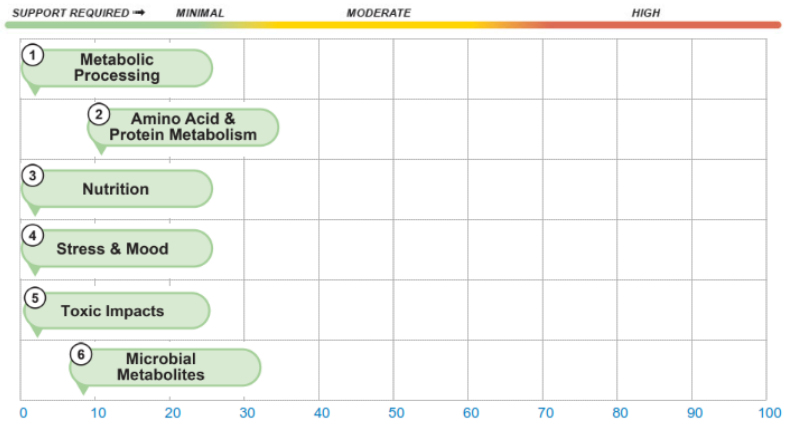
Nordic Laboratories

PATIENT: XXXXXXXXXXXXXXXX			TEST REF: TST-DL-XXXX
TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

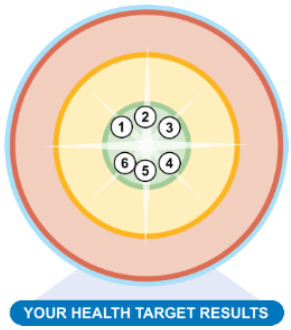
TEST NAME: OMX- Urine+Plasma

METABOLOMIC SIGNATURE

Identifying Impact of Functional Categories



PERCENT OF MARKERS BEYOND THE REFERENCE RANGE



YOUR HEALTH TARGET RESULTS

Findings show that 0 of 6 Functional Categories have markers beyond the reference range.

Subcategories are identified below.

Identifying Impact of Subcategories

NOTE: Below is a list of the Functional Categories and the included subcategories. It lists the percentage of markers that are beyond the reference range so clinicians can better target areas of concern.

PERCENT OF MARKERS BEYOND THE REFERENCE RANGE

0-20%	21-60%	61-100%
MINIMAL	MODERATE	HIGH

1 Metabolic Processing	0 %
Subcategory	
Glycolysis	
Krebs Cycle	
Fatty Acid Oxidation	
Ketones	

2 Amino Acid & Protein Metabolism	13 %
Subcategory	
Phenylalanine Metabolism	
Branched-Chain Amino Acids	
Tryptophan Metabolism	
Methionine Metabolism	
Histidine Metabolism	
Threonine/Glycine/Serine	
Lysine Metabolism	
Glutamate & Aspartate	
Collagen Catabolism	

3 Nutrition	0 %
Subcategory	
B-Complex (B1, B2, B3, B5, LA)	
Vitamin B-12	
Folate	
Vitamin B6	
Biotin	
Plant Components	
Meat intake	
Sugar Intake	

4 Stress & Mood	0 %
Subcategory	
Neurotransmitter	
Catecholamine Turnover	
Serotonin Turnover	
Steroid Hormone	

5 Toxic Impacts	0 %
Subcategory	
Oxidative Damage	
Toxins	
Urea Cycle	
Kidney Impacts	

6 Microbial Metabolites	11 %
Subcategory	
Isoflavone Microbial Metabolite	
Amino Acid Microbial Metabolites	
Polyphenols Microbial Metabolites	
Fungal Assessment	

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GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

1 - Metabolic Processing

Glycolysis	Result	20% 40% 60% 80%	Reference
Glucose *Glucokinase*	2.9		< 15.2 mg/dL
Pyruvic Acid *Pyruvate dehydrogenase + B1, B2, B3, B5 LA*	22.1		< 47.2 nmol/mg Creatinine
Lactic Acid *Lactate dehydrogenase + B3*	56.1		23.1 - 722.6 nmol/mg Creatinine
D-Lactic Acid *D-Lactate dehydrogenase*	2.6		< 21.6 nmol/mg Creatinine
(P) **Alanine** *Alanine transaminase + B6*	309.0		271.5 - 730.0 nmol/mL

