

Dr. Super Duper

Justa Test

Analysis based on lab test(s) from: 1/1/2012

Next recommended test date is: 4/1/2012

Doctor's Choice™ Functional Health Report

Analysis for: Blood Test

Professional



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Why do I need a lab test & a report?

To understand why you need a lab test and a Doctor's Choice™ Functional Health Report, imagine using a map to get from where you are to where you want to be. Underlying the map are the longitude and latitude coordinates. All maps are based on that language of coordinates.

But unless you understand the language of longitude and latitude, they are just a bunch of confusing numbers. Those numbers need to be converted into a format that you can understand. With that understanding then you can make more informed decisions about when to stay on course and when to turn in a different direction.

Reaching your health goals requires a similar process.

To get started, you need the raw coordinates - that's your lab test data. Just like using a map though, your health data is most useful when it is converted into a format that you can understand. That's your Doctor's Choice™ Functional Health Report.

Even better, your Doctor's Choice™ Functional Health Report provides a health "map" customized just for you, because it's based on your unique biochemistry!

How does the Doctor's Choice™ Functional Health Report help me?

1. Get a clear snapshot of your current health status

- Prioritizes biochemical imbalances - quickly see areas of concern
- Simplifies the terminology and numbers - understand what it all means
- Tracks health progress over time - know if your treatment plan is working

2. Spend your healthcare dollars wisely

- Invest your time and money on what your body actually needs
- No longer waste time and money treating areas already in balance
- Stop settling for one-size-fits-all treatment protocols

3. Get a personalized Health Improvement Plan

Based on your unique biochemistry and the latest medical research, these recommendations help you get your biochemistry back into balance. Your plan includes:

- Beneficial and harmful foods
- Beneficial and harmful supplements
- Contraindicated drugs list (available on certain reports)

4. Reach your health goals faster

By knowing and understanding your biochemical imbalances, you are in a much better position to make the changes necessary to regain balance. And when you regain balance, you optimize your health.

How reliable is my report information?

Your biochemistry is like a blueprint showing how your cells function. That's why your Doctor's Choice™ Functional Health Report is based off of your unique biochemistry. With that information, it identifies biochemical imbalances in your body.

That's important because it's well studied that health issues stem from biochemical imbalances.

So, your report is reliable because:

- it is **uniquely yours** because it is based on your biochemistry
- using data from the **most accepted lab tests** in the country
- based on over 25 years of medical research
- and all recommendations are sourced from published studies





How to read your reference ranges

You may notice the reference ranges on your report don't match the lab's reference ranges. That's because each variable in your test has a different reference range. For example, the uric acid range is different from the potassium range.

Your report ranks all of these differing ranges into one easy-to-read chart that contains four health zones where:

- Zero (0) marks the middle of the reference range and usually represents balance
- +50% = the high end of the reference range
- -50% = the low end of the reference range

Your four health zones are:

	Results 0-25% are in the middle of the range, suggesting healthy balance.
	Results 25-50% are still in the reference range, but watch these areas because they are trending towards the edge of the range.
	Results 50-100% are out of the reference range. Talk with your doctor to understand how this may impact your health.
	Results over 100% are more than 2x out of the reference range. Make sure to talk with your doctor immediately about these results.

Biochemical Imbalances (High/Low Summary)

Justa Test
Male / Age: 62

Blood Test : 1/1/2012
Dr. Super Duper

This page summarizes your biggest imbalances, both in excess and deficiency. All results that have a % Imbalance greater than 25% are shown. Results greater than 50%, and therefore out of the reference range, are bolded. The % Imbalance measures how far each result is from the middle of the lab reference range. It is also a way to compare items that have different reference ranges. The original data from the lab company is shown on the right side. *See footnote for details and page 1 for a full explanation of the color ranges.

Low Results

	% Imbalance	Deficiency	Lab Result	Reference Range	
				Low	High
Chloride	-117%		90.00	98.00	110.00
Creatinine	-71%		0.33	0.50	1.30
Ultra-Sensitive TSH	-54%		1.04	1.10	2.50
W.B.C.	-51%		3.70	3.80	10.80
CO2	-50%		21.00	21.00	33.00
MCV	-50%		80.00	80.00	100.00
HDL-Cholesterol	-45%		33.00	31.00	74.00
Alkaline Phosphatase	-43%		45.00	40.00	115.00
Neutrophil Count	-39%		2220.00	1500.00	7800.00
Hematocrit	-37%		40.00	38.50	50.00
Basophil Count	-32%		37.00	0.00	200.00
Lymphocyte Count	-29%		1480.00	850.00	3900.00
Calcium	-25%		9.00	8.60	10.20

