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LabAssist™ Blood Test Report

Practitioner

Printed on Thursday, April 30, 2009 for:

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Basic Status High/Low

Anna

Blood Test Date: 4/29/2009

Female / Age: 57
Client ID:555986644 (8322)

The % Status is the weighted deviation of the laboratory result.

Low Results

	% Status		Result	Low	High
Ultra-Sensitive TSH	-127.86	L	0.01	1.10	2.50
Basophil Count	-44.30	L	11.40	0.00	200.00
Basophils	-40.00	L	0.20	0.00	2.00
Lymphocyte Count	-38.44	L	1202.70	850.00	3900.00
Lymphocytes	-32.06	L	21.10	15.00	49.00
Anion Gap	-30.00	L	10.40	8.00	20.00
Thyroxine (T4)	-30.00	L	6.10	4.50	12.50
Free T4 Index (T7)	-25.00	L	2.00	1.40	3.80

-25%

High Results

	% Status		Result	Low	High
LDL	89.71	H	157.00	62.00	130.00
Glucose	61.76	H	103.00	65.00	99.00
B.U.N./Creatinine Ratio	48.99	H	21.84	6.00	22.00
Free T-3	39.47	H	400.00	230.00	420.00
Uric Acid	38.89	H	6.50	2.50	7.00
sGPT	35.29	H	35.00	6.00	40.00
T-3 Uptake	34.62	H	33.00	22.00	35.00
Hemoglobin	34.21	H	14.90	11.70	15.50
Hematocrit	29.00	H	42.90	35.00	45.00
MCH	27.25	H	31.63	27.00	33.00
Calcium	25.00	H	9.80	8.60	10.20
Chloride	25.00	H	107.00	98.00	110.00

-25%   25%

Basic Status Alphabetic

Anna

Blood Test Date: 4/29/2009

Female / Age: 57

The % Status is the weighted deviation of the laboratory result relative to the range.

	% Status		Result	Low	High
A/G Ratio	0.16		1.55	1.00	2.10
Albumin	10.00		4.50	3.60	5.10
Alkaline Phosphatase	9.79		91.00	33.00	130.00
Anion Gap	**-30.00**	**L**	**10.40**	8.00	20.00
B.U.N.	16.67		19.00	7.00	25.00
B.U.N./Creatinine Ratio	**48.99**	**H**	**21.84**	6.00	22.00
Basophil Count	**-44.30**	**L**	**11.40**	0.00	200.00
Basophils	**-40.00**	**L**	**0.20**	0.00	2.00
Bilirubin, Total	0.00		0.70	0.20	1.20
Calcium	**25.00**	**H**	**9.80**	8.60	10.20
Calcium/Phosphorus Ratio	0.00		2.80	2.30	3.30
Chloride	**25.00**	**H**	**107.00**	98.00	110.00
Cholesterol	24.17		229.00	140.00	260.00
CO2	0.00		27.00	21.00	33.00
Creatinine	4.00		0.87	0.60	1.10
Eosinophil Count	-20.19		159.60	15.00	500.00
Eosinophils	-15.00		2.80	0.00	8.00
Free T-3	**39.47**	**H**	**400.00**	230.00	420.00
Free T4 Index (T7)	**-25.00**	**L**	**2.00**	1.40	3.80
GGT	-12.69		28.00	3.00	70.00
Globulin	-8.82		2.90	2.20	3.90
Glucose	**61.76**	**H**	**103.00**	65.00	99.00
HDL-Cholesterol	-24.55		51.00	37.00	92.00
Hematocrit	**29.00**	**H**	**42.90**	35.00	45.00
Hemoglobin	**34.21**	**H**	**14.90**	11.70	15.50
Iron, Total	11.67		114.00	40.00	160.00
LDH	-11.54		170.00	120.00	250.00
LDL	**89.71**	**H**	**157.00**	62.00	130.00
Lymphocyte Count	**-38.44**	**L**	**1202.70**	850.00	3900.00
Lymphocytes	**-32.06**	**L**	**21.10**	15.00	49.00
MCH	**27.25**	**H**	**31.63**	27.00	33.00
MCHC	18.30		34.73	32.00	36.00
MCV	5.41		91.08	80.00	100.00
Monocyte Count	-15.11		461.70	200.00	950.00
Monocytes	12.31		8.10	0.00	13.00
Neutrophil Count	-12.47		3864.60	1500.00	7800.00
Neutrophils	20.95		67.80	38.00	80.00
Phosphorus	0.00		3.50	2.50	4.50
Potassium	0.00		4.40	3.50	5.30
Protein, Total	7.14		7.40	6.20	8.30
R.B.C.	20.00		4.71	3.80	5.10
sGOT	6.00		24.00	10.00	35.00
sGPT	**35.29**	**H**	**35.00**	6.00	40.00
Sodium	-4.55		140.00	135.00	146.00
T-3 Uptake	**34.62**	**H**	**33.00**	22.00	35.00
Thyroxine (T4)	**-30.00**	**L**	**6.10**	4.50	12.50
Triglycerides	20.67		106.00	0.00	150.00
Ultra-Sensitive TSH	**-127.86**	**L**	**0.01**	1.10	2.50
Uric Acid	**38.89**	**H**	**6.50**	2.50	7.00
W.B.C.	-22.86		5.70	3.80	10.80
Total Status Deviation	**23.40**				
Total Status Skew	**3.13**				

