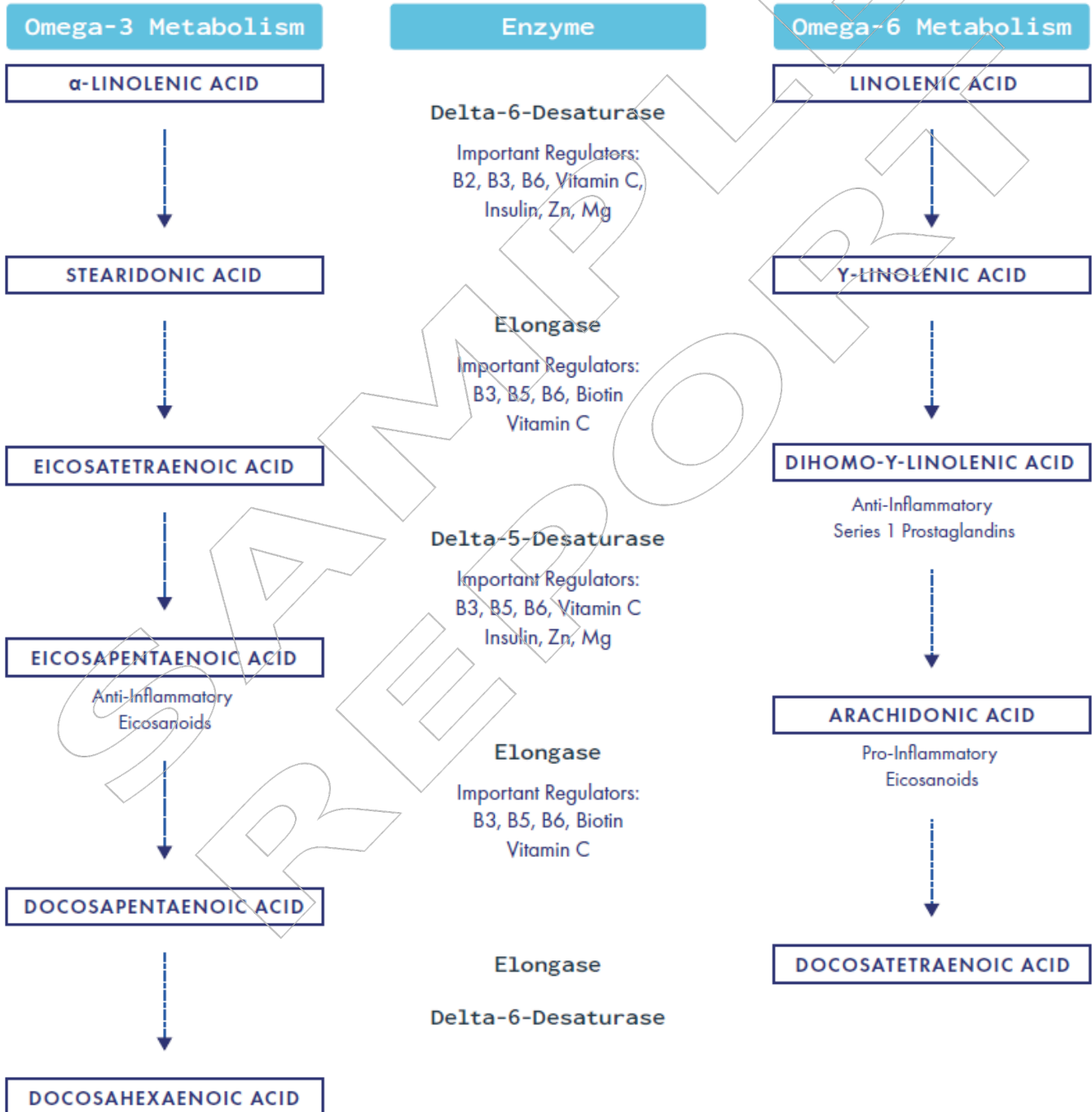
Metal Analysis

BLOOD - WHOLE	Result	Range	Units	
ALUMINIUM	0.00	0.00 - 30.00	ug/L	
Antimony	2.00	0.00 - 3.50	ug/L	
ARSENIC	0.00	0.00 - 10.00	ug/L	
BERYLLIUM	0.00	0.00 - 4.00	ug/L	
Bismuth	0.00	0.00 - 1.00	ug/L	
CADMIUM	0.00	0.00 - 1.10	ug/L	
LEAD	0.00	0.00 - 90.00	ug/L	
MERCURY	3.60 *H	0.00 - 2.00	ug/L	
NICKEL	0.00	0.00 - 2.00	ug/L	
Platinum	0.00	0.00 - 0.40	ug/L	
Silver	0.00	0.00 - 2.00	ug/L	
Thallium	0.00	0.00 - 0.60	ug/L	
Tin	0.00	0.00 - 1.30	ug/L	
Uranium	0.00	0.00 - 0.10	ug/L	
Zirconium	0.00	0.00 - 3.00	ug/L	

CU/ZN & Free Copper Index

BLOOD - SERUM	Result	Range	Units	
Copper:	147 *H	70.0 - 140.0	ug/dL	
Zinc, Plasma:	65	58.0 - 124.0	ug/dL	
Copper/Zinc Ratio:	2.3 *H	0.8 - 1.0	RATIO	
Ceruloplasmin:	47.0 *H	16.0 - 45.0	mg/dl	
% Free Copper:	5.5	< 20.0	%	

Essential Fatty Acid Pathways



Essential Fatty Acids

BLOOD - EDTA

RED CELL FATTY ACID PROFILE

Red Cell Fatty Acid Summary

	Result	Range	Units	
Saturated Fats, Total	36.34	29.89 - 42.10	%	
Monounsaturated Fats, Total	22.55	15.65 - 31.82	%	
Omega 3, Total	5.75	2.57 - 15.15	%	
