



Blood Chemistry Analysis

Functional Health Report

Patient Copy

PATIENT

COLLECTED DATE

Jan 29, 2024



Table of Contents



Blood Test Results Comparative Report This report lists the blood test results and shows whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.	3
Functional Systems Report This report presents the 20 systems of Functional Health.	6
Nutrient Status Report This report gives you an indication of your client's general nutritional status and the general degree of deficiency for individual nutrients.	8
Health Concerns This report shows customized recommendations based on the blood test results.	10
Disclaimer Page	13

Blood Test Results Comparative Report



The Blood Test Results Comparative Report lists the results of your latest and previous Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range 12 Current 0 Previous	Above Standard Range 3 Current 0 Previous	Alarm High 0 Current 0 Previous
Below Optimal Range 12 Current 0 Previous	Below Standard Range 3 Current 0 Previous	Alarm Low 1 Current 0 Previous

Biomarker	Lab Corp Current Jan 29 2024		Optimal Range	Standard Range	Units
Glucose: Fasting	88.00	↑	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.70	↑↑	4.60 - 5.30	4.80 - 5.60	%
eAG	116.89	↑	85.00 - 105.00	82.00 - 154.00	mg/dl
Insulin: Fasting	2.50	↓↓	2.60 - 5.00	2.60 - 24.90	μIU/ml
QUICKI	0.43	↓	0.45 - 5.00	0.34 - 5.00	Index
Triglyceride-Glucose Index (TyG)	4.18		0 - 4.40	0 - 4.50	Index
BUN	15.00		10.00 - 16.00	6.00 - 24.00	mg/dL
Creatinine	0.75	↓	0.80 - 1.10	0.57 - 1.00	mg/dL
BUN : Creatinine	20.00	↑	10.00 - 16.00	9.00 - 23.00	Ratio
Sodium	140.00		137.00 - 142.00	134.00 - 144.00	mEq/L
Potassium	4.50		4.00 - 5.00	3.50 - 5.20	mEq/L
Chloride	104.00		100.00 - 106.00	96.00 - 106.00	mEq/L
CO2	25.00		25.00 - 30.00	20.00 - 29.00	mEq/L
Sodium : Potassium	31.11		30.00 - 35.00	30.00 - 35.00	ratio
Anion Gap	15.50	↑	7.00 - 12.00	6.00 - 16.00	mEq/L
Protein - Total	6.80	↓	6.90 - 8.10	6.00 - 8.50	g/dL
Albumin	4.10	↓	4.50 - 5.00	3.80 - 4.90	g/dL
Globulin - Total	2.70		2.40 - 2.80	1.50 - 4.50	g/dL
Albumin : Globulin	1.50		1.40 - 2.10	1.20 - 2.20	ratio
Calcium	9.40		8.90 - 9.50	8.70 - 10.20	mg/dL
Calcium : Albumin	2.29	↑	0 - 2.18	0 - 2.60	ratio
Alk Phos	62.00		45.00 - 100.00	48.00 - 121.00	IU/L
AST	24.00		10.00 - 26.00	0.00 - 40.00	IU/L
ALT	18.00		10.00 - 26.00	0.00 - 32.00	IU/L
Bilirubin - Total	0.30	↓	0.50 - 0.90	0.00 - 1.20	mg/dL
AST : ALT	1.33	↑↑	0 - 1.00	0 - 1.00	Ratio
Iron - Serum	66.00	↓	85.00 - 130.00	27.00 - 139.00	ug/dL
Ferritin	160.00	↑↑	45.00 - 79.00	15.00 - 150.00	ng/mL
TIBC	290.00		250.00 - 350.00	250.00 - 450.00	ug/dL