Nutritional Support

The following supplements may help to balance your biochemistry. Consult your practitioner.

☐ **1-Cardiovascular Health Protocol**
     See Nutrition Detail

☐ **1-Increase Fluid Intake**
     6-8 glasses daily

☐ **1-Multivitamin w/Glucose Support**
     2x daily

☐ **1-Oral Electrolyte - Standard Formula**
     2x daily

☐ **3-Chromium Picolinate**
     1x daily 200 mcg

☐ **H - Billberry**
     1 - 3 times daily

☐ **H - Garlic**
     1 - 3 times daily

☐ **H - Ginseng (Panax)**
     1 - 3 times daily

☐ **H - Ginseng (Panax)**
     1 - 3 times daily

☐ **H - Milk thistle**
     1 - 3 times daily

☐ **H - Nettle**
     1 - 3 times daily

Nutritional Supplements to AVOID

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

Calcium	Molybdenum	Selenium

Food Recommendations

The following foods may help to balance or strengthen your biochemistry.

Apricots, Dried	Artichoke	Black Pepper	Cantaloupe
Cherries	Eggs	Grapefruit	Green Beans
Guava	Haddock	Halibut	Loganberries
Onions	Prunes	Red Peppers	Shellfish
Swiss Chard			

Foods to AVOID

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

Brazil Nuts	Cucumber	Dairy Products	Hydrogenated Fats
Soybeans			

Anna   **Blood Test Date: 4/29/2009**

Female / Age: 57

Results Missing From Test

A more comprehensive report would have been generated if the following results were provided.

3-Methylhippurate	Hippurate	t,t-Muconic Acid	Mandelate
Phenylglyoxylate	Phthalate	Quinolinate	Monoethyl Phthalate

Out-Of-Balance Panel Values

The following panels have a PSD of greater than 25% indicating need for further review. PSD is the Panel Status Deviation, or the average imbalance of that subset of results. The PSS is the Panel Status Skew, or the direction, negative (deficiency) or positive (excess), of that subset of results.

Panel Name	PSD	PSS
Thyroid	51.39%	-21.75%
Lipid	39.77%	27.50%
Nitrogen	27.14%	27.14%
Cardiac Marker	26.65%	15.81%
Differential Count	26.10%	-26.10%
Anti Oxidant Status	25.43%	15.43%

Lab Reported out-of-range Values

The following results are out-of-range (as reported by the lab), and should be carefully reviewed.

Ultra-Sensitive TSH (-127.86%)

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.

