

LABORATORY REPORT

Account Number: 186506

John Doe, M.D.
1234 Any Street
Suite 244
Anytown, TX 77581-1234
USA

Name: **Janet Doe**
Gender: Female DOB: 04/10/1971

Accession Number: K88809
Requisition Number: 438507

Date of Collection: 01/10/2012
Date Received: 01/11/2012
Date Reported: 01/20/2012

Summary of Deficient Test Results

Testing determined the following functional deficiencies:

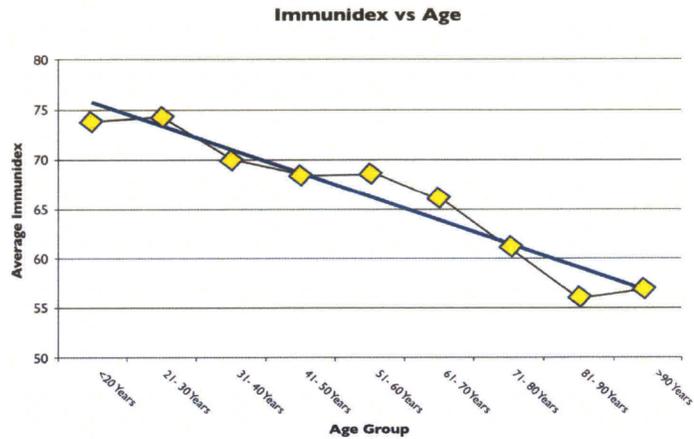
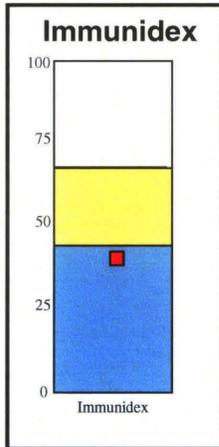
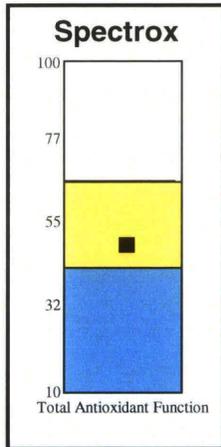
Vitamin B1
Vitamin K2

Glutathione
Immunidex

Selenium

Vitamin E

SAMPLE



John F. Crawford, Ph.D.
Laboratory Director

CLIA# 45D0710715

Repletion Suggestions

- | | |
|-----------------------------|---|
| 1. Vitamin B1 (Thiamin) | 50 mg daily |
| 2. Glutathione | 600 mg t.i.d. (1800 mg daily) of N-Acetylcysteine (NAC). Reduce to 1200 mg daily after 3 months and retest after 6 months. Take each dose with a meal |
| 3. Selenium | 200 mcg daily of selenium glycinate or selenomethionine for 3 months and then reduce to 100 mcg daily |
| 4. Vitamin E (A-tocopherol) | 400 IU daily of mixed tocopherols |
| 5. Vitamin K2 | 100 mcg vitamin K1 (K2 precursor) daily |
| 6. Immunidex | Immunidex is an evaluation of the patient's T-lymphocyte's response to mitogen stimulation. Low responses may be related to the patient's levels of stress, nutritional deficiencies, or pathology. Improvement in the patient's Immunidex may be facilitated by correction of the functional deficiencies reported in this analysis. |

SAMPLE

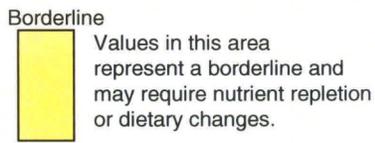
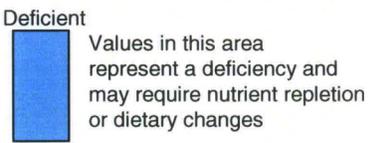
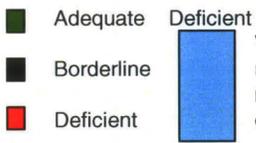
Please note: Supplementation is usually required for four to six months to effect the repletion of a functional deficiency in lymphocytes

Suggestions for supplementation with specific micronutrients must be evaluated and approved by the attending physician. This decision should be based upon the clinical condition of the patient and the evaluation of the effects of supplementation on current treatment and medication of the patient.