Krebs Cycle	Result	20% 40% 60% 80%	Reference
Citric Acid *Citrate synthase*	1640.0		> 356.2 nmol/mg Creatinine
***cis*-Aconitic Acid** *Aconitase*	156.6		91.3 - 363.1 nmol/mg Creatinine
Isocitric Acid *Isocitrate dehydrogenase + B3*	262.8		< 415.6 nmol/mg Creatinine
α-Ketoglutaric Acid *alpha-Ketoglutarate dehydrogenase + B1, B2, B3, B5, LA*	30.3		< 157.2 nmol/mg Creatinine
Succinic Acid *Succinic dehydrogenase + B2*	43.5		4.8 - 224.1 nmol/mg Creatinine
Fumaric Acid *Fumarase*	507.1		320.2 - 3375.5 nmol/mg Creatinine
Malic Acid *Malate dehydrogenase + B3*	4.6		< 21.5 nmol/mg Creatinine

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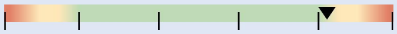
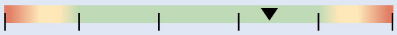
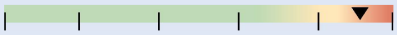
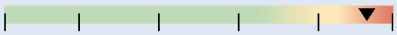
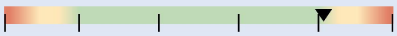
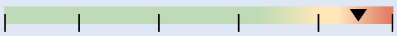
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

1 - Metabolic Processing

Fatty Acid Oxidation	Result	20% 40% 60% 80%	Reference
Adipic Acid *Saturated dicarboxylic acid*	7.9		2.0 - 15.1 nmol/mg Creatinine
Sebacic Acid *Fatty acid oxidation + Carnitine*	<DL		< 3.7 nmol/mg Creatinine
Suberic Acid *Fatty acid oxidation + Carnitine*	10.7		3.0 - 29.4 nmol/mg Creatinine
Pimelic Acid *Saturated dicarboxylic acids*	16.6		5.9 - 31.8 nmol/mg Creatinine
Hexanoylglycine *Medium-chain acyl glycines*	1.7		< 2.6 nmol/mg Creatinine
Suberylglycine *Medium-chain acyl glycines*	<DL		< 2.3 nmol/mg Creatinine
3-Phenylpropionylglycine *Medium-chain acyl glycines*	0.9		< 1.3 nmol/mg Creatinine
Ethylmalonic Acid *Dicarboxylic acid*	27.9		5.0 - 43.3 nmol/mg Creatinine
2-Methylsuccinic Acid *Dicarboxylic acid*	10.6		3.2 - 21.1 nmol/mg Creatinine

Ketones	Result	20% 40% 60% 80%	Reference
β-Hydroxybutyric Acid *beta-Hydroxybutyrate dehydrogenase + B3*	44.9		< 60.5 nmol/mg Creatinine

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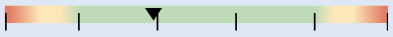
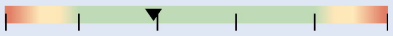
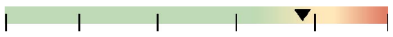
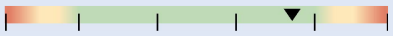
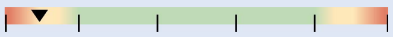
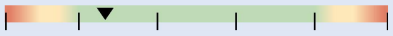
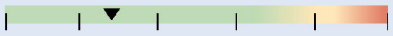
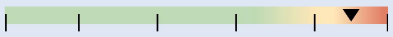
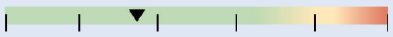
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

2 - Amino Acid & Protein Metabolism

Phenylalanine Metabolism	Result	20% 40% 60% 80%	Reference
(P) **Phenylalanine** *Phenylalanine hydroxylase + BH4*	42.0		31.7 - 71.0 nmol/mL
Phenylacetic Acid *Aldehyde dehydrogenase*	1.7		0.5 - 19.1 nmol/mg Creatinine
(P) **Tyrosine** *Tyrosine hydroxylase + BH4*	45.5		27.8 - 84.5 nmol/mL
Homovanillic Acid *COMT + Magnesium & Monoamine oxidase + B2*	5.6		< 10.3 nmol/mg Creatinine
Vannilylmandelic Acid *Monoamine oxidase + B2*	14.5		4.8 - 21.4 nmol/mg Creatinine
4-Hydroxyphenylpyruvic Acid *Tyrosine aminotransferase + B6*	11.4 L		35.5 - 1116.3 nmol/mg Creatinine
Homogentisic Acid *4-Hydroxyphenylpyruvate dioxygenase + Iron*	16.3		7.9 - 336.4 nmol/mg Creatinine