Drugs which may have an adverse affect:

Anabolic Steroids, Corticosteroids

LDL (89.71%)

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 artherosclerosis. 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.

Drugs which may have an adverse affect:

Clofibrate

Glucose (61.76%)

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.

Drugs which may have an adverse affect:

Acetaminophen, Acetazolamide, ACTH, Albuterol, Amitriptyline, Aspirin, Chlorpromazine, Clonidine, Corticosteroids, Cortisone, Dextrothyroxine, Epinephrine, Estrogens, Furosemide, Gemfibrozil, Haloperidol, Hydralazine, Imipramine, Indomethacin, Levodopa, Lithium Carbonate, Mercaptopurine, Methyldopa, Morphine, Nifedipine, Nitrofurantoin, Phenelzine, Phenylbutazone, Phenytoin, Polythiazide, Pravastatin, Prednisone, Protriptyline, Reserpine

Additional Tests

The following additional lab tests may help in diagnosis.

Consider ordering Environmental Pollutants Biomarker urine test.
  Rationale: % Status of Glucose is > 50%

Consider ordering Free-T3, Free-T4, Total T4, T3-Uptake
  Rationale: % Status of Ultra-Sensitive TSH is < -50%

Anna   **Blood Test Date: 4/29/2009**
Female / Age: 57

## Additional Tests (continued)

Consider ordering glycohemoglobin
Rationale: % Status of Glucose is > 50%

Consider ordering PTH profile
*Rationale: Panel Thyroid Status Deviation is > 50%*

Anna
Blood Test Date: 4/29/2009

Female / Age: 57

Adrenal Function

Cholesterol, Eosinophils, Eosinophil Count, Potassium, Sodium.

This panel is meant to assess adrenal function. A deficiency in this panel may indicate adrenal stress. The deviation was below 25% so no abnormalities were found.

PSD: 12.78
PSS: -3.11
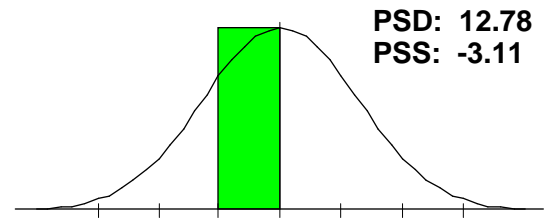
Allergy

Eosinophils, Globulin, Lymphocytes[L], Monocytes, W.B.C..

This panel is used to assess the individual's response to potential allergens. Abnormalities in this panel may indicate the need for additional allergy testing. The deviation was below 25% so no abnormalities were found.

PSD: 18.21
PSS: -13.29
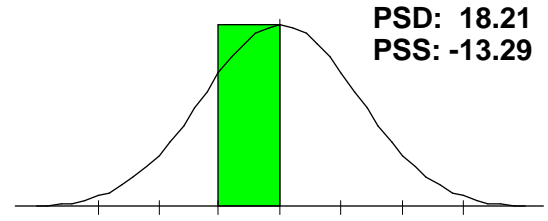
Anti Oxidant Status

Anion Gap[L], Bilirubin, Total, Chloride[H], Cholesterol, Glucose[H], Iron, Total.

This panel profile may indicate that the patient needs to increase their intake of antioxidants and make appropriate lifestyle changes (smoking, alcohol, reduce stress, etc.). A varied, broad spectrum of antioxidants is preferable to one or two alone.

PSD: 25.43
PSS: 15.43
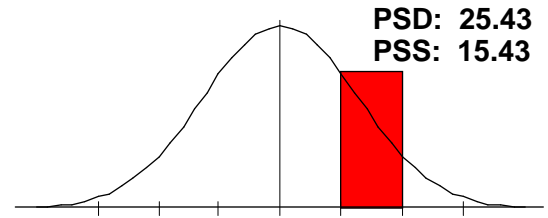
Athletic Potential

B.U.N./Creatinine Ratio[H], Cholesterol, CO2, Creatinine, LDH, Potassium, Protein, Total, Sodium, HDL-Cholesterol.

