LABORATORY REPORT

Account Number: 123456

Dr. John Smith
123 Main St
Anytown, USA

Name: Jane Doe
Gender: Female DOB: 07/13/1945

Accession Number: J16360
Requisition Number: 171736

Date of Collection: 09/25/2009
Date Received: 09/26/2009
Date Reported: 10/07/2009

Summary of Deficient Test Results

Micronutrient analysis (WBC) determined the following deficiencies:

Vitamin B12 Biotin Vitamin D Lipoic Acid
Spectrox

SAMPLE

John F. Crawford, Ph.D.
Laboratory Director

CLIA# 45D0710715

Repletion Suggestions

1. Vitamin B12 (Cobalamin)	300 mcg daily (methylcobalamin or adenosylcobalamin)
2. Biotin	1000 mcg daily
3. Vitamin D (Ergocalciferol)	1000 IU daily of Cholecalciferol (Vitamin D3-1-alpha 25-dihydroxyvitamin D)
4. Total Antioxidant Function	Based on Spectrox and individual Antioxidant tests: * Glutathione: 600 mg daily of N-Acetylcysteine (NAC) * Cysteine: The daily dose of N-Acetylcysteine (NAC) listed for Glutathione is usually sufficient for Glutathione and/or Cysteine repletion. * Vitamin E: 200 IU daily of mixed tocopherols * Selenium: 50 mcg daily * Coenzyme Q10: 30 mg daily of CoQ10 Take each dose with a meal * Lipoic Acid Deficient: 200 mg daily * Vitamin C: 250 mg daily

SAMPLE

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

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

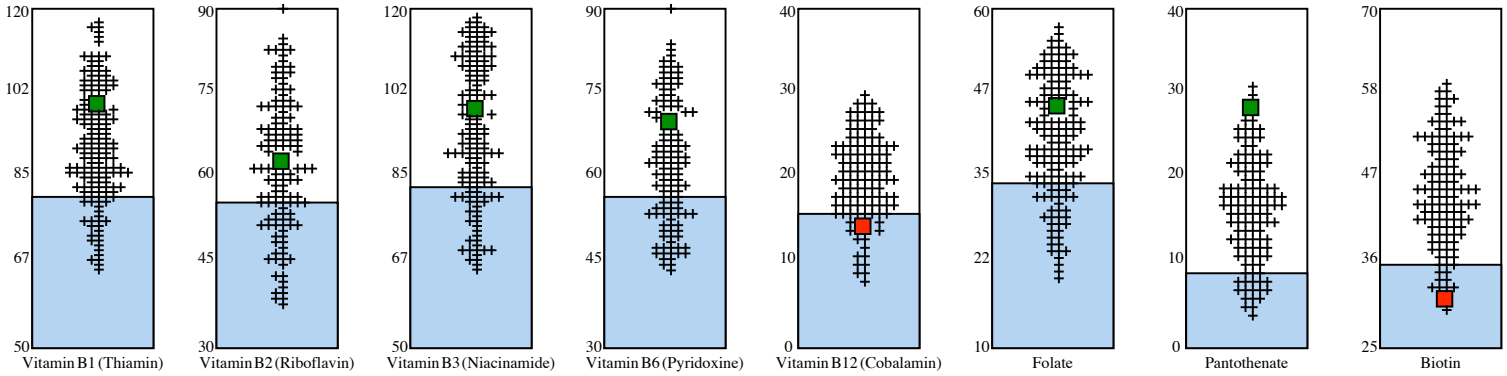
Adequate

Deficient

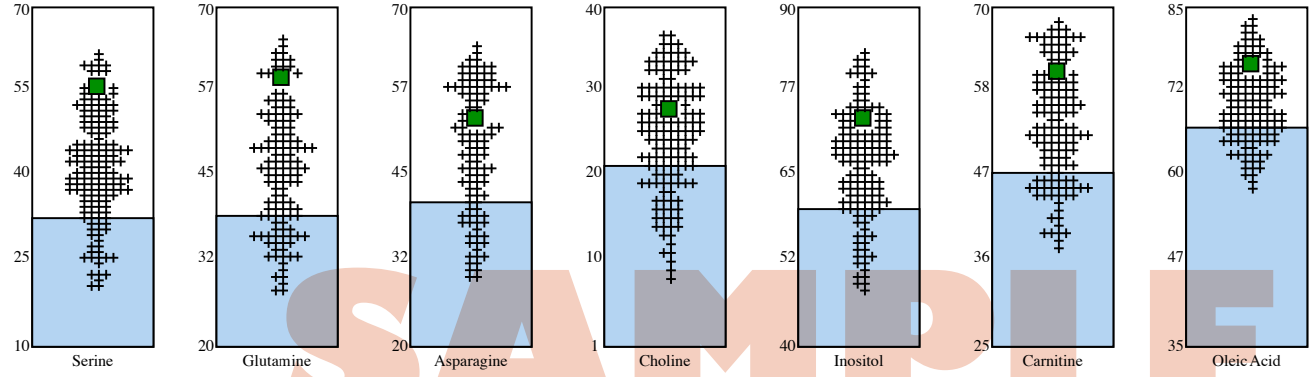
Values in this area represent a deficiency and patient may require nutrient repletion or dietary changes