-100% -75% -50% -25% 0%

High Results

	% Imbalance	Excess	Lab Result	Reference Range	
				Low	High
Bilirubin, Total	360%		4.30	0.20	1.20
B.U.N./Creatinine Ratio	291%		60.61	6.00	22.00
Anion Gap	227%		41.23	8.00	20.00
Glucose	124%		124.00	65.00	99.00
MCHC	113%		38.50	32.00	36.00
LDL	72%		145.00	62.00	130.00
Globulin	69%		4.00	2.10	3.70
Sodium	68%		148.00	135.00	146.00
Albumin	63%		5.30	3.60	5.10
Eosinophils	63%		9.00	0.00	8.00
LDH	58%		262.00	100.00	250.00
Monocytes	58%		14.00	0.00	13.00
Cholesterol	48%		258.00	140.00	260.00
Uric Acid	41%		6.60	2.50	7.00
GGT	39%		45.00	5.00	50.00
Free T-3	34%		390.00	230.00	420.00

0% 25% 50% 75% 100%

For the full discussion of out-of-range results, see page 5.

For the alphabetical listing of all Blood Test results, see page 4.

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

In range 0-25% In range 25-50% Out of range 50-100% Out of range >100%

Biochemical Imbalances (Complete Alphabetical)

Justa Test
Male / Age: 62

Blood Test : 1/1/2012
Dr. Super Duper

The "% Imbalance" measures how far the lab result is from the middle of the reference range. *See footnote for details.

	% Imbalance	Deficiency	Excess	Lab Result	Reference Range	
					Low	High
A/G Ratio	-6%			1.33	0.80	2.00
H Albumin	63%			5.30	3.60	5.10
L Alkaline Phosphatase	-43%			45.00	40.00	115.00
H Anion Gap	227%			41.23	8.00	20.00
B.U.N.	22%			20.00	7.00	25.00
H B.U.N./Creatinine Ratio	291%			60.61	6.00	22.00
L Basophil Count	-32%			37.00	0.00	200.00
Basophils	0%			1.00	0.00	2.00
H Bilirubin, Total	360%			4.30	0.20	1.20
L Calcium	-25%			9.00	8.60	10.20
Calcium/Phosphorus Ratio	-23%			2.57	2.30	3.30
L Chloride	-117%			90.00	98.00	110.00
H Cholesterol	48%			258.00	140.00	260.00
L CO2	-50%			21.00	21.00	33.00
L Creatinine	-71%			0.33	0.50	1.30
Eosinophil Count	16%			333.00	15.00	500.00
H Eosinophils	63%			9.00	0.00	8.00
H Free T-3	34%			390.00	230.00	420.00
Free T-4	10%			1.40	0.80	1.80
H GGT	39%			45.00	5.00	50.00
H Globulin	69%			4.00	2.10	3.70
H Glucose	124%			124.00	65.00	99.00
L HDL-Cholesterol	-45%			33.00	31.00	74.00
L Hematocrit	-37%			40.00	38.50	50.00
Hemoglobin	6%			15.40	13.20	17.10
Iron, Total	10%			120.00	45.00	170.00
H LDH	58%			262.00	100.00	250.00
H LDL	72%			145.00	62.00	130.00
L Lymphocyte Count	-29%			1480.00	850.00	3900.00
Lymphocytes	24%			40.00	15.00	49.00
MCH	6%			30.80	27.40	33.50
H MCHC	113%			38.50	32.00	36.00
L MCV	-50%			80.00	80.00	100.00
Monocyte Count	-8%			518.00	200.00	950.00
H Monocytes	58%			14.00	0.00	13.00
L Neutrophil Count	-39%			2220.00	1500.00	7800.00
Neutrophils	2%			60.00	38.00	80.00
Phosphorus	0%			3.50	2.50	4.50
Potassium	-9%			4.23	3.50	5.30
Protein, Total	21%			7.70	6.20	8.30
R.B.C.	0%			5.00	4.20	5.80
sGOT	5%			30.00	12.00	45.00
sGPT	9%			30.00	7.00	46.00
H Sodium	68%			148.00	135.00	146.00
T-3 Uptake	-4%			28.00	22.00	35.00
Thyroxine (T4)	19%			10.00	4.50	12.50
Triglycerides	5%			105.00	10.00	182.00
L Ultra-Sensitive TSH	-54%			1.04	1.10	2.50
H Uric Acid	41%			6.60	2.50	7.00
L W.B.C.	-51%			3.70	3.80	10.80
Average Imbalance	51%					
Direction of Imbalance	Excess					

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

■ In range 0-25%
 ■ In range 25-50%
 ■ Out of range 50-100%
 ■ Out of range >100%

Out-of-Range Results (Discussion)

Justa Test
Male / Age: 62

Blood Test : 1/1/2012
Dr. Super Duper

The following results are out-of-range (as reported by the lab), and should be carefully reviewed. The % Imbalance measures how far each result is from the middle of the lab reference range. It is also a way to compare items that have different reference ranges. The original data from the lab company is shown to the right. Where there are drugs or nutritional supplements that have a known adverse effect for the corresponding test result, it is listed. *see ALERT at bottom of the page.