This panel is used to help assess athletic potential. Keeping this panel in a normal range may be helpful in improving athletic performance and reducing the risk of injury. The deviation was below 25% so no abnormalities were found.

PSD: 13.88
PSS: 4.85
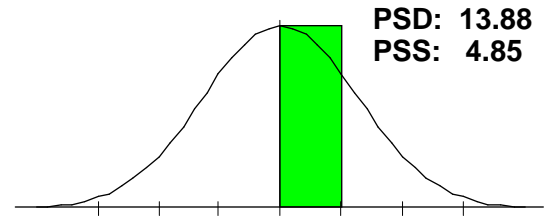
Bone/Joint

Albumin, Alkaline Phosphatase, Calcium[H], Neutrophils, Phosphorus, Protein, Total, Uric Acid[H].

This panel may be helpful in assessing bone and joint health. Keeping the elements of this panel in a normal range may be helpful in reducing the risk of osteoporosis and other bone and joint disorders. The deviation was below 25% so no abnormalities were found.

PSD: 15.97
PSS: 15.97
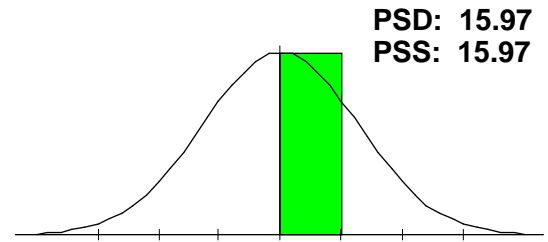
Cardiac Marker

Cholesterol, GGT, Iron, Total, LDH, sGOT, Triglycerides, Uric Acid[H], HDL-Cholesterol, LDL[H].

The profile shown here indicates that this individual may be at a greater risk for coronary heart disease than the general population. A review of dietary, environmental and personal habits should be done and appropriate lifestyle changes made. If both triglycerides and cholesterol are elevated, a regime of exercise and dietary changes are more likely to exhibit benefits.
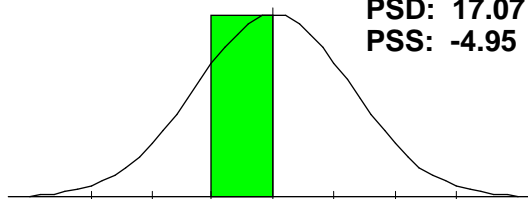
PSD: 26.65
PSS: 15.81
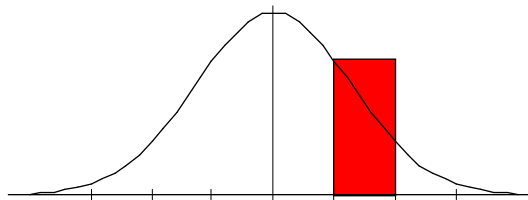
Cellular Distortions

Alkaline Phosphatase, Anion Gap[L], GGT, Iron, Total, LDH, Neutrophils, W.B.C..

This panel may be helpful in determining the ability of the body to properly produce healthy cells. The deviation was below 25% so no abnormalities were found.
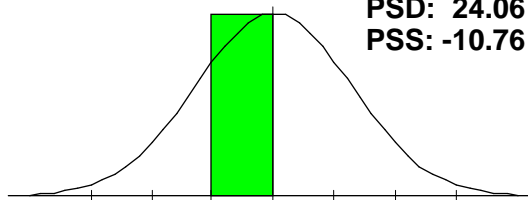
PSD: 17.07
PSS: -4.95

Differential

Basophils[L], Eosinophils, Lymphocytes[L], Monocytes, Neutrophils.