Accession Number: J16360
Jane Doe

B Complex Vitamins

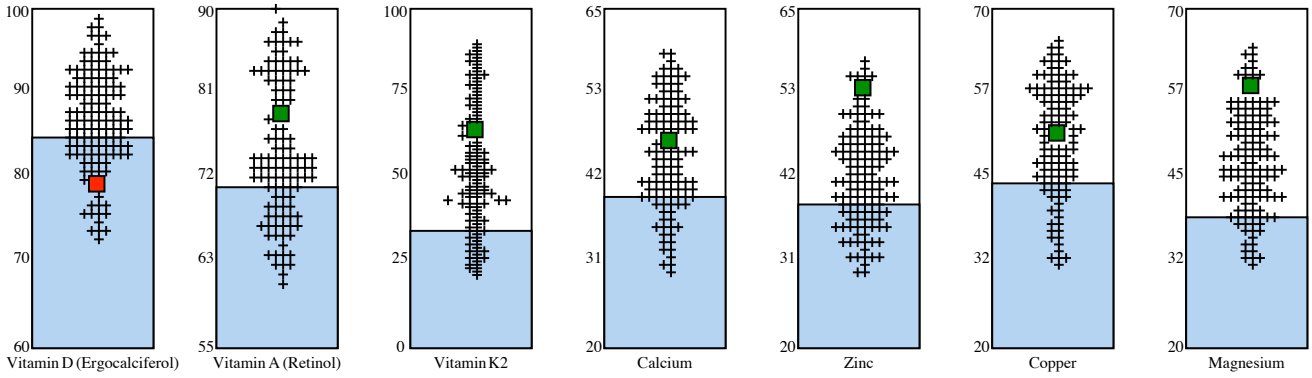


Amino Acids & Metabolites



SAMPLE

Other Vitamins & Minerals



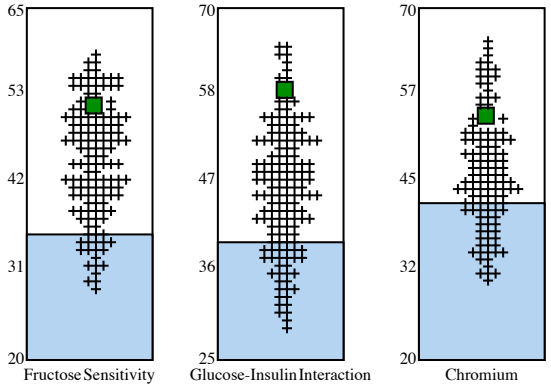
Adequate

Deficient

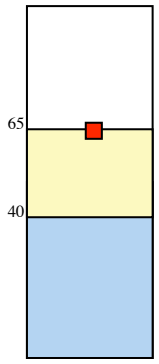
Values in this area represent a deficiency and patient may require nutrient repletion or dietary changes

Accession Number: J16360
Jane Doe

Carbohydrate Metabolism



Spectrox

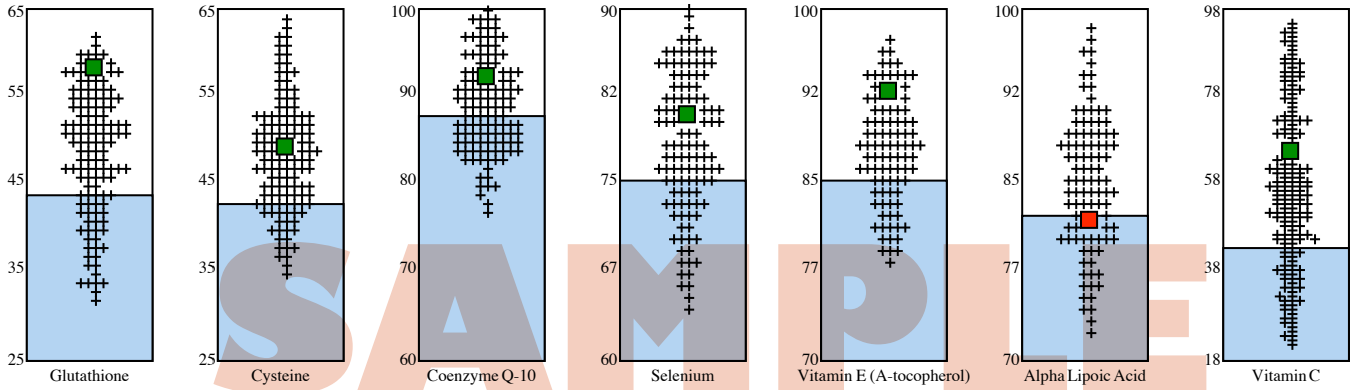


A Spectrox value above 65%-
indicates a desirable status for apparently healthy individuals. Since antioxidants are protective nutrients, the most desired status would be the greatest ability to resist oxidative stress.

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

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

Individual Antioxidants



SAMPLE