Bilirubin, Total (360% imbalance, Test result 4.30 with reference range of 0.20 to 1.20)

Bilirubin is produced by the body from the breakdown of the hemoglobin found in red blood cells and muscle tissue. High readings may be due to liver insufficiency. Extrahepatic obstruction. Hemolysis. Gilbert's disease. In neonate, due to a variety of causes including neonatal physiological hyperbilirubinemia.

Foods which may have an adverse effect:

Beer

B.U.N./Creatinine Ratio (291% imbalance, calculated from other measurements)

This ratio is a good indicator of kidney and liver function. A high reading in this calculation is normally indicative of too much BUN being formed. Excessive protein intake, kidney damage, certain drugs, low fluid intake, intestinal bleeding, exercise, or heart failure can cause increases.

Anion Gap (227% imbalance, calculated from other measurements)

The anion gap is used to measure the concentration of cations (sodium and potassium) and the anions (chloride and CO₂) in the extracellular fluid of the blood. Numerous clinical implications can be gathered from the Anion Gap. An increased measurement is associated with metabolic acidosis due to the overproduction of acids or severe dehydration.

Glucose (124% imbalance, Test result 124.00 with reference range of 65.00 to 99.00)

Glucose, formed by the digestion of carbohydrates and the conversion of glycogen by the liver, is the primary source of energy for most cells. Insulin, glucagon, thyroid hormone, liver enzymes, and adrenal hormones regulate it. It is elevated in diabetes, liver disease, obesity, pancreatitis, steroids, stress, or diet.

Chloride (-117% imbalance, Test result 90.00 with reference range of 98.00 to 110.00)

Chloride's significance relates to its maintenance of cellular integrity through its influence on osmotic pressure. It also helps monitor acid-base balance and water balance. Decreased levels with decreased serum albumin may indicate water deficiency (edema) or overhydration with normal to elevated albumin

Supplements which may have an adverse effect:

Sulfates

MCHC (113% imbalance, calculated from other measurements)

This test measures the average concentration of hemoglobin in red blood cells. It is most valuable in evaluating therapy for anemia because Hemoglobin and Hematocrit instead of R.B.C. are used in the calculation. Low MCHC means that a unit of packed R.B.C.'s contains less hemoglobin than normal and a high MCHC means that there is more hemoglobin in a unit of R.B.C.'s. Increased MCHC is seen in spherocytosis, and not seen in pernicious anemia.


LDL (72% imbalance, Test result 145.00 with reference range of 62.00 to 130.00)


LDL is the cholesterol rich remnants of the lipid transport vehicle VLDL (very-low density lipoproteins). There have been many studies showing correlations between high levels of LDL and arterial atherosclerosis. Due to the expense of direct LDL measurement, a calculation known as the Friedewald formula is used (Total Cholesterol - HDL Cholesterol - Triglycerides/5). When Triglyceride levels are greater than 400, this method is not accurate. Increased levels are seen in high cholesterol diets, nephrotic syndromes, multiple myeloma, hepatic obstruction or disease, anorexia nervosa, diabetes, chronic renal failure, and premature coronary heart disease.


Creatinine (-71% imbalance, Test result 0.33 with reference range of 0.50 to 1.30)


Creatinine is the waste product of muscle metabolism. Its level is a reflection of the body's muscle mass. Low levels are sometimes seen in kidney damage, protein starvation, liver disease, or pregnancy

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 In range 0-25%

 In range 25-50%

 Out of range 50-100%

 Out of range >100%

Out-of-Range Results (Discussion) (continued)

Justa Test
Male / Age: 62

Blood Test : 1/1/2012
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The following results are out-of-range (as reported by the lab), and should be carefully reviewed. The % Imbalance measures how far each result is from the middle of the lab reference range. It is also a way to compare items that have different reference ranges. The original data from the lab company is shown to the right. Where there are drugs or nutritional supplements that have a known adverse effect for the corresponding test result, it is listed. *see ALERT at bottom of the page.

Globulin (69% imbalance, Test result 4.00 with reference range of 2.10 to 3.70)

Globulin, a larger protein than albumin, is important for its immunologic responses, especially its gamma portion (IgA, IGG, IgM, and IgE). Globulins have many diverse functions such as, the carrier of some hormones, lipids, metals, and antibodies. When chronic infections, liver disease, rheumatoid arthritis, myelomas, and lupus are present, elevated levels are seen.

Sodium (68% imbalance, Test result 148.00 with reference range of 135.00 to 146.00)

Sodium is the most abundant cation in the blood and its chief base. It functions in the body to maintain osmotic pressure, acid-base balance and to transmit nerve impulses. Increased levels are associated with dehydration, Conn's syndrome, primary aldosteronism, coma, Cushing's disease, diabetes insipidus, and tracheobronchitis.