This panel may be helpful in assessing immune system health. Excesses or deficiencies in this panel may indicate a compromised immune system. The deviation was below 25% so no abnormalities were found.
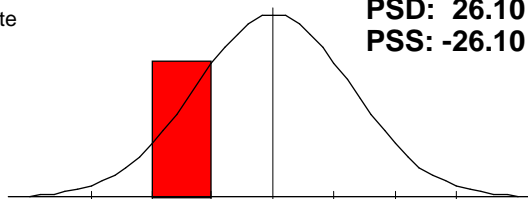
PSD: 24.06
PSS: -10.76

Differential Count

Basophil Count[L], Eosinophil Count, Lymphocyte Count[L], Monocyte Count, Neutrophil Count.

The negative Panel Status Skew may be due to the immune system being at rest if the Differential Panels Deviation is less than 25%, if it is higher than 25% than suspect a weakened or compromised immune system.
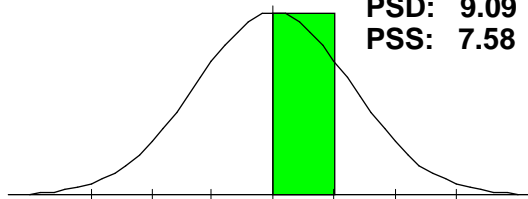
PSD: 26.10
PSS: -26.10

Electrolyte

Calcium[H], Chloride[H], CO2, Phosphorus, Potassium, Sodium.

This panel is a representation of electrolyte balance in blood. Balance is critical in maintaining and achieving optimal health. The deviation was below 25% so no abnormalities were found.

PSD: 9.09
PSS: 7.58

Anna   **Blood Test Date: 4/29/2009**
Female / Age: 57

Gastrointest. Function

Anion Gap[L], Chloride[H], Cholesterol, CO2, Monocytes, Potassium, Sodium, Triglycerides, LDL[H].
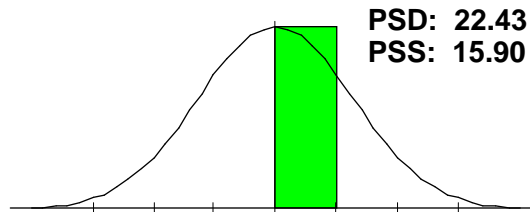
This panel may be helpful in assessing gastrointestinal health. Keeping the elements listed in a normal range may improve digestion and metabolism of proteins, fats and carbohydrates. The deviation was below 25% so no abnormalities were found.

PSD: 22.93
PSS: 15.26
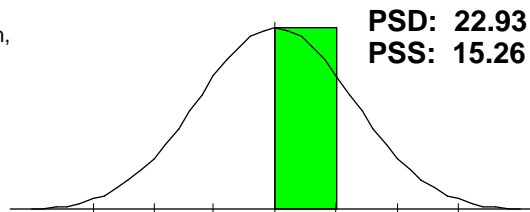
Hematology

Hematocrit[H], Hemoglobin[H], MCH[H], MCHC, MCV, R.B.C., W.B.C..

The hematology panel assesses the production of red blood cells and their function. The deviation was below 25% so no abnormalities were found.

PSD: 22.43
PSS: 15.90

Inflammatory Process

Eosinophils, Globulin, LDH, Potassium, sGOT, sGPT[H], Triglycerides, Uric Acid[H], LDL[H], Monocytes.

This panel may be helpful in assessing any inflammatory processes that may be occuring in the body. The deviation was below 25% so no abnormalities were found.

PSD: 23.82
PSS: 16.75
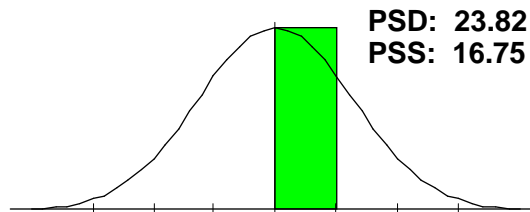
Kidney Function

Albumin, B.U.N., B.U.N./Creatinine Ratio[H], Chloride[H], CO2, Creatinine, Glucose[H], Potassium, Protein, Total, Sodium.

This panel may be helpful in assessing kidney function. It is important to keep the elements of this subset in balance to help the body eliminate waste material. The deviation was below 25% so no abnormalities were found.