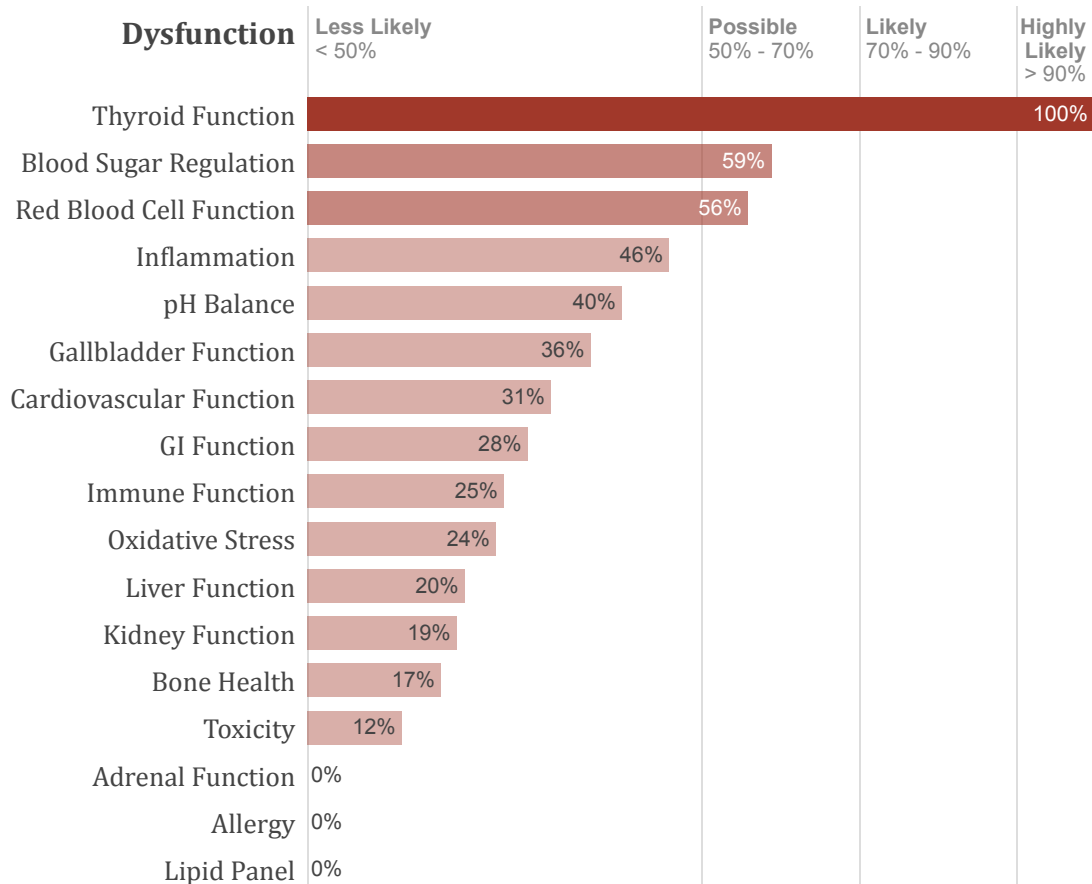
Biomarker	Lab Corp Current Jan 29 2024	Optimal Range	Standard Range	Units
UIBC	224.00	130.00 - 300.00	131.00 - 425.00	ug/dL
% Transferrin saturation	23.00 ↓	24.00 - 35.00	15.00 - 55.00	%
Cholesterol - Total	165.00	160.00 - 199.00	100.00 - 199.00	mg/dL
Triglycerides	49.00 ↓	70.00 - 80.00	0 - 149.00	mg/dL
LDL Cholesterol	99.00	80.00 - 99.99	0 - 99.00	mg/dL
HDL Cholesterol	56.00	55.00 - 93.00	39.00 - 100.00	mg/dL
Non-HDL Cholesterol	109.00 ↑	70.00 - 99.00	0 - 129.99	mg/dl
VLDL Cholesterol	10.00	0 - 15.00	5.00 - 40.00	mg/dl
LDL : HDL - Female	1.77	0 - 2.34	0 - 3.20	Ratio
Triglyceride:HDL	0.88	0.50 - 1.90	0 - 2.00	ratio
Cholesterol : HDL	2.95	0 - 3.00	0 - 4.40	Ratio
Homocysteine	5.80	5.00 - 7.20	0 - 14.50	umol/L
TSH	0.13 ▼	1.00 - 2.00	0.45 - 4.50	μU/mL
T4 - Free	1.37	1.00 - 1.50	0.82 - 1.77	ng/dL
T3 - Free	2.70 ↓	3.00 - 3.50	2.00 - 4.40	pg/ml
Thyroid Peroxidase (TPO) Abs	<9.00	0 - 25.00	0 - 34.00	IU/ml
Thyroglobulin Abs	<1.00	0 - 1.00	0 - 1.00	IU/ml
Free T3 : Free T4	1.97 ↓↓	2.40 - 2.70	2.20 - 2.90	Ratio
C-Reactive Protein	3.09 ↑	0 - 3.00	0 - 10.00	mg/L
ESR - Female	6.00	0 - 10.00	0 - 20.00	mm/hr
Platelet : Lymphocyte (PLR)	103.16	0 - 128.00	0 - 150.00	Ratio
Vitamin D (25-OH)	37.40 ↓	50.00 - 90.00	30.00 - 100.00	ng/ml
Vitamin B12	1130.00 ↑	545.00 - 1100.00	232.00 - 1245.00	pg/ml
Folate - Serum	>20.00	15.00 - 27.00	3.00 - 27.00	ng/ml
IGF-1	126.00	90.00 - 140.00	84.00 - 281.00	ng/ml
RBC - Female	4.85 ↑	4.30 - 4.80	3.80 - 5.10	m/cumm
Hemoglobin - Female	12.80 ↓	13.50 - 14.50	11.10 - 15.90	g/dl
Hematocrit - Female	40.10	37.00 - 44.00	34.00 - 46.60	%
MCV	83.00	82.00 - 89.90	79.00 - 97.00	fL
MCH	26.40 ↓↓	28.00 - 31.90	26.60 - 33.00	pg
MCHC	31.90 ↓	34.00 - 36.00	31.50 - 35.70	g/dL
Platelets	196.00	190.00 - 300.00	150.00 - 450.00	10E3/uL
RDW	13.50 ↑	11.00 - 12.60	11.60 - 15.40	%
Total WBCs	5.40	3.80 - 6.00	3.40 - 10.80	k/cumm
Neutrophils - %	54.00	50.00 - 60.00	38.00 - 74.00	%
Lymphocytes - %	34.00	30.00 - 35.00	14.00 - 46.00	%
Monocytes - %	9.00 ↑	4.00 - 7.00	4.00 - 13.00	%
Eosinophils - %	2.00	0 - 3.00	0 - 3.00	%
Basophils - %	1.00	0 - 1.00	0 - 1.00	%
Neutrophils - Absolute	2.90	1.90 - 4.20	1.40 - 7.00	k/cumm
Lymphocytes - Absolute	1.90	1.44 - 2.54	0.70 - 3.10	k/cumm
Monocytes - Absolute	0.50 ↑	0.20 - 0.40	0.10 - 0.90	k/cumm
Eosinophils - Absolute	0.10	0 - 0.20	0 - 0.40	k/cumm