Branched-Chain Amino Acids	Result	20% 40% 60% 80%	Reference
(P) **Total Branched Chain Amino Acids** *Branched-chain amino acid transaminase + B6*	291.0		211.9 - 577.3 nmol/mL
(P) **Valine** *Branched-chain amino acid transaminase + B6*	173.2		109.3 - 283.0 nmol/mL
α-Ketoisovaleric Acid *Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA*	0.6		< 11.9 nmol/mg Creatinine
(P) **Isoleucine/allo-Isoleucine** *Branched-chain amino acid transaminase + B6*	42.6		35.5 - 112.4 nmol/mL
α-Keto-β-methylvaleric Acid *Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA*	4.5		< 11.9 nmol/mg Creatinine
(P) **Leucine** *Branched-chain amino acid transaminase + B6*	75.2		57.1 - 187.5 nmol/mL
α-Ketoisocaproic Acid *Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA*	3.9		< 17.0 nmol/mg Creatinine

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PATIENT: XXXXXXXXXXXXXXXX			TEST REF: TST-DL-XXXX
TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

2 - Amino Acid & Protein Metabolism

Tryptophan Metabolism	Result	20% 40% 60% 80%	Reference
(P) **Tryptophan** *Tryptophan hydroxylase + BH4*	30.5 L		36.9 - 87.1 nmol/mL
5-Hydroxyindoleacetic Acid *Aldehyde dehydrogenase + B3*	13.7		6.3 - 28.7 nmol/mg Creatinine
(P) **Kynurenine** *Kynurenine mono-oxygenase (KMO) + B2*	4.1		< 4.4 nmol/mL
(P) **KT Ratio** *Kynurenine / Tryptophan*	0.135 H		0.018 - 0.101
Hydroxykynurenine *Kynureninase + B6*	<DL		< 12.1 nmol/mg Creatinine
Xanthurenic Acid *Kynurenine transaminase + B6*	<DL		< 9.5 nmol/mg Creatinine
Anthranilic Acid *Kynureninase + B6*	<DL		< 11.8 nmol/mg Creatinine
Picolinic Acid *Non-enzymatic conversion*	<DL		< 4.0 nmol/mg Creatinine
Kynurenic Acid *Kynurenine transaminase + B6*	3.5		2.1 - 18.5 nmol/mg Creatinine
Quinolinic Acid *Non-enzymatic conversion*	16.2		9.0 - 105.7 nmol/mg Creatinine

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TEST NAME: OMX- Urine+Plasma

2 - Amino Acid & Protein Metabolism

Methionine Metabolism	Result	20% 40% 60% 80%	Reference
(P) **Methionine** *Methionine adenosyltransferase*	21.4		12.1 - 38.5 nmol/mL
(P) **Homocystine** *Methionine synthase + B12*	<DL		< 2.2 nmol/mL
(P) **Cystathionine** *Cystathionine gamm-lyase + B6*	<DL		< 0.3 nmol/mL
(P) **Sulfocysteine** *Sulfite oxidase (SOX) + Mo*	<DL		< 1.4 nmol/mL
(P) **Taurine** *Hypotaurine dehydrogenase*	147.6 H		25.9 - 107.2 nmol/mL
(P) **Cystine** *Oxidation*	27.9		13.4 - 51.9 nmol/mL
α-Hydroxybutyric Acid *Dehydrogenase + B3*	36.2		10.6 - 62.6 nmol/mg Creatinine
α-Ketobutyric Acid *Lactate dehydrogenase + B3*	12.9 H		< 7.2 nmol/mg Creatinine
Pyroglutamic Acid *5-Oxoprolinase*	58.3		< 72.7 nmol/mg Creatinine

Histidine Metabolism	Result	20% 40% 60% 80%	Reference
(P) **Histidine** *Histidine decarboxylase + B6*	68.3		61.2 - 104.7 nmol/mL
(P) **3-Methylhistidine** *Myofibrillar Breakdown*	<DL		< 26.9 nmol/mL
(P) **β-Alanine** *Carnosine synthase*	3.4 H		< 0.7 nmol/mL

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GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

