

Ordering Physician:

John Doe, MD
1234 Main St.
Anywhere, GA 30096

Accession #: **A1301230032**
Reference #:
Patient: **Sample Report**
Date of Birth: 02/05/1962
Age: 50
Sex: Female
Reprinted: 01/30/2013
Comment:

Date Collected: 01/22/2013
Date Received: 01/23/2013
Date of Report: 01/23/2013
Telephone: (770) 446-4583
Fax: (770) 441-2237



0010 Amino Acid Analysis - 40 Plasma

Methodology: High Pressure Liquid Chromatography

Ranges are for ages 13 and over

Results Quintile Ranking 95% Reference Range

1st 2nd 3rd 4th 5th

Essential Amino Acids

Limiting Amino Acids

1. Lysine	148	147	263	120-318
2. Methionine	23	17	34	14-48
3. Tryptophan	35	39	69	31-83

Branched Chain Amino Acids

4. Isoleucine	29	40	82	35-104
5. Leucine	76	87	164	74-196
6. Valine	161	167	316	146-370

Other Essential Amino Acids

7. Phenylalanine	45	48	77	42-95
8. Histidine	77	63	97	57-114
9. Threonine	122	88	172	73-216

Conditionally Essential Amino Acids

10. Arginine	77	43	107	29-137
11. Taurine	73	36	99	29-136
12. Glycine	237	192	418	155-518
13. Serine	118	74	139	60-172

0010 Amino Acid Analysis - 40 Plasma

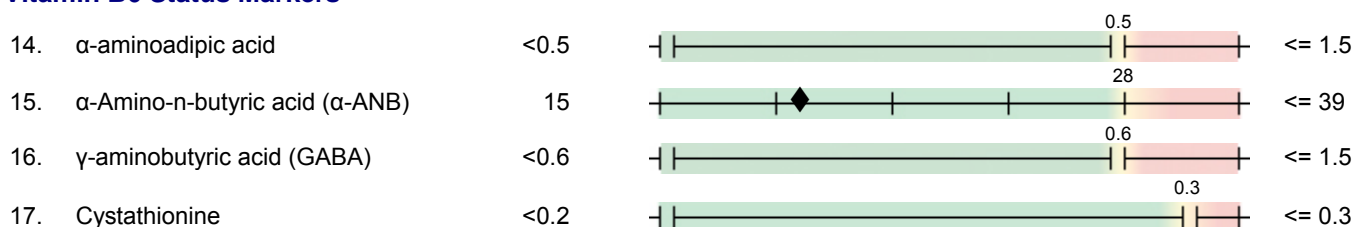
Methodology: High Pressure Liquid Chromatography

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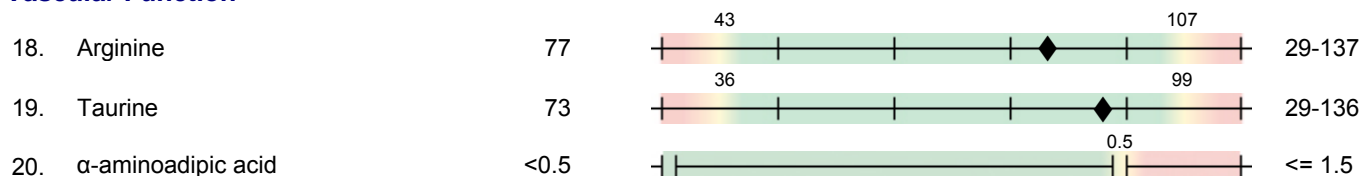


