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Health Improvement Plan



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

Adrenal Stress

The results of your blood test indicate a tendency towards adrenal stress and adrenal hyperfunction and a need for adrenal gland support.

Rationale:

Sodium ↑, Potassium ↓, Sodium/Potassium Ratio ↑, BUN ↑, Chloride ↑

Metabolic Syndrome

The results of your blood test indicate a tendency towards metabolic syndrome and a need for blood sugar support.

Rationale:

Glucose ↑, Triglycerides ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, DHEA-S, Female ↓

Hyperlipidemia

The results of your blood test indicate that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia), which is associated with an increased risk of cardiovascular disease. There is a need for cardiovascular support, especially support to help lower excessive blood fats.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, Cholesterol/HDL Ratio ↑, HDL Cholesterol ↓

Increased Cardiovascular Disease Risk

The results of your blood test indicate a higher than optimal risk of you developing cardiovascular disease and shows a need for cardiovascular support.*

Rationale:

Glucose ↑, Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Hs CRP, Female ↑, Homocysteine ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Vitamin D (25-OH) ↓

* 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.

Female Testosterone Deficiency

The results of your blood test indicate a trend towards testosterone deficiency and a need for testosterone metabolism support.

Rationale:

Testosterone, Free Female ↓, Testosterone, Total Female ↓

Hypothyroidism

The results of your blood test indicate a tendency towards hypothyroidism and a need for thyroid gland support.

Rationale:

TSH ↑, Total T4 ↓, Total T3 ↓, T3 Uptake ↓, Cholesterol - Total ↑, Triglycerides ↑, Free T3 ↓, Free Thyroxine Index (T7) ↓, Thyroid Peroxidase (TPO) Abs LABCORP ↑, Thyroglobulin Abs LABCORP ↑

Thyroid Conversion Issues

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:

Total T3 ↓, Free T3 ↓

Female Hormonal Support

The results of your blood test indicate a need for female hormonal support. The following provide personalized female hormone support.*

Rationale:

DHEA-S, Female ↓, Testosterone, Total Female ↓, Testosterone, Free Female ↓, Progesterone, Female ↓

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This Health Improvement Plan has been prepared for **Susan Unhealthy** by **Dr. Eric Choi**. 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 Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Vitamin B12/Folate Need

The results of your blood test indicate that your vitamin B12/folate levels might be lower than optimal and shows a need for vitamin B12/folate supplementation.

Rationale:

MCV ↑, Homocysteine ↑, RDW ↑, Folate ↓

Vitamin D Need

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) ↓

Selenium Need

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

Rationale:

Total T3 ↓, Free T3 ↓, T3 Uptake ↓

Electrolyte Need

The results of your blood test indicate that your electrolytes might be lower than optimal and shows a need for electrolyte/mineral supplementation.

Rationale:

Potassium ↓, Phosphorus ↓

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Susan Unhealthy
44 year old Female - Born Jul 15, 1971
44 years old at the time this lab test was taken

Lab Test on Sep 25, 2015
Dr. Eric Choi

Blood Test Results Report



The Blood Test Results Report lists the results of your 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 13 Current 0 Previous ↑	Above Standard Range 13 Current 0 Previous ↑↑	Alarm High 5 Current 0 Previous ⚠
Below Optimal Range 17 Current 0 Previous ↓	Below Standard Range 3 Current 0 Previous ↓↓	Alarm Low 1 Current 0 Previous ⚠