2 - Amino Acid & Protein Metabolism

Threonine/Glycine/Serine	Result	20% 40% 60% 80%	Reference
(P) **Threonine** *Glycine C-acetyltransferase + B6*	113.2		51.4 - 184.9 nmol/mL
(P) **Glycine** *Glutathione synthetase*	203.3		154.2 - 582.7 nmol/mL
(P) **Serine** *Cystathionine beta-synthase + B6, Iron*	112.8		54.2 - 207.4 nmol/mL
(P) **Sarcosine** *Sarcosine dehydrogenase + B2*	<DL		< 10.4 nmol/mL
(P) **Ethanolamine** *Ethanolamine kinase*	<DL		< 16.9 nmol/mL
(P) **Phosphoethanolamine** *Phosphoethanolamine cytidylyltransferase*	<DL		< 6.3 nmol/mL

Lysine Metabolism	Result	20% 40% 60% 80%	Reference
(P) **Lysine** *alpha-Aminoadipic semialdehyde synthase*	172.5 L		210.6 - 498.2 nmol/mL
(P) **α-Aminoadipic Acid** *Aminotransferase + B6*	<DL		< 4.8 nmol/mL
Glutaric Acid *Glutaryl-CoA dehydrogenase + B2*	2.3		< 4.5 nmol/mg Creatinine

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GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

2 - Amino Acid & Protein Metabolism

Glutamate & Aspartate	Result	20% 40% 60% 80%	Reference
(P) **Glutamine** *Glutaminase*	480.8		352.4 - 1017.1 nmol/mL
(P) **Glutamic Acid** *Glutamate cysteine ligase*	71.3		38.3 - 251.2 nmol/mL
(P) **Glutamine / Glutamate Ratio** *Glutaminase*	6.7		2.1 - 21.7
(P) **Asparagine** *Asparaginase*	36.1		15.6 - 62.7 nmol/mL
(P) **Aspartic Acid** *Asparagine synthase*	12.7		5.4 - 21.5 nmol/mL

Collagen Catabolism	Result	20% 40% 60% 80%	Reference
(P) **Proline** *Prolyl hydroxylase + Vitamin C*	136.9		117.2 - 411.9 nmol/mL
(P) **Hydroxyproline** *4-Hydroxyproline oxidase*	19.2		< 30.6 nmol/mL
(P) **Glycylproline** *Dipeptide of Glycine + Proline*	<DL		< 2.6 nmol/mL

3 - Nutrition

B-Complex (B1, B2, B3, B5, LA)	Result	20% 40% 60% 80%	Reference
Branched Chain Alpha-Keto Organic Acids *Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA*	9.1		< 28.3 nmol/mg Creatinine
α-Ketoglutaric Acid *alpha-Ketoglutarate dehydrogenase + B1, B2, B3, B5, LA*	30.3		< 157.2 nmol/mg Creatinine
Pyruvic Acid *Pyruvate dehydrogenase + B1, B2, B3, B5, LA*	22.1		< 47.2 nmol/mg Creatinine

Vitamin B-12	Result	20% 40% 60% 80%	Reference
Methylmalonic Acid *Methylmalonyl-CoA mutase + B12*	7.7		2.7 - 25.9 nmol/mg Creatinine

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GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

3 - Nutrition

	Result	20% 40% 60% 80%	Reference
Folate			
Formiminoglutamic Acid *Glutamate formimino-transferase + Folate*	<DL		< 0.4 nmol/mg Creatinine
Vitamin B6			
Pyridoxic Acid *Aldehyde oxidase*	<DL		< 111.9 nmol/mg Creatinine
Xanthurenic Acid *Kynurenine transaminase + B6*	<DL		< 9.5 nmol/mg Creatinine
Biotin			
β-Hydroxyisovaleric Acid *Methylcrotonyl-CoA carboxylase + Biotin*	46.7		25.1 - 223.4 nmol/mg Creatinine
Plant Components			
Quercetin *Polyphenol: Flavonoid*	8.4		> 2.7 nmol/mg Creatinine
Tartaric Acid *Plant component*	<DL		> 1.8 nmol/mg Creatinine
Meat intake			
(P) **1-Methylhistidine** *Dietary meat & fish*	16.0		< 16.0 nmol/mL
(P) **Carnosine** *Carnosinase*	<DL		< 2.7 nmol/mL
(P) **Anserine** *Anserinase*	<DL		< 18.4 nmol/mL
Sugar Intake			
Fructose *Fructokinase*	0.2		< 4.7 nmol/mg Creatinine

KEY: < dl = Results below detection limit.