Supplements which may have an adverse effect:

Sodium

Foods which may have an adverse effect:

Barbeque Sauce, Soy Sauce, Anchovies, Bacon, Chipped Beef, Corned Beef, Ham, Pastrami, Fast Foods, Dill Pickles, Sauerkraut

Albumin (63% imbalance, Test result 5.30 with reference range of 3.60 to 5.10)

Albumin is the major constituent of serum protein (usually over 50%). It is manufactured by the liver from the amino acids taken through the diet. It helps in osmotic pressure regulation, nutrient transport, and waste removal. High levels are seen in liver disease, shock, dehydration, or multiple myeloma.

Eosinophils (63% imbalance, Test result 9.00 with reference range of 0.00 to 8.00)

Eosinophils protect the body from parasites and allergic reactions, therefore, elevated levels may indicate an allergic response.

LDH (58% imbalance, Test result 262.00 with reference range of 100.00 to 250.00)

Lactic acid dehydrogenase is an intracellular enzyme found primarily in the kidney, heart, skeletal muscle, brain, liver, and lungs. Increases are usually found in cellular death and/or leakage from the cell. In some cases it can be useful in confirming myocardial or pulmonary infarction (only in relation to other tests).

Foods which may have an adverse effect:

Black Pepper

Monocytes (58% imbalance, Test result 14.00 with reference range of 0.00 to 13.00)

These white blood cells are helpful in fighting severe infections, are considered the body's second line of defense against infection and are the largest cells in the blood stream. Elevated levels are seen in tissue breakdown, chronic infections, carcinomas, leukemia (monocytic) and lymphomas.

Ultra-Sensitive TSH (-54% imbalance, Test result 1.04 with reference range of 1.10 to 2.50)

TSH, produced by the anterior pituitary gland, causes the release and distribution of stored thyroid hormones. When T4 and T3 are too high, TSH secretion decreases. When T4 and T3 are low, TSH secretion increases. Decreased levels of TSH are seen in hyperthyroidism and secondary and tertiary hypothyroidism.


W.B.C. (-51% imbalance, Test result 3.70 with reference range of 3.80 to 10.80)


The white blood cells' main function is to fight infection, defend the body by phagocytosis against invasion by foreign organisms, and to produce, or at least transport and distribute, antibodies in the immune response. Each type of cell, or leukocyte, has a different job in the body, which is explained in the Differential section. Decreased levels of white blood cells, leukopenia, may occur during certain viral infections, hypersplenism, drugs, primary bone disorders, fungal infections, metastatic tumors, and iron deficiency anemia.


Foods which may have an adverse effect:


Coffee

0% is the middle of the reference range, which represents balance. +50% = high end of the reference range. -50% = low end of the reference range.

 In range 0-25%

 In range 25-50%

 Out of range 50-100%

 Out of range >100%

Out-of-Range Results (Discussion) (continued)

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Male / Age: 62

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The following results are out-of-range (as reported by the lab), and should be carefully reviewed. The % Imbalance measures how far each result is from the middle of the lab reference range. It is also a way to compare items that have different reference ranges. The original data from the lab company is shown to the right. Where there are drugs or nutritional supplements that have a known adverse effect for the corresponding test result, it is listed. *see ALERT at bottom of the page.

CO2 (-50% imbalance, Test result 21.00 with reference range of 21.00 to 33.00)

Primary metabolic acidosis, as from diabetic ketoacidosis, uremia, starvation, lactic acidosis, alcoholic ketosis, salicylate ingestion. Primary respiratory alkalosis, as from CNS stimulation, salicylate ingestion, psychogenics hyperventilation, arterial hypoxemia.

Supplements which may have an adverse effect:

Sulfates

MCV (-50% imbalance, calculated from other measurements)

The Mean Corpuscular Volume reflects the size of red blood cells by expressing the volume occupied by a single red blood cell. Decreased readings may indicate microcytic anemia, possibly caused by iron deficiency.

Recommended Further Testing

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Based on the results of your analysis, the following areas may deserve further investigation. Please consult your medical professional.

Consider ordering Phthalate/Parben urine test

Rationale: Glucose is out of range high (50%)

A number of environmental pollutants such as phthalates have been implicated in impairing glucose control.

Consider ordering IgG and IgE test.

