

Ordering Physician:

Metametrix

1234 Main St.
Anywhere, GA 30096

Accession Number: A1201160011

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:

0011 Amino Acid Analysis - 20 Plasma

Methodology: High Pressure Liquid Chromatography

Ranges: Ages 13 and over

Results
μmol/L



95%
Reference
Interval

Essential Amino Acids

Limiting Amino Acids

1. Lysine	168	117	203	99 - 234
2. Methionine	24	16	26	14 - 30
3. Tryptophan	37	35	59	30 - 67

Branched Chain Amino Acids

4. Isoleucine	24	L	40	72	33 - 89
5. Leucine	74	L	80	137	68 - 161
6. Valine	182		143	240	123 - 282

Other Essential Amino Acids

7. Phenylalanine	41	L	43	64	39 - 74
8. Histidine	52		48	72	41 - 82
9. Threonine	93		76	151	63 - 181

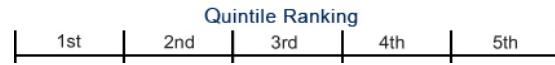
Conditionally Essential Amino Acids

10. Arginine	88		48	96	37 - 114
11. Taurine	60		31	73	26 - 100
12. Glycine	170		162	348	136 - 430
13. Serine	69		66	115	57 - 133

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Functional Categories
Vascular Function

14. Arginine	88		37 - 114
15. Taurine	60		26 - 100

Neurotransmitters and Precursors

16. Phenylalanine	41		39 - 74
17. Tyrosine	57		29 - 80
18. Tryptophan	37		30 - 67
19. Glutamic Acid	94		23 - 136
20. Taurine	60		26 - 100

Sulfur Amino Acids (Glutathione - related)

21. Methionine	24		14 - 30
22. Taurine	60		26 - 100

Urea Cycle and Ammonia Detoxification

23. Arginine	88		37 - 114
24. Citrulline	37		15 - 44
25. Ornithine	52		23 - 109
26. Glutamine	378		338 - 630
27. Asparagine	30		26 - 56
28. Aspartic Acid	7.7		4.2 - 12.5

Ratios

29. Phenylalanine/Tyrosine	0.72		<= 1.44
30. Glutamic Acid/Glutamine	0.25		0.05 - 0.35
31. Tryptophan/LNAA*	0.097		0.095 - 0.106

*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	8.37	670
L-Histidine HCl (74% active)	2	10.39	769
L-Isoleucine	40	20.03	2,003
L-Leucine	10	12.52	1,252
L-Lysine HCl (80% active)	0	8.37	670
L-Methionine	0	5.48	548
L-Phenylalanine	8	11.85	1,185
Taurine	0	0.00	0
L-Threonine	1	6.10	610
L-Tryptophan	3	2.57	257
L-Valine	0	8.05	805
Pyridoxal-5-phosphate	0	0.27	21
Alpha-ketoglutaric acid	0	7.69	605

Total grams added	64
Base Formula amount	236
Total Weight	300

✓	<input type="checkbox"/>	L-5-Hydroxytryptophan	1	0.72	51
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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.