Functional Categories

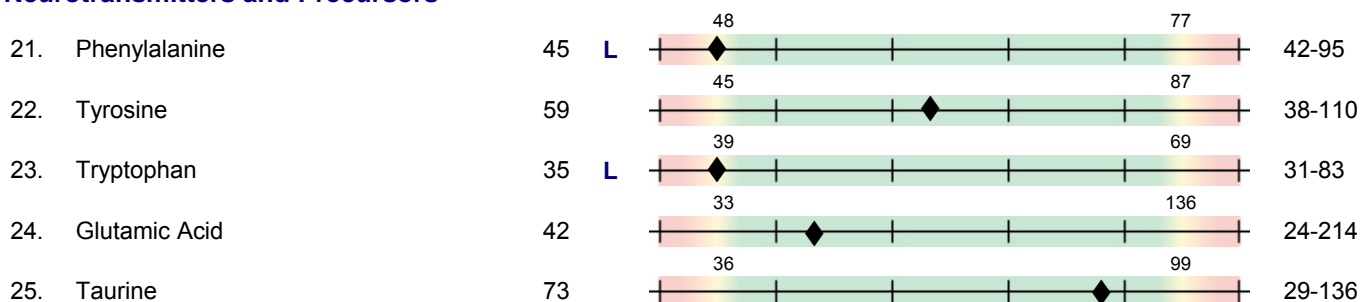
Vitamin B6 Status Markers



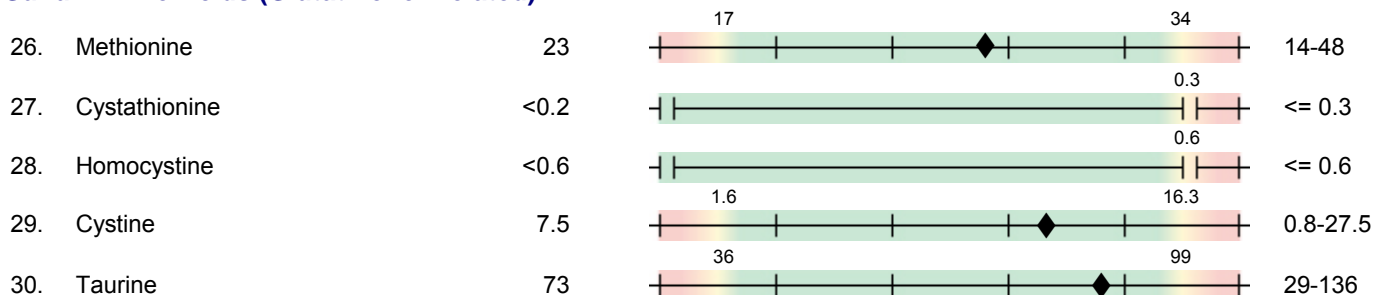
Vascular Function



Neurotransmitters and Precursors



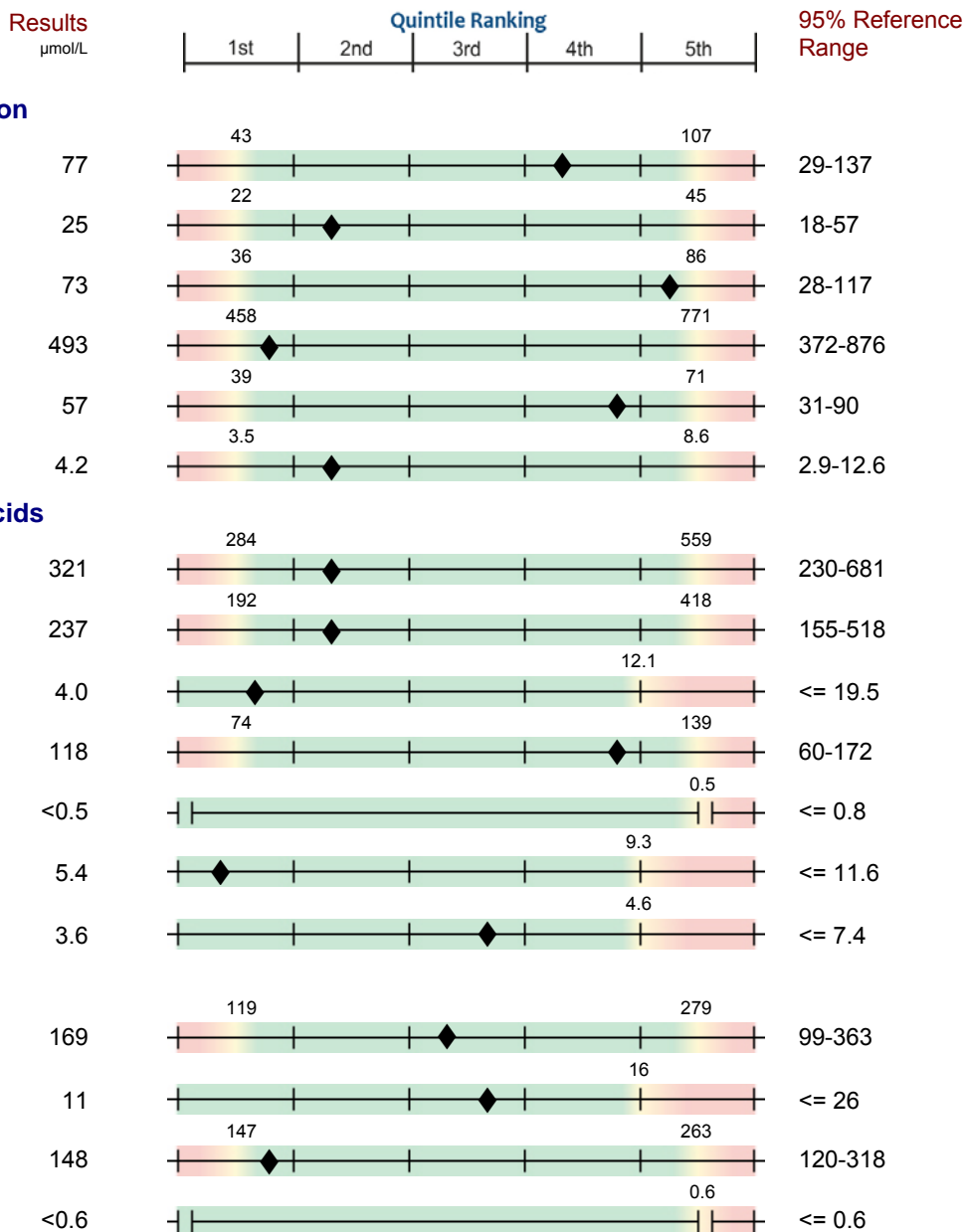
Sulfur Amino Acids (Glutathione - related)



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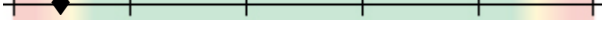
Ranges are for ages 13 and over



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Ranges are for ages 13 and over

		Results μmol/L	Quintile Ranking					95% Reference Range
			1st	2nd	3rd	4th	5th	
β-Amino Acids and Derivatives								
48.	β-Alanine	2.7						<= 5.0
49.	Histidine	77						57-114
50.	Carnosine	1.5						<= 6.3
51.	1-Methylhistidine	4.6						<= 9.8
52.	Anserine	30						<= 43
DNA (Thymine) Degradation								
53.	β-Aminoisobutyric	<0.3						<= 3.2
Muscle-Specific Amino Acids								
54.	3-Methylhistidine	36						<= 52
Ratios								
55.	Phenylalanine/Tyrosine	0.90						<= 1.10
56.	Glutamic Acid/Glutamine	0.42	H					0.06-0.23
57.	Hydroxyproline/Proline	0.065						<= 0.152
58.	α-ANB/Leucine	0.11						<= 0.22
59.	Tryptophan/LNAA*	0.094						0.090-0.102
*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	7.84	627
L-Histidine HCl (74% active)	0	9.11	674
L-Isoleucine	28	15.60	1,560
L-Leucine	16	13.94	1,394
L-Lysine HCl (80% active)	6	9.84	787
L-Methionine	0	5.13	513
L-Phenylalanine	11	12.27	1,227
Taurine	0	0.00	0
L-Threonine	1	5.73	573
L-Tryptophan	7	3.81	381
L-Valine	10	10.87	1,087
Pyridoxal-5-phosphate	0	0.27	20
Alpha-ketoglutaric acid	0	7.69	566
Total grams added	79		
Base Formula amount	221		
Total Weight	300		



L-5-Hydroxytryptophan	1	0.96	76
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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.