*Rationale: Panel Allergy Imbalance Scew is high (0%)
Panel Allergy Imbalance Deviation is high (50%)*

Consider ordering Free-T3, Free-T4, Total T4, T3-Uptake

Rationale: Ultra-Sensitive TSH is out of range low (-50%)

Consider ordering direct and indirect bilirubin

Rationale: Bilirubin, Total is out of range high (50%)

Consider ordering beta-2 Microglobulin

*Rationale: Panel Biochemical Ratios Imbalance Scew is high (0%)
Panel Biochemical Ratios Imbalance Deviation is high (50%)*

Consider ordering creatinine clearance test

Rationale: Panel Biochemical Ratios Imbalance Deviation is high (50%)

Consider ordering glycohemoglobin

Rationale: Glucose is out of range high (50%)

Consider ordering whole blood electrolyte panel

Rationale: Sodium is out of range high (50%)

Consider ordering urine organic acid test

Rationale: Panel Biochemical Ratios Imbalance Deviation is high (50%)

Consider ordering prostate specific antigen (PSA)

*Rationale: Age is ≥ 40
Sex is Male*

Review patient's Zinc status

Rationale: Alkaline Phosphatase is low (-25%)

When Alkaline Phosphatase is depressed, assess Zinc status using Zinc taste test as this enzyme is Zinc dependent.

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 In range 0-25%  In range 25-50%  Out of range 50-100%  Out of range >100%

Health Improvement Plan Checklist

Justa Test
Male / Age: 62

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Your Health Improvement Plan takes all of your biochemical data and imbalances, and makes personalized recommendations to help you bring your body back into balance. All recommendations are backed by published medical research. This page is a summary of the nutritional recommendations. Please consult with your healthcare professional.

Supplement Recommendations

The following supplements may help. Consult your practitioner:

- | | |
|--|--|
| <input type="checkbox"/> Cardiovascular Health Protocol
See Nutrition Detail | <input type="checkbox"/> Digestive Enzymes
With meals |
| <input type="checkbox"/> Immune Stimulation Protocol
See Nutrition-Detail | <input type="checkbox"/> Multivitamin w/Glucose Support
2x daily |
| <input type="checkbox"/> Oral Electrolyte - Bicarbonate Formula
2x daily | <input type="checkbox"/> Red Yeast Extract
2x daily 2,400 mg |
| <input type="checkbox"/> Demineralization Protocol
See Nutrition-Detail | <input type="checkbox"/> Probiotics
1x daily 3 caps |
| <input type="checkbox"/> SAM-e
1 - 3x daily | <input type="checkbox"/> Sunlight
1 hour per day |
| <input type="checkbox"/> Vitamin C
1x daily 1000 mg | <input type="checkbox"/> Acetic Acid
2x daily 1 tsp. (in 8 oz distilled water) |
| <input type="checkbox"/> Bromelain
3x daily 500 mg (Before meals) | <input type="checkbox"/> Chromium Picolinate
1x daily 200 mcg |
| <input type="checkbox"/> Pyridoxine
1x daily 50 mg | <input type="checkbox"/> Billberry
1 - 3 times daily |
| <input type="checkbox"/> Coleus Forskohlli
1 - 3 times daily | <input type="checkbox"/> Dandelion
1 - 3 times daily |
| <input type="checkbox"/> Devil's Claw
1 - 3 times daily (3 weeks only) | <input type="checkbox"/> Garlic
1 - 3 times daily |
| <input type="checkbox"/> Ginseng (Panax)
1 - 3 times daily | <input type="checkbox"/> Green Tea
1 - 3 times daily (Can be used as a drink) |
| <input type="checkbox"/> Gugul
1 - 3 times daily | |

Supplements to AVOID

The following supplements may aggravate already out-of-balance biochemistry:

Molybdenum

Sodium

Sulfates

Food Recommendations

The following foods may help balance or strengthen your biochemistry:

Dairy

Milk, Cow
Mozarella Cheese

Fruits

Banana
Currant, Black
Elderberries
Guava
Honeydew Melon
Loganberries
Pumpkin

Strawberries

Grains

Millet

Vegetables

Artichoke
Cucumber
Eggplant
Escarole
Green Beans
Mushrooms

Red Peppers

Turnip Greens

Health Improvement Plan Checklist (continued)

Justa Test
Male / Age: 62

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Foods to AVOID

The following foods may aggravate already out-of-balance biochemistry:

Beverages

Beer

Coffee

Condiments

Barbeque Sauce

Soy Sauce

Health Improvement Plan Checklist (continued)

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Male / Age: 62

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Foods to AVOID (continued)

The following foods may aggravate already out-of-balance biochemistry:

Fish

Anchovies

Meat

Bacon

Chipped Beef

Corned Beef

Ham

Liver Pate

Pastrami

Other

Fast Foods

Hydrogenated Fats

Spices

Black Pepper

Vegetables

Dill Pickles

Sauerkraut

Your Health Improvement Plan takes all of your biochemical data and imbalances, and makes personalized recommendations to help you bring your body back into balance. All recommendations are backed by published medical research. This section explains the rationale behind each of the nutritional recommendations. Please consult with your healthcare professional.