Lab Corp				
Current				
Jan 29 2024				
Biomarker		Optimal Range	Standard Range	Units
Basophils - Absolute	0.10	0 - 0.10	0 - 0.20	k/cumm
Neutrophil : Lymphocyte	1.53	1.00 - 1.70	1.00 - 3.00	Ratio

Functional Systems Report



The results shown below represent an analysis of this blood test. The results have been converted into your individual Functional Systems Report based on our latest research. This report gives you an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



Thyroid Function

The Thyroid Function score allows us to assess the functional health of your thyroid. The thyroid produces hormones that control how the body uses energy. They are responsible for controlling metabolism in the body, maintaining body temperature, regulating cholesterol, and controlling mood. By examining specific biomarkers on the blood test we can see if your thyroid is in a state of increased activity, in a state of decreased function (hypothyroidism), or hopefully optimal function!

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

TSH ↓, T3 - Free ↓

Blood Sugar Regulation

The Blood Sugar Regulation score tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes.

[59%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Glucose: Fasting ↑, Hemoglobin A1C ↑

Red Blood Cell Function

The Red Blood Cell Function score assesses the body's ability to produce red blood cells and reflects whether or not anemia may be present in the body. Red blood cells function to carry oxygen to all the tissues and cells of the body. Nutrient deficiencies and other dysfunctions can disrupt this process causing anemia. Some of the nutrient deficiency causes of anemia include deficiencies in iron, B12/folate, vitamin B6, copper, and vitamin C.

[56%] - Dysfunction Possible. There may be improvement needed in certain areas.