Micronutrients	Patient Results (% Control)	Functional Abnormals	Reference Range (greater than)
<u>B Complex Vitamins</u>			
Vitamin B1 (Thiamin)	76	Deficient	>78%
Vitamin B2 (Riboflavin)	53		>53%
Vitamin B3 (Niacinamide)	86		>80%
Vitamin B6 (Pyridoxine)	61		>54%
Vitamin B12 (Cobalamin)	21		>14%
Folate	35		>32%
Pantothenate	9		>7%
Biotin	36		>34%
<u>Amino Acids</u>			
Serine	33		>30%
Glutamine	40		>37%
Asparagine	55		>39%
<u>Metabolites</u>			
Choline	30		>20%
Inositol	68		>58%
Carnitine	59		>46%
<u>Fatty Acids</u>			
Oleic Acid	76		>65%
<u>Other Vitamins</u>			
Vitamin D3 (Cholecalciferol)	65		>50%
Vitamin A (Retinol)	81		>70%
Vitamin K2	26	Deficient	>30%
<u>Minerals</u>			
Calcium	48		>38%
Manganese	69		>55%
Zinc	44		>37%
Copper	48		>42%
Magnesium	55		>37%
<u>Carbohydrate Metabolism</u>			
Glucose-Insulin Interaction	46		>38%
Fructose Sensitivity	52		>34%
Chromium	54		>40%
<u>Antioxidants</u>			
Glutathione	32	Deficient	>42%
Cysteine	43		>41%
Coenzyme Q-10	97		>86%
Selenium	74	Deficient	>74%
Vitamin E (A-tocopherol)	79	Deficient	>84%
Alpha Lipoic Acid	83		>81%
Vitamin C	50		>40%
<u>SPECTROX™</u>			
Total Antioxidant Function	44		>40%
<u>Proliferation Index</u>			
Immunidex	37	Deficient	>40%

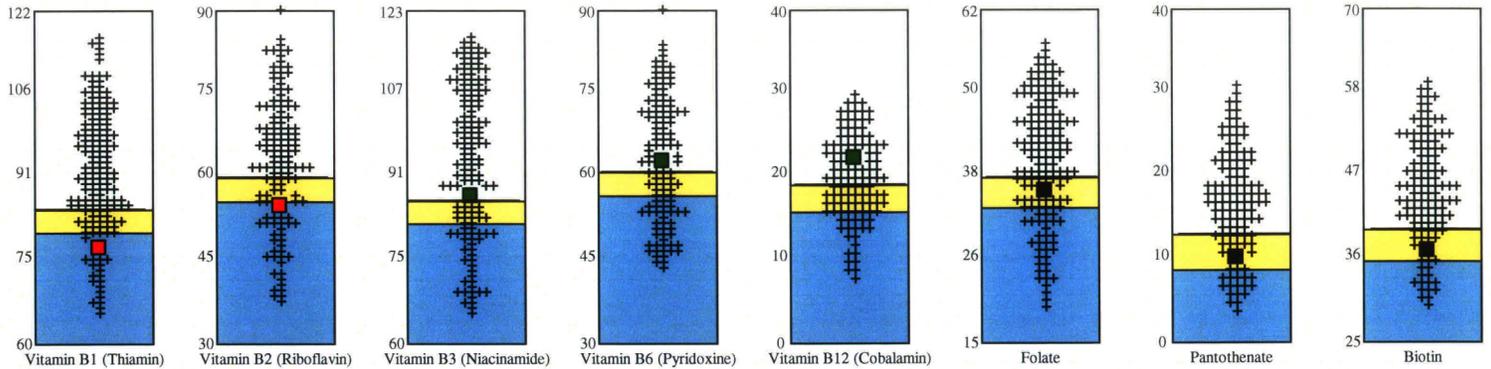
SAMPLE

The reference ranges listed in the above table are valid for male and female patients 12 years of age or older.

