

Ordering Physician:

Metametrix

1234 Main St.  
Anywhere, GA 30096

Accession Number: A1201160021

Reference Number:

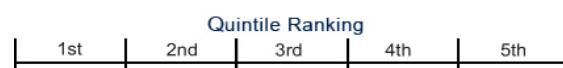
Patient: Sample Report  
Age: 49 Sex: Female  
Date of Birth: 02/05/1962  
Date Collected: 1/15/12  
Date Received: 1/16/12  
Report Date: 1/16/12  
Telephone: (770) 446-4583  
Fax: (770) 441-2237  
Reprinted: 11/15/12  
Comment:

## 0013 Amino Acid Analysis - Bloodspot

Methodology: High Pressure Liquid Chromatography

Ranges: Ages 13 and over

Results  
μmol/L



95%  
Reference  
Interval

### Essential Amino Acids

#### Limiting Amino Acids

1 Lysine	124		63 - 220
2 Methionine	10		10 - 33
3 Tryptophan	24		24 - 52

#### Branched Chain Amino Acids

4 Isoleucine	51		28 - 96
5 Leucine	126		59 - 162
6 Valine	175		105 - 266

#### Other Essential Amino Acids

7 Phenylalanine	40		37 - 86
8 Histidine	67		22 - 99
9 Threonine	101		54 - 169

#### Conditionally Essential Amino Acids

10 Arginine	66		17 - 91
11 Taurine	165		124 - 282

#### Ratios

12 Tryptophan/LNAA*	0.052		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

✓ <input type="checkbox"/>	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.