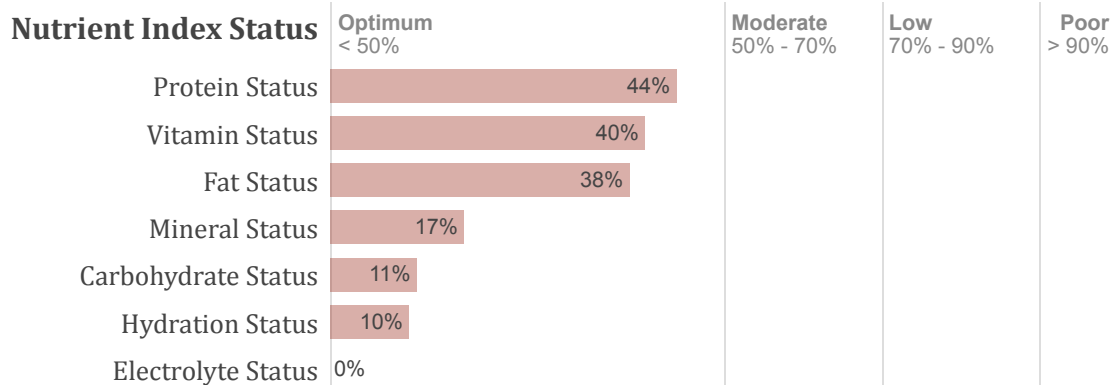
Rationale:

Hemoglobin - Female ↓, MCHC ↓, RDW ↑, MCH ↓

Nutrient Status Report

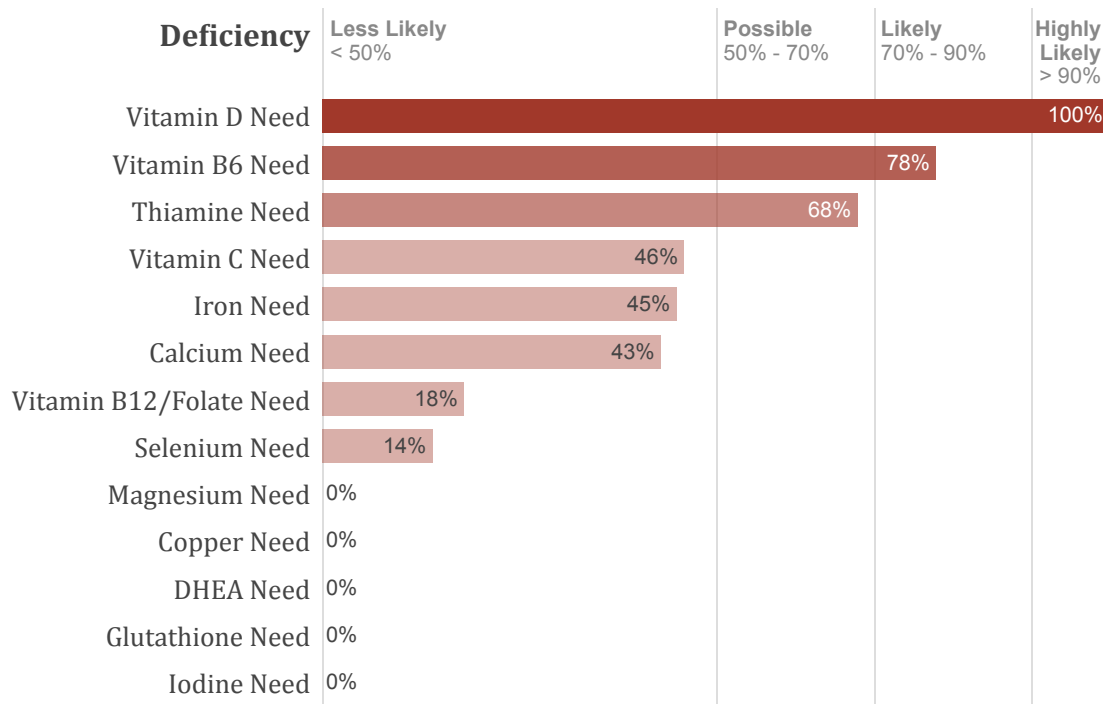


The results shown below represent an analysis of your blood test results. These results have been converted into their individual Nutrient Status Report based on our latest research. This report gives you an indication of your general nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.



Deficiency	Less Likely < 50%	Possible 50% - 70%	Likely 70% - 90%	Highly Likely > 90%
Molybdenum Need	0%			

Vitamin D Need

Your high Vitamin D Need score indicates that your vitamin D levels might be lower than optimal, and there may be an increased need for vitamin D.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Vitamin D (25-OH) ↓

Vitamin B6 Need

Your high Vitamin B6 Need score indicates that your vitamin B6 levels might be lower than optimal, and there may be an increased need for vitamin B6.

[78%] - Dysfunction Likely. Improvement required.