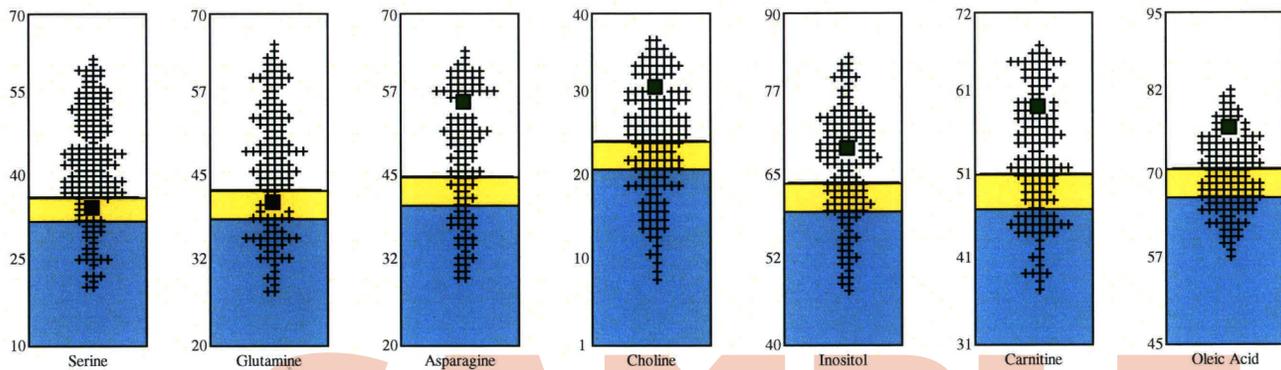


Accession Number: K88809
Janet Doe

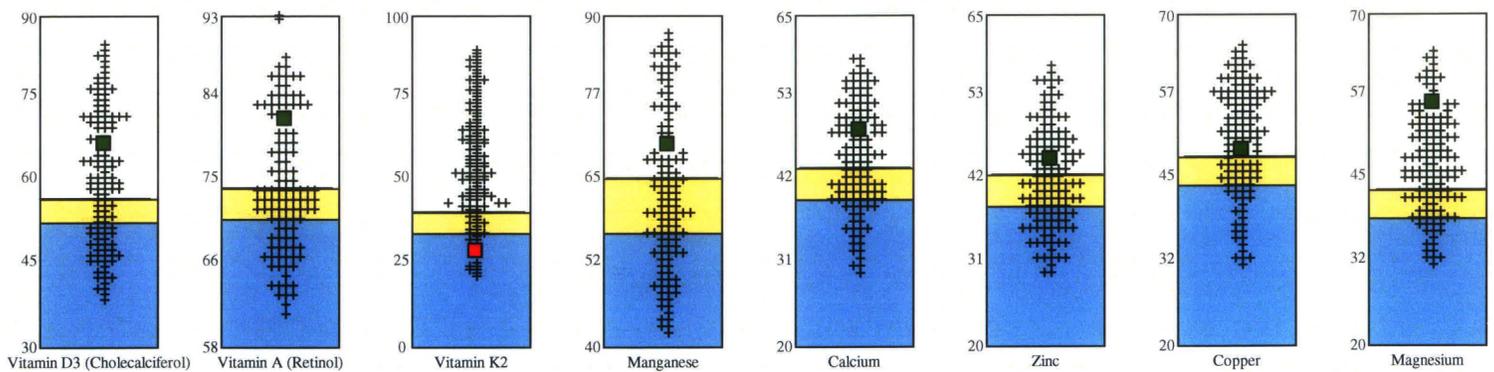
B Complex Vitamins

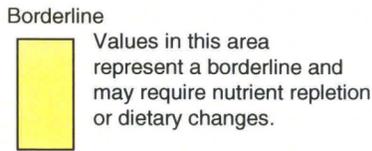
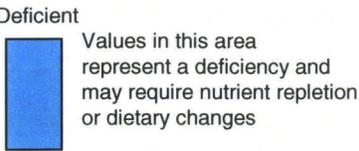
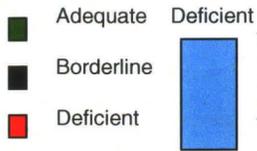