Cardiovascular Health Protocol

Rationale

*HDL-Cholesterol is low.
Cholesterol, LDL and Uric Acid are high.*

This pattern indicates suboptimal operation of fat metabolism, interfering with efficient cellular energy production. Various pathways being over- or under- utilized can be nutritionally supported with digestive enzymes, B-Complex, Lipoic acid, and CoEnzyme Q10 supplementation. Recommended nutrients include:

B-Complex (2x daily)
Lipoic Acid (2x daily)
CoEnzyme Q10 (2x 50 mg daily)
Digestive Enzymes (1-2 with each meal)

Wallace, DC, Mitochondrial genetics: a paradigm for aging and degenerative diseases?, Science, 256:628-632 (1992).
Corral-Debrinski, Shffner JM, Lott MY, Wallace DC, Association of mitochondrial DNA damage with aging and coronary atherosclerotic heart disease. Mutat Res, 275:169-180 (1992).

Digestive Enzymes With meals

Rationale

*Triglycerides is normal.
Cholesterol and LDL are high.*

Digestive enzymes are helpful in situations where there are signs of allergy, nutrient depletion, improper fat, protein or carbohydrate metabolism.

Immune Stimulation Protocol

Rationale

*Neutrophil Count and W.B.C. are low.
Iron, Total is normal.*

When abnormal immune markers appear, the following protocol may be helpful

BROAD SPECTRUM FATTY ACID

(1-3 times daily)

Broad spectrum fatty acids, high in Omega-3, -6 and -9 have shown a potential ability to improve immune function.

TRACE MINERALS

(1 time daily)

Trace minerals are critical in almost all enzymatic reactions. A proper balance is crucial in the proper utilization of vitamins, fats and carbohydrates.

PROBIOTICS

(2 times daily)

Probiotic strains address dysbiosis in the gastrointestinal tract.

For children between the ages of 6 and 18 take 1/2 the adult dose.

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Multivitamin w/Glucose Support 2x daily

Rationale

*Triglycerides is normal.
Glucose is high.*

A multivitamin with nutrients to help moderate glucose levels may be helpful in balancing your chemistry.

Oral Electrolyte - Bicarbonate Formula 2x daily

Rationale

CO2 is low.

The main electrolytes in the human body are sodium, potassium, phosphorus, calcium, chloride, magnesium and bicarbonate. During illness, the equilibrium present in healthy individuals, is disturbed. A well balanced formula is helpful in restoring a state of equilibrium. A sports formula will have greater levels of bicarbonate yet still keeping the proportion of the other salts in line.

Red Yeast Extract 2x daily 2,400 mg

Rationale

*HDL-Cholesterol is low.
LDL is high.*

Red Yeast Extract (*Monascus purpureus*) has had a number of clinical trials performed on it which suggests that it can help maintain and promote normal lipid levels. If any muscle cramping, weakness or fatigue happens when taking this substance, add CoEnzyme Q10. If the symptoms persist, stop taking immediately.

Demineralization Protocol

Rationale

Alkaline Phosphatase, Calcium and W.B.C. are low.

With a very low Calcium level, the following protocol may be helpful

Calcium Citrate (1000 mg daily), Trace Mineral Complex (1 time daily), Peltier Water - Oral Electrolyte Solution - Standard Formula (1 time daily).

CALCIUM (Ca)

Major cation (positively charged mineral) partly responsible for cell membrane structure and function required for cardiac contraction, regulates hormones, heart respiration, cell division and body fluid bufferings.

TRACE MINERALS

Trace minerals are critical in almost all enzymatic reactions. A proper balance is crucial in the proper utilization of vitamins, fats and carbohydrates. Important as a part of any supplementation protocol along with electrolytes and calcium

ORAL ELECTROLYTE

An important co-factor in the proper utilization and metabolism of amino acids and calcium.

For children between the ages of 6 and 18 take 1/2 the adult dose.

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Blood Test : 1/1/2012
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Probiotics 1x daily 3 caps

Rationale

W.B.C. is low.
Monocytes is high.

Probiotic strains address dysbiosis in the gastrointestinal tract.

SAM-e 1 - 3x daily

Rationale

Bilirubin, Total is high.

Recently, a great deal of research has gone into the benefits of SAM-e ("sammy") with clinical applications reported in depression, Alzheimer's disease, Parkinson's, fibromyalgia, osteoarthritis, liver disease and cardiovascular disease (lowers homocysteine). May cause gastrointestinal upset. Avoid using in conjunction with St. John's wort.

Sunlight 1 hour per day

Rationale

Bilirubin, Total is high.

Studies have shown that sunlight may be effective in lowering bilirubin levels. Care should be taken in not overexposing the skin and increasing the risk for certain melanomas.

Vitamin C 1x daily 1000 mg

Rationale

W.B.C. and Alkaline Phosphatase are low.
Triglycerides is normal.
LDL and LDH are high.

Water-soluble vitamin essential for the synthesis and maintenance of collagen as well as body tissue cells, cartilage, bones, teeth, skin and tendons. Increases protection mechanism of the immune system. Also improves iron and calcium absorption as well as trace mineral utilization.