Rationale:

Hemoglobin - Female ↓, MCH ↓, MCHC ↓

Thiamine Need

Your high Thiamine Need score indicates that your thiamine levels might be lower than optimal, and there may be an increased need for thiamine.

[68%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Anion Gap ↑, Glucose: Fasting ↑, Hemoglobin - Female ↓

Health Concerns



The Health Concerns report takes all the information on this report and focuses on the top areas that need the most attention.

Needs Attention	Less Likely	Possible	Likely	Highly Likely
	< 50%	50% - 70%	70% - 90%	> 90%
Thyroid Conversion Support				100%
Anterior Pituitary Support		69%		
Red Blood Cell Support		56%		
Gastric Mucosa Support		50%		

Thyroid Conversion Support

The results of your blood test indicate a tendency towards a difficulty converting thyroxine (T4) into triiodothyronine (T3), which can cause symptoms of hypothyroidism, and a need for thyroid gland support.

Rationale:

T3 - Free ↓, Free T3 : Free T4 ↓

Anterior Pituitary Support

The results of your blood test indicate a need for thyroid support.

Rationale:

TSH ↓, T3 - Free ↓

Red Blood Cell Support

The results of your blood test indicate a tendency towards anemia and a need for red blood cell support.

Rationale:

Hemoglobin - Female ↓, MCHC ↓, RDW ↑, MCH ↓

Gastric Mucosa Support

The results of your blood test indicate a tendency towards gastric inflammation and a need for support for the stomach lining.

Rationale:

Protein - Total ↓, Hemoglobin - Female ↓, Creatinine ↓, Albumin ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This Health Concerns report has been prepared for **Viviane Wiederstein** by **Dr. Alane Wincek**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Suggested Individual Nutrient Recommendations

The Health Concerns report takes all the information on this report and focuses on the top areas that need the most attention.

Needs Attention	Less Likely < 50%	Possible 50% - 70%	Likely 70% - 90%	Highly Likely > 90%
Vitamin D Support				100%
B Vitamin Support		62%		

Vitamin D Support

The results of your blood test indicate that your vitamin D levels might be lower than optimal and shows a need for vitamin D supplementation.

Rationale:

Vitamin D (25-OH) ↓

B Vitamin Support

The results of your blood test indicate that your B vitamin levels might be lower than optimal and shows a need for B complex supplementation.

Rationale:

Anion Gap ↑, Glucose: Fasting ↑, Hemoglobin - Female ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This Health Concerns report has been prepared for **Viviane Wiederstein** by **Dr. Alane Wincek**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Disclaimer



This Report contains information for the exclusive use of the above named recipient only, and contains confidential, and privileged information. If you are not the above named recipient or have not been given permission by the person, you are prohibited from reading or utilizing this report in any way, and you are further notified that any distribution, dissemination, or copying of this Report is strictly prohibited.

All information provided in this Report is provided for educational purposes only, including without limitation the 'optimal ranges' set forth in this Report. Neither this Report, nor any of the information contained in this Report, is intended for, or should be used for the purpose of, medical diagnosis, prevention, or treatment, including self-diagnosis, prevention, or treatment. This Report should not be used as a substitute for professional medical care, and should not be relied upon in diagnosing or treating a medical condition, ailment, or disease.

The 'optimal ranges' set forth in this Report are general reference recommendations only, and are not intended to be guidelines for any specific individual. The 'optimal ranges' set forth in this Report are for educational purposes only, and are not intended to be, nor should they be construed as, a claim or representation of medical diagnosis or treatment.

Neither this Report, nor any information contained in this Report, should be considered complete, or exhaustive. This report does not contain information on all diseases, ailments, physical conditions or their treatment. This report is based on the lab data provided, which may or may not include all relevant and appropriate measures of your biochemistry.

The absence of a warning for a given drug or supplement or any combination thereof in no way should be construed to indicate that the drug or supplement or any combination thereof is safe, effective, or appropriate for you. Statements made about a supplement, product or treatment have not been evaluated by the Food and Drug Administration (FDA) and any mentioned supplement, product or treatment is not intended to diagnose, treat, cure or prevent any disease. The information contained in this Report has not been evaluated by the FDA.

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

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, DELAY SEEKING MEDICAL ADVICE OR TREATMENT, OR STOP CURRENT MEDICAL TREATMENT, BECAUSE OF SOMETHING YOU HAVE READ IN THIS REPORT.

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, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 911 or your doctor immediately.