

Ordering Physician:

Metamatrix

1234 Main St.
Anywhere, GA 30096

Accession Number: **A1201160021**

Reference Number:

Patient: Sample Report

Age: 49 Sex: Female

Date of Birth: 02/05/1962

Date Collected: 1/15/12

Date Received: 1/16/12

Report Date: 1/16/12

Telephone: (770) 446-4583

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Reprinted: 11/15/12

Comment:

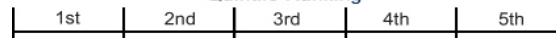
0013 Amino Acid Analysis - Bloodspot

Methodology: High Pressure Liquid Chromatography

Ranges: Ages 13 and over

Results
μmol/L

Quintile Ranking



**95%
Reference
Interval**

Essential Amino Acids

Limiting Amino Acids

1 Lysine	124		92		183	63 - 220
2 Methionine	10 L		12		28	10 - 33
3 Tryptophan	24 L		28		45	24 - 52

Branched Chain Amino Acids

4 Isoleucine	51		35		77	28 - 96
5 Leucine	126		71		139	59 - 162
6 Valine	175		126		229	105 - 266

Other Essential Amino Acids

7 Phenylalanine	40 L		43		72	37 - 86
8 Histidine	67		31		84	22 - 99
9 Threonine	101		67		143	54 - 169

Conditionally Essential Amino Acids

10 Arginine	66		28		71	17 - 91
11 Taurine	165		145		245	124 - 282

Ratios

12 Tryptophan/LNAA*	0.052 L		0.061		0.093	0.050 - 0.105
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*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)

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Amino Acid Formula Recommendation

The table below shows a customized amino acid formula based on the results of your laboratory profile. The formula is optimized by adding amounts shown in the Grams Added column according to the relative positions of results found.

Directions: Adults mix 1 and 1/2 measuring teaspoon (5g) in juice or water 2 times daily between meals as a dietary supplement, or as directed by a health care provider. Children under 12 years old: 3/4 teaspoon 1-2 times daily between meals. Children under 5 years old: Use 1/4 teaspoon, 1-3 times daily; adjust for body weight.

	Grams Added	% of Formula	Active mg/day
L-Arginine HCl (80% active)	0	8.83	706
L-Histidine HCl (74% active)	0	10.26	759
L-Isoleucine	0	7.06	706
L-Leucine	0	9.69	969
L-Lysine HCl (80% active)	1	9.16	733
L-Methionine	28	15.12	1,512
L-Phenylalanine	13	14.03	1,403
Taurine	2	0.67	67
L-Threonine	0	6.08	608
L-Tryptophan	7	3.99	399
L-Valine	0	8.49	849
Pyridoxal-5-phosphate	0	0.27	22
Alpha-ketoglutaric acid	0	7.69	638

Total grams added	51
Base Formula amount	249
Total Weight	300



L-5-Hydroxytryptophan	1	1.02	80
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This formula is intended to optimize essential and conditionally essential amino acid intake. Other non-essential amino acids can be produced in human tissues. Pyridoxal-5-phosphate (an active form of vitamin B6) and alpha-ketoglutaric acid are key factors needed for the body's utilization of amino acids.

The formula may be ordered as a powder that dissolves easily in beverages or may be added to foods such as applesauce. Other forms of supplemental dietary protein or amino acids may need to be restricted while using your customized formula. If enhanced energy levels prevent sleep, avoid bedtime use.

This formula is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.