Acetic Acid 2x daily 1 tsp. in 8 oz distilled water

Rationale

Sodium is high.

Acetic acid, also known as vinegar, has been shown to lower sodium levels in part by combining with the sodium ion and creating sodium acetate which is removed by the kidneys.

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Bromelain 3x daily 500 mg Before meals

Rationale

*W.B.C. is low.
Eosinophils and LDH are high.*

A enzyme present in pineapple stems, it has been shown to alter inflammatory protaglandin synthesis through interference with the arachadonic cascade.

Chromium Picolinate 1x daily 200 mcg

Rationale

*Triglycerides is normal.
Glucose and Cholesterol are high.*

Constituent of GTF (glucose tolerance factor), works with insulin promoting glucose uptake. Functions in metabolism in nucleic acids, lipid metabolism, cholesterol and triglycerides.

Pyridoxine 1x daily 50 mg

Rationale

*MCV is low.
sGOT and sGPT are normal.*

B6 function involves many complex interrelated functions around amino acid metabolism. Cell processes involve PLP in immune modulation, fatty acids, steroid hormone, receptors, neurotransmitters, gluconeogenesis, and heme synthesis.

Billberry 1 - 3 times daily

Rationale

*Iron, Total and Triglycerides are normal.
Glucose is high.*

Billberry (*Vaccinium myrtillus*) is an herb often used for the control of insulin levels and may help halt or prevent macular degeneration. It has also been reported to be effective in lowering triglyceride levels. As with any herb, caution should be taken with its use. Bilberry also may interfere with iron absorption.

Coleus Forskohlii 1 - 3 times daily

Rationale

*Ultra-Sensitive TSH is low.
Cholesterol is high.*

Medical research has reported that *Coleus forskohlii* increases thyroid hormone production as well as stimulating thyroid hormone release. As with any herb, caution should be taken with its use. Restrict its use with patient's suffering from low blood pressure or peptic ulcers. Also, avoid taking this herb if the patient is taking antihypertensives or antiasthmatics.

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Dandelion 1 - 3 times daily

Rationale

Bilirubin, Total, Cholesterol and LDL are high.

The herb Dandelion (*Taraxacum officinale*) has been reported to be helpful in lowering cholesterol and in relieving jaundice (elevated bilirubin). As with any herb, caution should be taken with its use.

Devil's Claw 1 - 3 times daily 3 weeks only

Rationale

Cholesterol and Uric Acid are high.

The herb devil's claw (*Harpagophytum procumbens*) has been reported to be effective in the short-term treatment of gout and the lowering of total cholesterol. As with any herb, caution should be taken with its use.

Garlic 1 - 3 times daily

Rationale

LDL and Cholesterol are high.

Garlic's use has been reported to be beneficial in lowering blood lipid (fat) levels. May cause unwanted bodily odors. As with any herb, caution should be taken with its use.

Ginseng (Panax) 1 - 3 times daily

Rationale

Glucose is high.

Also known as Korean Ginseng (*Panax ginseng*), this herb has shown benefits to those suffering from fatigue, stress, compromised immune systems and diabetes. As with any herb, caution should be taken with its use. Women who experience breast tenderness should discontinue its use.

Green Tea 1 - 3 times daily Can be used as a drink

Rationale

*MCV is low.
Anion Gap and Cholesterol are high.*

Green tea has been extensively reported to be very beneficial in the prevention of many forms of cancer as well as an potent antioxidant. Caution should be used when consuming green tea as it may contain caffeine. As with any herb, caution should be taken with its use.

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Gugul 1 - 3 times daily

Rationale

*Triglycerides is normal.
LDL and Cholesterol are high.*

Gugulipid (Commiphora mukul), is a resin derived from the mukul myrrh tree with both triglyceride and cholesterol lowering properties. It has also been reported to be beneficial in the treatment of inflammatory conditions. As with any herb caution should be taken with its use.

Supplements to Avoid

AVOID Molybdenum

Rationale

Uric Acid is high.

Vital constituent of xanthine oxidase (uric acid production), aldehyde and sulfate oxidase. Functions in transfer of electrons for redox process and completion of sulfur amino acid catabolism. It is also involved in hemoglobin synthesis. Molybdenum also inhibits absorption Cu and Fe.

AVOID Sodium

Rationale

Sodium is high.

Sodium is the major extracellular fluid cation. It is responsible for and helps determine the volume of extracellular fluid as it is responsible for almost one-half of plasma osmolarity. Sodium facilitates impulse transmission in nerve and muscle fibers by its involvement in the sodium-potassium pump.

AVOID Sulfates

Rationale

Chloride and CO₂ are low.

Sulfur is found in every cell of the body and is rich in certain amino acids such as cysteine and methionine. It is also involved in the formation of blood clots and energy transfer. Studies have shown sulfur to reduce levels of both chloride and CO₂ in the blood.