Amino Acids & Metabolites

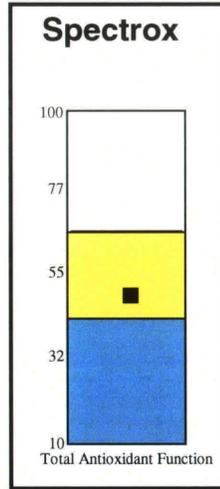
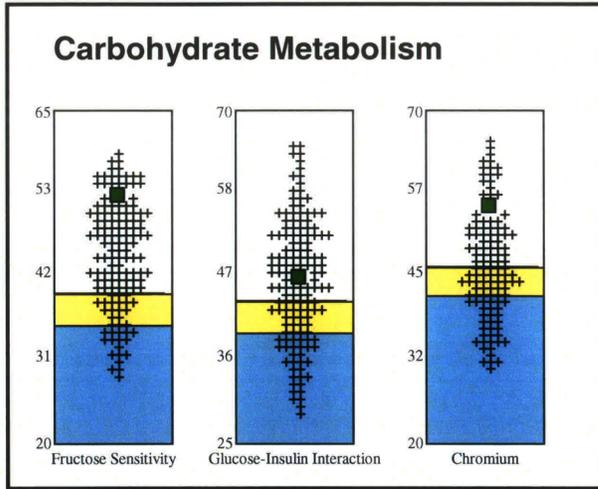


Other Vitamins & Minerals





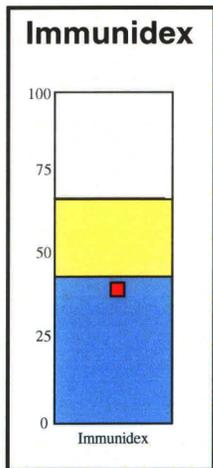
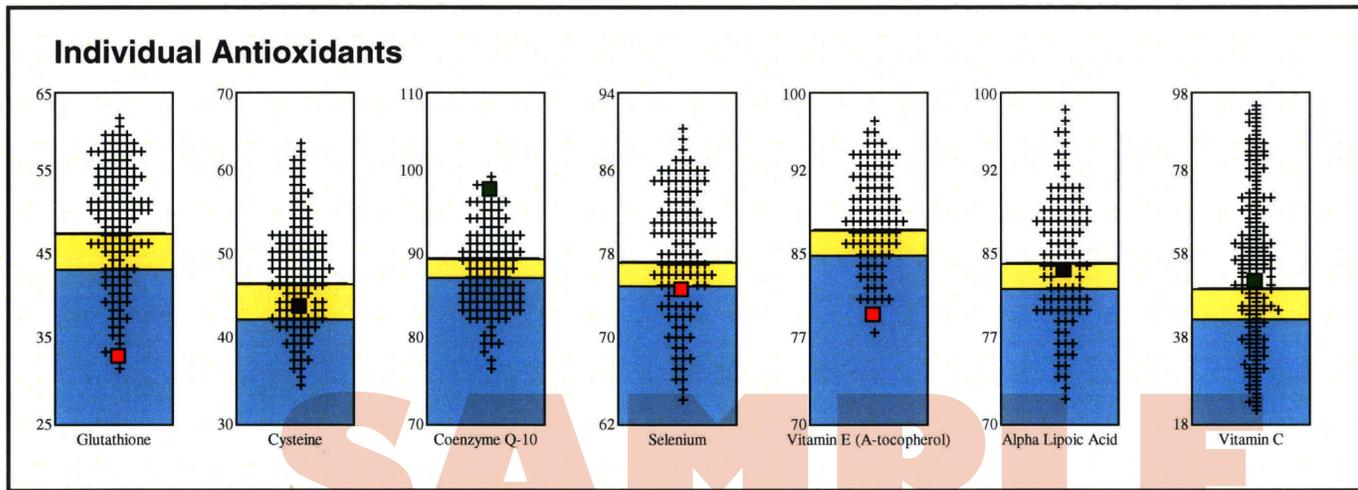
Accession Number: K88809
Janet Doe



A Spectrox value above 65%- indicates a desirable status for apparently healthy individuals. Since antioxidants are protective nutrients, the most desired status would be the greatest ability to resist oxidative stress.

A Spectrox value between 40% and 65%- indicates an average antioxidant function for apparently healthy individuals. An average status means the ability to resist oxidative stress similar to the majority of persons. However, average status is not ideal, nor is it clearly deficient.

A Spectrox value below 40%- indicates a deficient antioxidant function resulting in a decreased ability to resist oxidative stress or an increased antioxidant load.



The Immunidex is an indication of the patient's T-Lymphoproliferative response to mitogen stimulation relative to the response of a control population. An average or weakened immune response may improve with correction of the nutritional deficiencies determined by the micronutrient testing.

An Immunidex above 65% indicates a strong response, a measurement of cell-mediated immune function.

An Immunidex between 40% and 65% indicates an average response.

An Immunidex below 40% may indicate a weakened cell mediated immune response.