PSD: 17.81
PSS: 16.90
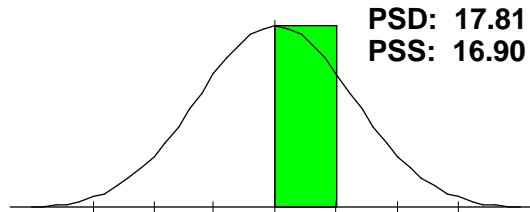
Lipid

Cholesterol, Triglycerides, HDL-Cholesterol, LDL[H].

The panel profile seen here suggests that the patient may be at a greater risk for coronary heart disease than the general population. A dietary evaluation should be undertaken as well to educate the patient about saturated and trans fats.

PSD: 39.77
PSS: 27.50
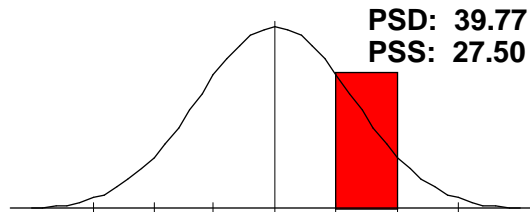
Liver Function

Albumin, Alkaline Phosphatase, Bilirubin, Total, Cholesterol, GGT, Protein, Total, sGOT, sGPT[H].

Assessing liver function is important in determining the individual's ability to detoxify itself as well as processing amino acids and other important biological processes. The deviation was below 25% so no abnormalities were found.

PSD: 13.14
PSS: 9.96

Anna

Blood Test Date: 4/29/2009

Female / Age: 57
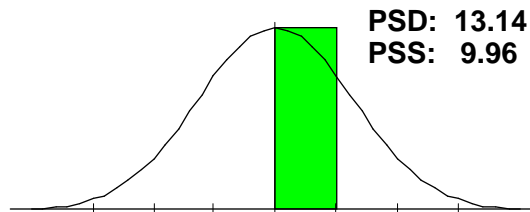
Nitrogen

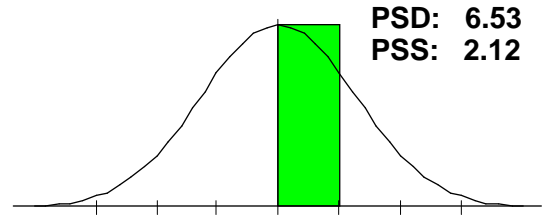B.U.N., B.U.N./Creatinine Ratio[H], Creatinine, Uric Acid[H].

The panel profile seen here indicates the need for an assessment of the area of abnormality as well as ascertaining renal function, dietary intake, dysbiosis, congestive heart failure (this list is not all-inclusive).

PSD: 27.14
PSS: 27.14
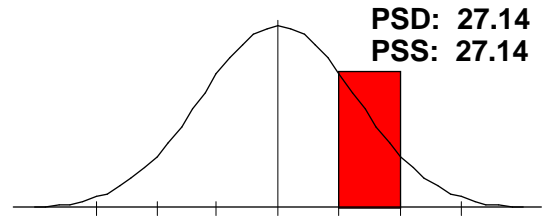
Protein

A/G Ratio, Albumin, Globulin, Protein, Total.

Proteins are the basic building blocks of hormones, muscle, neurotransmitters, immune systems responses and more. Assessing their competency is crucial in achieving optimal wellness. The deviation was below 25% so no abnormalities were found.

PSD: 6.53
PSS: 2.12

Pulmonary Function

Anion Gap[L], Calcium[H], CO2, LDH, Potassium, sGOT, Sodium.

This panel may be helpful in assessing lung and respiratory function. The deviation was below 25% so no abnormalities were found.