Omega 6, Total	34.94	24.85 - 44.15	%	
Omega 3/Omega 6 Ratio	0.2 *L	0.4 - 0.5	RATIO	
Omega 6/Omega 3 Ratio	6.1	1.9 - 14.6	RATIO	
AA/EPA ratio	9.5	1.1 - 69.2	RATIO	
OMEGA 3 INDEX	5.67		%	
Delta 6 Desaturase Activity	20.5 *H	6.0 - 12.3	RATIO	

Omega 3 Fatty Acids

alpha Linolenic Acid	0.41	0.10 - 1.90	%	
Eicosapentanoic Acid	0.95	0.14 - 6.92	%	
Docosapentanoic Acid	1.51	0.53 - 2.81	%	
Docosahexanoic Acid	2.88	1.00 - 6.50	%	
Total Omega 3 Fatty acids	5.74	2.57 - 15.15	%	

Omega 6 Fatty Acids

Linoleic Acid	23.36	14.00 - 31.30	%	
gamma Linolenic Acid	0.26	0.05 - 0.72	%	
Eicosadienoic Acid	0.21	0.10 - 0.43	%	
Dihomo-g-linolenic Acid	1.14	0.50 - 2.50	%	
Arachidonic Acid	9.00	5.00 - 14.80	%	
Docosatetraenoic Acid	0.78	0.30 - 2.50	%	
Docosapentaenoic Acid (n6)	0.19	0.08 - 0.83	%	
Total Omega 6 Fatty Acids	34.94	24.85 - 44.15	%	

Monounsaturated Fats

Palmitoleic Acid	0.60	0.13 - 2.90	%	
Oleic Acid	21.09	14.20 - 29.50	%	
Gondoic Acid	0.23	0.10 - 0.77	%	
Nervonic Acid	0.63	0.13 - 1.96	%	
Total Monounsaturated Fats	22.55	15.65 - 31.82	%	
Total Omega 9 Fatty Acids	21.95 *H	16.00 - 20.60	%	