(P) = Analyte measured in plasma.

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Nordic Laboratories

PATIENT: XXXXXXXXXXXXXXXX			TEST REF: TST-DL-XXXX
TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

4 - Stress & Mood

Neurotransmitter	Result	20% 40% 60% 80%	Reference
(P) γ-Aminobutyric Acid *gamma-Aminobutyric acid aminotransferase + B6*	<DL		< 1.5 nmol/mL

Catecholamine Turnover	Result	20% 40% 60% 80%	Reference
Homovanillic Acid *COMT + magnesium & monoamine oxidase + B2*	5.6		< 10.3 nmol/mg Creatinine
Vannilylmandelic Acid *Monoamine oxidase + B2*	14.5		4.8 - 21.4 nmol/mg Creatinine

Serotonin Turnover	Result	20% 40% 60% 80%	Reference
5-Hydroxyindoleacetic Acid *Aldehyde dehydrogenase + B3*	13.7		6.3 - 28.7 nmol/mg Creatinine

Steroid Hormone	Result	20% 40% 60% 80%	Reference
Cortisol *11-beta-Hydroxysteroid dehydrogenase + B3*	50.6		< 82.0 mcg/g Creatinine
Cortisone *11-beta-Hydroxysteroid dehydrogenase + B3*	64.9		< 665.0 mcg/g Creatinine
Aldosterone *Steroid 5-beta reductase*	<DL		< 2.5 mcg/g Creatinine

5 - Toxic Impacts

Oxidative Damage	Result	20% 40% 60% 80%	Reference
8-Hydroxy-2'-deoxyguanosine *DNA oxidation*	<DL		< 8.4 nmol/mg Creatinine

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TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

5 - Toxic Impacts

Toxins	Result	20% 40% 60% 80%	Reference
2-Methylhippuric Acid *Xylene exposure*	0.1		< 2.1 nmol/mg Creatinine
Mandelic Acid *Styrene exposure*	<DL		< 4.6 nmol/mg Creatinine
Benzoylform *Styrene exposure*	<DL		< 4.3 nmol/mg Creatinine
Glucaric Acid *Glucuronic Acid Pathway*	<DL		3.6 - 25.8 nmol/mg Creatinine

Urea Cycle	Result	20% 40% 60% 80%	Reference
(P) **Arginine** *Arginase & Nitric oxide synthase*	78.1		36.9 - 112.2 nmol/mL
(P) **Citrulline** *Argininosuccinate synthase*	28.3		13.8 - 59.7 nmol/mL
(P) **Ornithine** *Ornithine transcarbamylase*	50.7		39.0 - 132.1 nmol/mL
(P) **Homocitrulline** *Argininosuccinate synthase*	<DL		< 3.4 nmol/mL
(P) **Arginosuccinic Acid** *Argininosuccinate lyase*	<DL		< 14.2 nmol/mL

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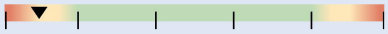
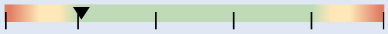
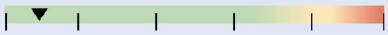
TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

5 - Toxic Impacts

Kidney Impacts	Result	20% 40% 60% 80%	Reference
Orotic Acid *Uridine monophosphate synthase*	0.9		0.7 - 6.0 nmol/mg Creatinine
Microalbumin *Blood protein*	<DL		< 130.4 mcg/mg Creatinine
Phosphate *Charged particle (ion)*	33.4		11.2 - 192.4 mg/dL
Creatinine *Creatine breakdown*	79.6		29.3 - 296.8 mg/dL
Oxalic Acid *Divalent metallic cations*	152.7		< 1532.5 nmol/mg Creatinine

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TEST NUMBER: T-DL-XXXXX	RECEIVED: XX/XX/XXXX		PRACTITIONER:
GENDER: XYZ	TESTED: XX/XX/XXXX		XXXXXXXXXXXX
AGE: xx	COLLECTED: XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