Biomarker	Current		Optimal Range	Standard Range	Units
	Sep 25 2015				
Glucose	105.00	↑↑	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	6.80	↑↑	4.50 - 5.50	0.00 - 5.70	%
Insulin - Fasting	5.20	↑	0.00 - 5.00	2.00 - 19.00	μIU/ml
C-Peptide	1.50		1.10 - 1.60	0.80 - 3.10	ng/ml
BUN	18.00	↑	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.98		0.80 - 1.10	0.40 - 1.50	mg/dL
BUN/Creatinine Ratio	18.36	↑	10.00 - 16.00	6.00 - 22.00	Ratio
eGFR Non-Afr. American	84.00		60.00 - 120.00	60.00 - 120.00	/min/1.73r
Sodium	144.00	↑	135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	3.20	↓↓	4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	45.00	⚠	30.00 - 35.00	30.00 - 35.00	ratio
Chloride	107.00	↑	100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	20.00	↓	25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	20.20	↑↑	7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, female	4.20		3.00 - 5.50	2.50 - 7.00	mg/dL
Protein, total	6.80	↓	6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.40		4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.30	↓	2.40 - 2.80	1.90 - 3.70	g/dL
Albumin/Globulin Ratio	1.91		1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.70		9.20 - 10.00	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	2.20		0.00 - 2.60	0.00 - 2.60	ratio
Phosphorus	2.80	↓	3.00 - 4.00	2.50 - 4.50	mg/dL
Calcium/Phosphorous Ratio	3.46	↑↑	2.30 - 2.70	2.30 - 2.70	ratio
Magnesium	2.40		2.20 - 2.50	1.50 - 2.50	mg/dl
Alk Phos	67.00	↓	70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	15.00		10.00 - 26.00	10.00 - 35.00	IU/L
ALT (SGPT)	42.00	↑↑	10.00 - 26.00	6.00 - 29.00	IU/L
LDH	168.00		140.00 - 200.00	120.00 - 250.00	IU/L
Bilirubin - Total	1.20	↑	0.10 - 0.90	0.20 - 1.20	mg/dL

GGT	18.00		10.00 - 30.00	3.00 - 70.00	IU/L
Iron - Serum	80.00	↓	85.00 - 130.00	40.00 - 160.00	µg/dL
Ferritin	135.00	↑	30.00 - 70.00	10.00 - 232.00	ng/mL
TIBC	375.00	↑	250.00 - 350.00	250.00 - 425.00	µg/dL
% Transferrin saturation	23.00		20.00 - 35.00	15.00 - 50.00	%
Cholesterol - Total	227.00	↑↑	160.00 - 180.00	125.00 - 200.00	mg/dL
Triglycerides	154.00	↑↑	70.00 - 80.00	0.00 - 150.00	mg/dL
LDL Cholesterol	131.00	↑↑	0.00 - 120.00	0.00 - 130.00	mg/dL
HDL Cholesterol	39.00	↓↓	55.00 - 70.00	46.00 - 100.00	mg/dL
VLDL Cholesterol	8.00		0.00 - 10.00	0.00 - 29.00	mg/dl
Cholesterol/HDL Ratio	5.82	⚠	0.00 - 4.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	3.94	⚠	0.00 - 2.00	0.00 - 2.00	ratio
TSH	3.32	↑	1.30 - 2.00	0.40 - 4.50	µU/mL
Free T3	2.74	↓	3.00 - 3.50	2.30 - 4.20	pg/ml
Total T3	89.00	↓	90.00 - 168.00	76.00 - 181.00	ng/dL
Free T4	1.30		1.00 - 1.50	0.80 - 1.80	ng/dL
Total T4	5.30	↓	6.00 - 11.90	4.50 - 12.00	µg/dL
T3 Uptake	24.00	↓	27.00 - 37.00	22.00 - 35.00	%
Free Thyroxine Index (T7)	1.60	↓	1.70 - 4.60	1.40 - 3.80	Index
Thyroid Peroxidase (TPO) Abs LABCORP	85.00	↑↑	0.00 - 34.00	0.00 - 34.00	IU/ml
Thyroglobulin Abs LABCORP	1.80	⚠	0.00 - 0.90	0.00 - 0.90	IU/ml
Hs CRP, Female	3.82	↑↑	0.00 - 1.50	0.00 - 2.90	mg/L
Homocysteine	24.00	⚠	0.00 - 7.20	0.00 - 10.30	µmol/L
Vitamin D (25-OH)	19.80	⚠	50.00 - 90.00	30.00 - 100.00	ng/ml
Vitamin B12	822.00		400.00 - 1100.00	200.00 - 1100.00	pg/ml
Folate	8.00	↓	15.00 - 25.00	5.50 - 10.00	ng/ml
DHEA-S, Female	194.00	↓	275.00 - 400.00	35.00 - 325.00	mcg/dl
Testosterone, Free Female	0.70	↓	1.00 - 2.20	0.20 - 5.00	pg/ml
Testosterone, Total Female	32.00	↓	35.00 - 45.00	2.00 - 45.00	ng/dl
Sex Hormone Binding Globulin, female	45.00		25.00 - 122.00	17.00 - 124.00	nmol/L
Estradiol, Female	362.00		352.00 - 450.00	19.00 - 357.00	pg/ml
Progesterone, Female	12.40	↓	18.00 - 27.00	2.60 - 27.00	ng/ml
Total WBCs	5.80		5.50 - 7.50	3.80 - 10.80	k/cumm
RBC, Female	4.42		3.90 - 4.50	3.80 - 5.10	m/cumm
Hemoglobin, Female	14.20		13.50 - 14.50	11.70 - 15.50	g/dl
Hematocrit, Female	46.20	↑↑	37.00 - 44.00	35.00 - 45.00	%
MCV	97.00	↑	82.00 - 89.90	80.00 - 100.00	fL
MCH	31.30		28.00 - 31.90	27.00 - 33.00	pg
MCHC	33.20		32.00 - 35.00	32.00 - 36.00	g/dL
Platelets	252.00		155.00 - 385.00	140.00 - 400.00	k/cumm
RDW	14.70	↑	11.70 - 13.00	11.00 - 15.00	%
Neutrophils	67.00	↑	40.00 - 60.00	40.00 - 74.00	%
Lymphocytes	22.00	↓	24.00 - 44.00	14.00 - 46.00	%
Monocytes	7.00		0.00 - 7.00	4.00 - 13.00	%