Saturated Fatty acids

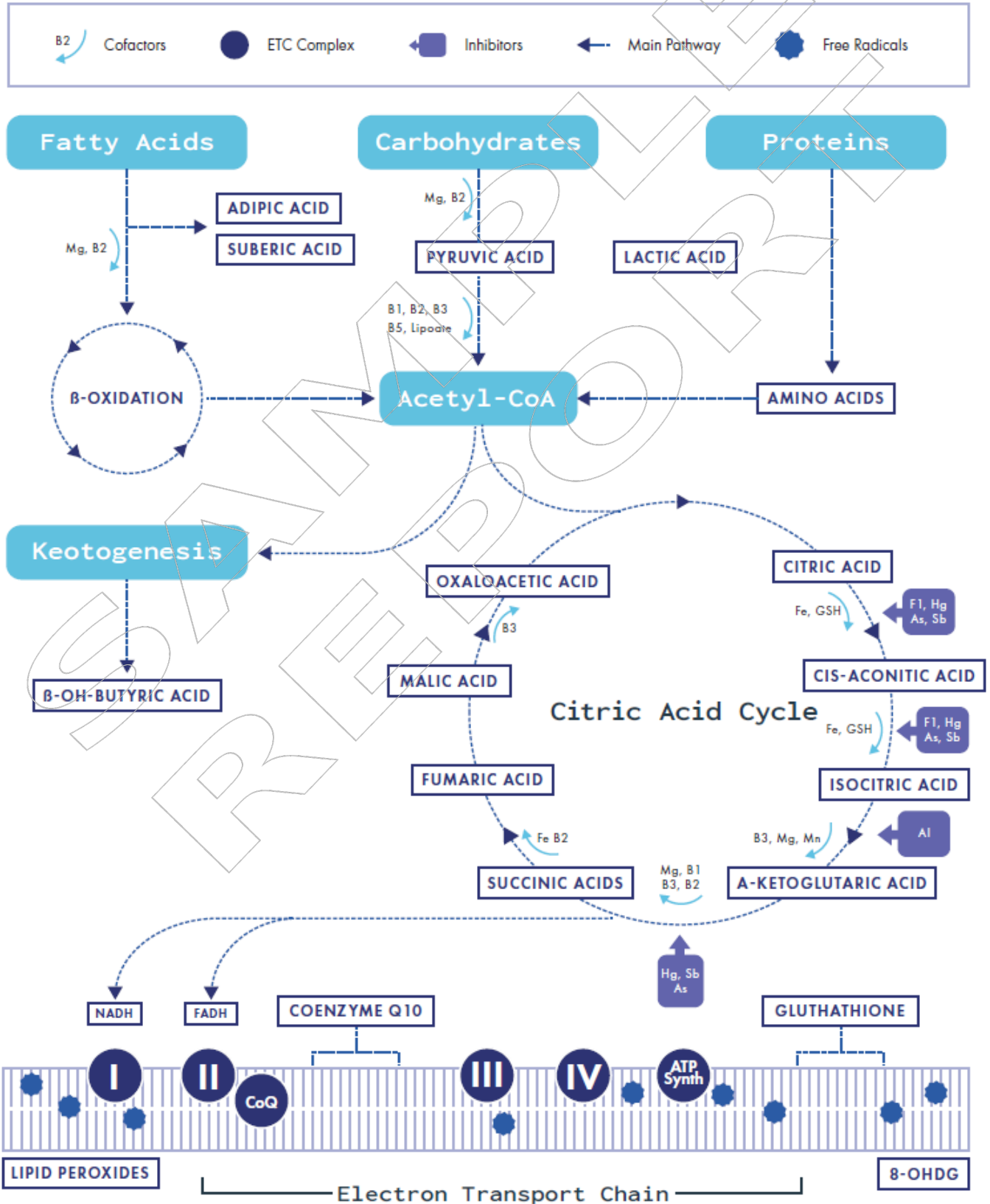
Myristic Acid	0.57	0.10 - 2.45	%	
Palmitic Acid	20.84	17.50 - 27.10	%	
Stearic Acid	13.11	8.40 - 15.00	%	
Arachidic Acid	0.57 *H	0.10 - 0.53	%	
Behenic Acid	0.62	0.20 - 1.59	%	
Lignoceric Acid	0.63	0.20 - 1.92	%	
Total Saturated Fats	35.98	29.89 - 42.10	%	