6 - Microbial Metabolites

Amino Acid Microbial Metabolites	Result	Reference
4-Hydroxyphenylacetic Acid *Disordered tyrosine metabolism*	146.2	85.8 - 902.3 nmol/mg Creatinine
Indoleacetic Acid *Disordered tryptophan metabolism*	2.6	< 13.7 nmol/mg Creatinine
Polyphenols Microbial Metabolites	**Result**	**Reference**
3,4-Dihydroxyhydrocinnamic Acid *Polyphenol metabolite*	<DL	< 1490.3 nmol/mg Creatinine
3,5-Dihydroxybenzoic Acid *Microbial metabolite*	95.1	< 277.1 nmol/mg Creatinine
4-Hydroxybenzoic Acid *Hydroxybenzoic acid derivative*	0.8	< 14.9 nmol/mg Creatinine
Benzoic Acid *Glycine N-benzoyltransferase*	<DL	< 488.0 nmol/mg Creatinine
Hippuric Acid *Glycine conjugate of benzoate*	712.8 H	< 291.9 nmol/mg Creatinine
Isoflavone Microbial Metabolite	**Result**	**Reference**
Equol *Isoflavone metabolite*	<DL	< 12.8 nmol/mg Creatinine
Fungal Assessment	**Result**	**Reference**
Arabinitol *Dehydrogenase*	1.9	< 9.0 nmol/mg Creatinine

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PATIENT:	XXXXXXXXXXXXXXXX			TEST REF:	TST-DL-XXXX
TEST NUMBER:	T-DL-XXXXX	RECEIVED:	XX/XX/XXXX	PRACTITIONER:	
GENDER:	XYZ	TESTED:	XX/XX/XXXX		XXXXXXXXXXXX
AGE:	xx	COLLECTED:	XX/XX/XXXX		

TEST NAME: OMX- Urine+Plasma

PERSONALIZED METABOLOMIC RECOMMENDATIONS

Note: Nutrient supplementation is up to the treating clinician's discretion with full understanding of the patient's medical history and current clinical condition.

MICRONUTRIENTS	*Support Required*	Recommendations	Food Sources
B-Complex	None	No Additional Support	Mixed diet
Thiamin (B1)	None	1.2 mg*	Rice, wheat germ, lentils, peas, pork, whole wheat bread, spinach
Riboflavin (B2)	None	1.3 mg*	Milk, almonds, eggs, salmon, chicken, broccoli, spinach
Niacin (B3)	None	16 mg*	Chicken, tuna, turkey, cereal, peanuts, lentils, coffee
Cobalamine (B12)	None	2.4 mcg*	Clams, mussels, mackerel, crab, beef, salmon, milk, eggs
Folate (B9)	None	400 mcg DFE*	Lentils, garbanzo beans, spinach, asparagus, lima beans, orange juice
Biotin (B7)	None	30 mcg*	Eggs, liver, salmon, avocado, raspberries, cauliflower, bread
CoQ10	None	6 mg	Beef, herring, chicken, canola oil, Rainbow trout, peanuts, pistachio nuts, brocolli
Magnesium	None	420 mg*	Beef, pork, milk, cod, chicken, avocado
Carnitine	None	10+ mg	Beef, pork, milk, cod, chicken, avocado
Copper	None	0.9 mcg	Eastern oysters, crab meat, clams, cashews, sunflowers, hazelnuts, almonds

** DV or Daily Values, are the recommended amounts of nutrients per day for a healthy, non-deficient adult.*

PROTEIN	*Findings*	Suggested Recommendation
Phenylalanine	Adequate	No Additional Support
Isoleucine/allo-Isoleucine	Adequate	No Additional Support
Leucine	Adequate	No Additional Support
Valine	Adequate	No Additional Support
Tryptophan	Low	Assess calorie and protein intake; evaluate digestion; check inflammation, kidney function and mood disorders; check pathways (kynurenine, serotonin, indoles)
Methionine	Adequate	No Additional Support
Threonine	Adequate	No Additional Support
Lysine	Low	Assess calorie and protein intake; evaluate anxiety, ADHD, LPI varient SLC7A9, and carnitine need.
Histidine	Adequate	No Additional Support
Arginine	Adequate	No Additional Support
Glycine	Adequate	No Additional Support
Taurine	High	Assess protein, taurine and methionine intake or supplementation; check B6 level

ADDITIONAL SUPPORT	*Support Required*	Suggested Recommendation
Glutathione Need	None	No Additional Support
Inflammation	Moderate	Increase antioxidants (vitamin C, vitamin E, polyphenols), increase exercise, consider glutamine. Remove inflammatory source.
Liver Parameters	None	No Additional Support
Kidney Parameters	None	No Additional Support

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