PSD: 11.01
PSS: -2.15
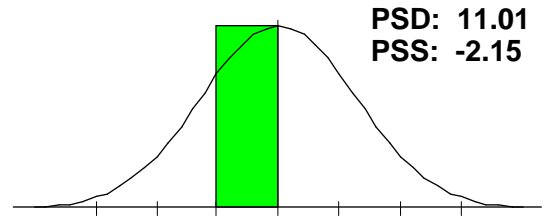
Ratios

A/G Ratio, B.U.N./Creatinine Ratio[H], Calcium/Phosphorus Ratio, Sodium/Potassium Ratio.

This panel may be helpful in determining the general balance of the overall chemistry of the individual. The deviation was below 25% so no abnormalities were found.

PSD: 12.67
PSS: 11.91
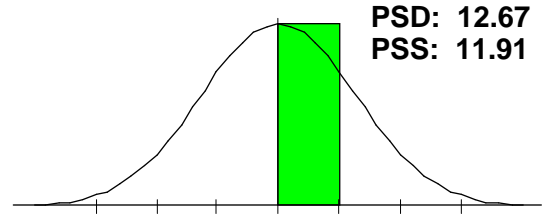
Thyroid

Free T-3[H], Thyroxine (T4)[L], T-3 Uptake[H], Free T4 Index (T7)[L], Ultra-Sensitive TSH[L].

This profile may indicate the need for a careful review of the individual markers in order to determine causative factors.

PSD: 51.39
PSS: -21.75
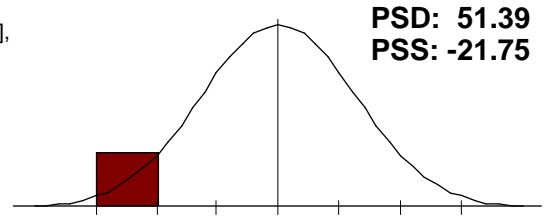
Anna   **Blood Test Date: 4/29/2009**

Female / Age: 57

Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The
(#) after each drug denotes the number of times that drug is flagged as being potentially harmful.

ACTH	Acetaminophen(3)	Acetazolamide(3)	Albuterol
Allopurinol	Amitriptyline(2)	Ammonium Chloride	Ampicillin(2)
Anabolic Steroids(3)	Antacids	Aspirin(6)	Busulfan
Carbamazepine	Chlorothiazide	Chlorpromazine(2)	Clindamycin
Clofibrate(2)	Clonidine(2)	Codeine	Colchicine
Corticosteroids(4)	Cortisone(3)	Coumarin	Desipramine
Dextrothyroxine	Diazepam	Epinephrine(2)	Erythromycin
Estrogens(2)	Fluorides	Fluphenazine	Flurazepam
Furosemide(3)	Gemfibrozil	Gentamicin(2)	Griseofulvin
Guanethidine(2)	Haloperidol(2)	Hydralazine(3)	Hydrocortisone(2)
Hydroxyurea(2)	Ibuprofen(3)	Imipramine(2)	Indomethacin(3)
Itraconazole(2)	Kanamycin	Ketocanazole	Levodopa(3)
Levothyroxine	Lincomycin	Lithium Carbonate(4)	Lovastatin
MAO Inhibitors	Mercaptopurine(3)	Methimazole	Methotrexate(2)
Methyldopa(4)	Morphine(2)	Naproxen	Nifedipine(2)
Nitrofurantoin(2)	Paramethadione	Penicillamine	Penicillin
Phenelzine(3)	Phenobarbital	Phenylbutazone(4)	Phenytoin(2)
Piroxicam(2)	Polythiazide(4)	Pravastatin(3)	Prednisone(4)
Procainamide(2)	Progesterone(2)	Progestins(2)	Propranolol(3)
Protriptyline(2)	Reserpine(2)	Rifampin(3)	Salicylates(2)
Sildenafil(2)	Simvastatin	Spectinomycin	Sulfamethizole
Sulfamethoxazole(3)	Sulfasalazine	Sulfisoxazole	Tadalafil(2)
Tamoxifen	Tetracycline	Triameterene	Trimethadione
Valproic Acid(2)	Vardenafil(2)		

Anna   **Blood Test Date: 4/29/2009**

Female / Age: 57

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

1-Cardiovascular Health Protocol See Nutrition Detail

Rationale

CARDIOVASCULAR RISK PROTOCOL

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 artherosclerotic heart disease. Mutat Res, 275:169-180 (1992).