Trans Fatty Acid Profile

Trans Palmitoleic Acid	0.13	0.10 - 2.45	%	
Trans Oleic Acid	0.41	0.00 - 0.51	%	
Trans Linoleic Fatty Acid	0.27	0.07 - 0.92	%	
Trans Fatty Acids, Total	0.80	0.30 - 2.02	%	
Trans Fat Index	0.68	0.22 - 1.99	%	

Amino Acids			
BLOOD - LI HEPARI	Result	Range	Units
AMINO ACIDS, Plasma			
Essential Amino Acids			
Arginine	85.0	28.0 - 108	umol/L
Histidine	72.1	65.0 - 104	umol/L
Isoleucine	53.3	30.0 - 75.0	umol/L
Leucine	73.4 *L	77.0 - 155	umol/L
Lysine	134	105 - 207	umol/L
Methionine	24.0	15.0 - 32.0	umol/L
Phenylalanine	55.9	42.0 - 62.0	umol/L
Taurine	43.3	27.0 - 95.0	umol/L
Threonine	156	75.0 - 197	umol/L
Tryptophane	17.0	15.0 - 53.0	umol/L
Valine	147 *L	150 - 250	umol/L
Total Branched Chain AAs	273 *L	324 - 557	umol/L
Non-Essential Amino Acids			
Alanine	344	218 - 474	umol/L
Asparagine	53.6	26.0 - 74.0	umol/L
Aspartate	0.5	0.0 - 6.0	umol/L
Cystine	38.0	31.0 - 50.0	umol/L
GABA	31.8	0.0 - 50.0	umol/L
Glutamic Acid	23.6	6.0 - 47.0	umol/L
Glutamine	476	340 - 740	umol/L
Proline	126	97.0 - 240	umol/L
Tyrosine	70.6	26.0 - 80.0	umol/L
Large Neutral Amino Acids (LNAA)	399.6		umol/L
Intermediary Metabolites			
alpha-Aminoadipic Acid	3.2	0.0 - 6.0	umol/L
alpha-Aminobutyric Acid	8.5	5.0 - 35.0	umol/L
beta-Aminoisobutyric Acid	2.5	0.0 - 10.0	umol/L
Cystathionine	1.0	0.0 - 3.0	umol/L
Citrulline	9.3 *L	10.0 - 55.0	umol/L
Ornithine	47.0	36.0 - 96.0	umol/L
Urea	1.0 *L	2.8 - 8.1	mmol/L
Glycine	377	100 - 384	umol/L
Serine	130	70.0 - 175	umol/L
Phosphoserine	7.3	2.0 - 14.0	umol/L
Sarcosine	38.5 *H	0.0 - 19.5	umol/L
Dietary Peptide Related Markers			
1-Methyl Histidine	12.1	1.0 - 42.0	umol/L
3-Methyl Histidine	2.5	0.0 - 5.0	umol/L
beta-Alanine	10.7	0.0 - 12.0	umol/L
Anserine	0.0	0.0 - 43.0	umol/L
Carnosine	3.4	0.0 - 10.0	umol/L
Hydroxyproline	11.4	0.0 - 53.0	umol/L
Hydroxylysine	3.1	2.0 - 5.0	umol/L
Amino Acid Functional Ratios			
Phenylalanine/Tyrosine	0.79	< 2.00	RATIO
Glutamate/Glutamine	0.05 *L	0.06 - 0.23	RATIO
Hydroxyproline/Proline	0.09	< 0.50	RATIO
a-Amino-n-Butyrate/Leucine	0.12	< 0.2	RATIO
Tryptophan/LNAA	0.04	0.04 - 0.10	RATIO