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This information should not be considered complete, nor should it be relied on in diagnosing or treating a medical condition. Content in this report does not contain information on all diseases, ailments, physical conditions or their treatment. Content in this report is based on the lab data provided, which may or may not include all relevant measures of your biochemistry.

The absence of a warning for a given drug or drug combination in no way should be construed to indicate that the drug or drug combination is safe, effective or appropriate for you. The absence of a warning for a given supplement or supplement combination in no way should be construed to indicate that the drug or drug combination is safe, effective or appropriate for you.

You are encouraged to confirm any information obtained from this report with other sources, and review all information regarding any medical condition or treatment with your physician.

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY SEEKING MEDICAL TREATMENT BECAUSE OF SOMETHING YOU HAVE READ ON OR ACCESSED THROUGH THIS HEALTH ASSESSMENT.

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 or fitness program.

Xymogen® Product Correlation Summary

The following summary is provided for your convenience. The Xymogen® products shown correlate to the nutrient recommendations in your Health Improvement Plan. Full product details are provided in the following pages.

Created from 1/1/2012 Doctor's Choice™ Functional Health Report for Justa Test

Cardiovascular Health Protocol

- 871149002732 - Cardio Essentials

Digestive Enzymes

- 871149003692 - XymoZyme

Immune Stimulation Protocol

- 871149003463 - Berbemycin

SAM-e

- 871149002947 - SAMe & TMG

Vitamin C

- 871149001087 - Bio C 1:1
 - 871149000479 - Xcellent C
-

Xymogen® Product Correlation Detail

The following detail is provided for your convenience. The Xymogen® products shown correlate to the nutrient recommendations in your Health Improvement Plan.

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Cardiovascular Health Protocol

871149002732 - Cardio Essentials

Digestive Enzymes

871149003692 - XymoZyme

XymoZyme™ is a cost-effective, non-prescription, broad-spectrum, digestive enzyme formula suitable for vegans and designed to support the digestion of fat, protein, carbohydrate, fiber, and lactose. This comprehensive formula contains lipase, proteases, alpha-galactosidase, hemicellulase, papain, lactase, and other key digestive enzymes. XymoZyme works in a wide pH range—unlike porcine pancreatin, which works in a narrow pH range.*

DIRECTIONS: Take two capsules with each meal/snack, or use as directed by your healthcare practitioner. If necessary, capsules may be opened and contents sprinkled over food.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, fish, shellfish, nuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

Maltodextrin (derived from corn) is used to standardize enzyme activity.

Immune Stimulation Protocol

871149003463 - Berbemycin

Berbemycin™ features a concentrated 4:1 extract of Oregon grape root, which supplies berberine—a plant alkaloid that influences the activities of microorganisms in the gastrointestinal tract, supports immune function, and may influence the inflammatory response. The 4:1 extracts of bayberry bark and grapefruit seed complement the actions of berberine to regulate microbial activity, stimulate circulation, and promote mucus membrane health. Zinc is included in this formula for its immune-supportive effects.*

DIRECTIONS: Take one capsule daily, or as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners, or preservatives.

SAM-e

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SAM-e

871149002947 - SAMe & TMG

SAMe & TMG is a sweet and slightly tart lemon-flavored powder. SAMe (S-Adenosyl-L-Methionine) and TMG (Trimethylglycine) are naturally occurring substances that act as "Methyl Donors." Methylation, which declines with natural aging, and with chronic ethanol consumption, is a vital process involved in many biochemical reactions in the brain and throughout the body.

DIRECTIONS: Take one to four times daily or as directed by your healthcare practitioner, one hour before or two hours after a meal. Place contents of one sachet under or directly on tongue and let dissolve. Contents may also be added to two-four ounces of chilled pure water or preferred liquid; stir and drink within 30 minutes.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, dairy products, artificial colors, sweeteners or preservatives.

Vitamin C

871149001087 - Bio C 1:1

Bio C 1:1™ is a unique, synergistic formula that features a specialized and standardized complex of full spectrum bioflavonoids combined with vitamin C. Vitamin C with bioflavonoids has been shown to provide potent antioxidant protection, support optimal immune function and enhance healthy collagen production.*

DIRECTIONS: Take one capsule daily or as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, corn protein, yeast, soy, animal or dairy products, artificial colors, sweeteners or preservatives.

871149000479 - Xcellent C

Xcellent C™ is a functional vitamin C formula with the addition of 7.5 mg of BioPerine® per capsule. BioPerine is a proprietary piperine extract that has been clinically shown to increase the bioavailability of vitamin C by up to 40%. Vitamin C provides valuable antioxidant protection and supports the production of collagen and healthy connective tissue. Xcellent C is buffered to help prevent potential stomach upset.

DIRECTIONS: Take two capsules twice daily or as directed by your healthcare practitioner.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy, animal or dairy products, artificial colors, sweeteners, or preservatives.