Decreased	**Normal**	**Increased**
	Cholesterol	LDL
	HDL-Cholesterol	Uric Acid

1-Increase Fluid Intake 6-8 glasses daily

INCREASE FLUID INTAKE

When the concentration of Hemoglobin, Hematocrit and Red Blood Cells are increased, it is a good indicator of the need to increase fluid intake. Fluid intake should include a well rounded group of fluids including, but not limited to water.

Decreased	**Normal**	**Increased**
	R.B.C.	Hematocrit
		Hemoglobin

1-Multivitamin w/Glucose Support 2x daily

MULTIVITAMIN - GLUCOSE SUPPORT

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

Decreased	**Normal**	**Increased**
	Triglycerides	Glucose

1-Oral Electrolyte - Standard Formula 2x daily

ORAL ELECTROLYTE

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.

Decreased	**Normal**	**Increased**
	Potassium	
	CO_2	
	Sodium	

3-Chromium Picolinate 1x daily 200 mcg

CHROMIUM (Cr)

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

Decreased	**Normal**	**Increased**
	Cholesterol	Glucose
	Triglycerides	

H - Billberry 1 - 3 times daily

BILBERRY

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.

Decreased	**Normal**	**Increased**
	Iron, Total	Glucose
	Triglycerides	

Anna   **Blood Test Date: 4/29/2009**

Female / Age: 57

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

H - Garlic 1 - 3 times daily

<div align="center">Rationale</div>

GARLIC

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.

Decreased	Normal	Increased
	Cholesterol	LDL

H - Ginseng (Panax) 1 - 3 times daily

GINSENG

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.

Decreased	Normal	Increased
		Glucose

H - Ginseng (Panax) 1 - 3 times daily

GINSENG

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.

Decreased	Normal	Increased
Lymphocytes		
Lymphocyte Count		

H - Milk thistle 1 - 3 times daily

MILK THISTLE

The herb milk thistle (Silybum marianum) has been reported to be effective in improving liver function. As with all herbs, caution should be taken with its use. Use only under the direction of a health care practitioner if you have chronic liver disease.

Decreased	Normal	Increased
	sGOT	sGPT

H - Nettle 1 - 3 times daily

NETTLE

Also known as stinging nettle, research has reported that this herb may be helpful at reducing chlorides. It also has a mild diuretic effect and has been used to relieve benign prostatic hypertrophy. As with all herbs, caution should be taken with its use.

Decreased	Normal	Increased
	B.U.N.	Chloride

AVOID THE FOLLOWING SUPPLEMENTS

AVOID Calcium

CALCIUM (Ca)

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

Decreased	Normal	Increased
		Calcium

AVOID Molybdenum

MOLYBDENUM (Mo)

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

Decreased	Normal	Increased
		Uric Acid

AVOID Selenium

SELENIUM (Se)

Cofactor in glutathione peroxidase, in detoxification of peroxides, free radicals and thyroid hormone deionases.

Decreased	Normal	Increased
Thyroxine (T4)		T-3 Uptake

Anna   **Blood Test Date: 4/29/2009**

Female / Age: 57

This report "MATCHES" clinical observations with the lab test. Elements shown, normal and abnormal, tend to characterize the observation. Highlighted elements are those reported to "MATCH" the characteristics of the clinical observation. Others are NOT matches but are elements in the observation.

Review Cardiovascular Risk Factors ()   66.67% (4 of 6)

Decreased	Normal	Increased
	-24.55 HDL-Cholesterol	24.17 Cholesterol
		61.76 Glucose
		20.67 Triglycerides
		38.89 Uric Acid
		89.71 LDL

Review family history or personal history of cardiovascular risk factors such as smoking, excessive alcohol intake, high fat diet, and/or sedentary lifestyle.