Organic Acid Pathways



Nutrient Markers

URINE, SPOT

KETONE/FATTY ACID Metabolites

(Carnitine & B2)

1. Adipic Acid.	3.60	0.00 - 11.10 ug/mgCR	
2. Suberic Acid.	2.10	0.00 - 4.60 ug/mgCR	
3. Ethylmalonic Acid	4.10	0.00 - 6.30 ug/mgCR	
4. Pimelic Acid	12.0	5.9 - 31.8 ug/mgCR	
5. Methyl-Succinic Acid	5.50	3.20 - 21.10 ug/mgCR	

CARBOHYDRATE Metabolism/Glycolysis

(B1, B3, Cr, Lipoic Acid, CoQ10)

6. Pyruvic Acid.	1.60	0.00 - 6.40 ug/mgCR	
7. Lactic Acid.	3.50	0.00 - 16.40 ug/mgCR	
8. b-OH-Butyric Acid	8.60	0.00 - 9.90 ug/mgCR	
9. Glucose (OA)	1.1	0.3 - 1.1 mmol/L	

CITRIC ACID CYCLE Metabolites.

(B Comp., CoQ10, Amino Acids, Mg)

10. Citric Acid.	450.0	56.0 - 987.0 ug/mgCR	
11. cis-Aconitic Acid.	29.0	18.0 - 78.0 ug/mgCR	
12. Isocitric Acid.	49.0	35.0 - 143.0 ug/mgCR	
13. a-Ketoglutaric Acid.	21.00	0.00 - 35.00 ug/mgCR	
14. Succinic Acid	9.50	1.10 - 20.90 ug/mgCR	
15. Fumaric Acid.	1.10	1.10 - 1.35 ug/mgCR	
16. Malic Acid.	2.90	0.00 - 3.10 ug/mgCR	
17. b-OH-b-Methylglutaric Acid	1.20	0.00 - 5.10 ug/mgCR	

B-Complex Vitamins & Amino Acid Markers

(B1, B2, B3, B5, B6, Biotin)

18. a-Ketoisovaleric Acid	0.24	0.00 - 0.49 ug/mgCR	
19. a-Ketoisocaproic Acid	0.30	0.00 - 0.52 ug/mgCR	
20. a-Keto-b-Methylvaleric Acid	0.95	0.00 - 1.10 ug/mgCR	
21. Xanthurenic Acid	0.2	0.0 - 0.5 ug/mgCR	
22. beta-Hydroxyisovaleric Acid	5.50	0.00 - 11.50 ug/mgCR	

METHYLATION COFACTORS

(B12, Folate)

23. Methylmalonic Acid.	2.90 *H	0.00 - 2.30 ug/mgCR	
24. Formiminoglutamic Acid **	1.4	0.0 - 2.2 ug/mgCR	

Cell Regulation Markers

NEUROTRANSMITTER METABOLISM

(Tyrosine, Tryptophan, B6, Antioxidants)

25. Homovanillic Acid (HVA)	5.00	1.40 - 7.60 ug/mgCR	
26. Vanillylmandelic Acid (VMA)	4.60	1.20 - 5.30 ug/mgCR	
27. 5-Hydroxyindoleacetic Acid (5HIAA)	9.60	1.60 - 9.80 ug/mgCR	
28. Kynurenic Acid.	1.1	0.0 - 1.5 ug/mgCR	
29. Quinolinic Acid (OA)	4.70	0.00 - 5.80 ug/mgCR	
30. Picolinic Acid	10.0	2.8 - 13.5 ug/mgCR	
31. Cortisol (OA)	555 *H	166 - 507 nmol/L	

Methodology: Liquid Chromatography with tandem mass spectrometry (LC-MS-MS).

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LAB ID : 3890014
 Collection Date : 11-May-2023
 Received Date: 11-May-2023

Dr. TEST DOCTOR

Oxidative Damage/AntiOxidant Markers

(Vitamin C and Other Antioxidants)

32.	ParaHydroxyphenyllactate	0.57	0.00 - 0.66 ug/mgCR	
33.	8 OH-deoxyguanosine	3.8	0.0 - 7.6 ug/mgCR	

Toxicants and Detoxification

DETOXIFICATION INDICATORS

(Arg, NAC, Met, Mg, Antioxidants)

34.	2-Methylhippuric Acid	<dl	0.00 - 0.19 ug/mgCR	
35.	Orotic Acid.	0.96	0.00 - 1.01 ug/mgCR	
36.	Glucaric Acid.	5.6	0.0 - 10.7 ug/mgCR	
37.	a-OH-Butyric Acid	0.77	0.00 - 0.90 ug/mgCR	
38.	Pyroglutamic Acid.	33.00	28.00 - 88.00g/mgCR	

Compounds of Bacterial or Yeast/Fungal Origin

BACTERIAL DYSBIOSIS MARKERS.

39.	Benzoate (OA)	18.00 *H	0.00 - 9.30 ug/mgCR	
40.	Hippurate (OA)	944	0.0 - 1070 ug/mgCR	
41.	Phenylacetate	5.6 *H	0.0 - 0.2 ug/mgCR	
42.	Phenylpropionate	2.3 *H	0.0 - 0.1 ug/mgCR	
43.	ParaHydroxyBenzoate	3.5 *H	0.0 - 1.8 ug/mgCR	
44.	p-HydroxyPhenylacetate	24.0	0.0 - 34.0 ug/mgCR	
45.	Indoleacetic Acid	57.00	0.00 - 90.00ug/mgCR	
46.	Tricarballoylate	0.95	0.00 - 1.41 ug/mgCR	

L. acidophilus/General Bacteria

47.	D-Lactate	0.9	0.0 - 4.1 ug/mgCR	
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CLOSTRIDIAL SPECIES

48.	Dihydroxyphenylpropionic Acid	0.1 *H	0.0 - 0.1 ug/mgCR	
49.	4-Cresol	11.0	0.0 - 75.0 ug/mgCR	
50.	3-OH-Propionic Acid	2.0	0.0 - 208.0 ug/mgCR	

YEAST/FUNGAL DYSBIOSIS MARKERS.

51.	Arabinitol	5.0	0.0 - 73.0 ug/mgCR	
52.	Citramalic Acid	3.1	0.0 - 3.6 ug/mgCR	
53.	Tartaric Acid.	4.0	0.0 - 7.0 ug/mgCR	

Oxalate Metabolites

54.	Oxalic Acid	5.60	0.77 - 7.00 ug/mgCR	
55.	Glyceric Acid	21.0	16.0 - 117.0ug/mgCR	
56.	Glycolic Acid	14.0	6.8 - 101.0 ug/mgCR	

Nutritional Markers

57.	Pyridoxic Acid (Vit B6)	5.0	0.0 - 34.0 ug/mgCR	
58.	Pantothenic Acid (Vit B5)	6.0	0.0 - 10.0 ug/mgCR	
59.	Glutaric Acid (Vit B2) **	0.2	0.0 - 0.4 ug/mgCR	
60.	Ascorbic Acid (Vit C)	9.0 *L	10.0 - 200 ug/mgCR	
61.	CoEnzyme-Q10 (CoQ10) **	15.00	0.17 - 39.00ug/mgCR	
62.	N-Acetylcysteine (NAC)	0.14	0.00 - 0.28 ug/mgCR	
63.	Biotin (Vit H)	2.10	0.19 - 2.70 ug/mgCR	

Creatinine, Urine Spot.	8.0	5.0 - 11.0 mmol/L	
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Results reported as <dl = Less than detectable limit ** A high value for this marker may indicate a deficiency of this vitamin

Methodology: Liquid Chromatography with tandem mass spectrometry (LC-MS-MS).