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44 years old at the time this lab test was taken

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Dr. Eric Choi

Eosinophils	4.00	↑↑	0.00 - 3.00	0.00 - 3.00	%
Basophils	0.00		0.00 - 1.00	0.00 - 1.00	%
Cortisol - AM	3.00	↓↓	4.00 - 22.00	4.00 - 22.00	µg/dL
Cortisol - PM	4.00		3.00 - 17.00	3.00 - 17.00	µg/dL
Leptin, Female	25.60	↑↑	4.70 - 23.70	4.70 - 23.70	ng/ml
Gastrin	92.00	↑	45.00 - 90.00	0.00 - 100.00	pg/ml



% Deviation from Optimal Report

This report shows the biomarkers on the blood test that are farthest from optimal expressed as a %. The biomarkers that appear closest to the top and the bottom are those biomarkers that are farthest from optimal.

Biomarker	% from Median	Lab Result	Low	High	Optimal Reference Ranges	
					Low	High
Triglycerides	790	154.00	70.00	80.00		
Cholesterol - Total	285	227.00	160.00	180.00		
Homocysteine	283	24.00	0.00	7.20		
Sodium/Potassium Ratio	250	45.00	30.00	35.00		
Calcium/Phosphorous Ratio	240	3.46	2.30	2.70		
TSH	239	3.32	1.30	2.00		
Glucose	223	105.00	75.00	86.00		
Anion gap	214	20.20	7.00	12.00		
Ferritin	212	135.00	30.00	70.00		
Hs CRP, Female	205	3.82	0.00	1.50		
Thyroid Peroxidase (TPO) Abs LABCORP	200	85.00	0.00	34.00		
RDW	181	14.70	11.70	13.00		
Hemoglobin A1C	180	6.80	4.50	5.50		
ALT (SGPT)	150	42.00	10.00	26.00		
Thyroglobulin Abs LABCORP	150	1.80	0.00	0.90		
Triglyceride/HDL Ratio	147	3.94	0.00	2.00		
MCV	140	97.00	82.00	89.90		
Cholesterol/HDL Ratio	96	5.82	0.00	4.00		
BUN/Creatinine Ratio	89	18.36	10.00	16.00		
Bilirubin - Total	88	1.20	0.10	0.90		
Neutrophils	85	67.00	40.00	60.00		
Eosinophils	83	4.00	0.00	3.00		
BUN	83	18.00	10.00	16.00		
Hematocrit, Female	81	46.20	37.00	44.00		
Sodium	79	144.00	135.00	142.00		
TIBC	75	375.00	250.00	350.00		
Chloride	67	107.00	100.00	106.00		
Leptin, Female	60	25.60	4.70	23.70		
LDL Cholesterol	59	131.00	0.00	120.00		
Gastrin	54	92.00	45.00	90.00		
Insulin - Fasting	54	5.20	0.00	5.00		
Monocytes	50	7.00	0.00	7.00		
RBC, Female	37	4.42	3.90	4.50		
MCH	35	31.30	28.00	31.90		
Calcium/Albumin Ratio	35	2.20	0.00	2.60		

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C-Peptide	30	1.50	1.10	1.60	
VLDL Cholesterol	30	8.00	0.00	10.00	
Albumin/Globulin Ratio	23	1.91	1.40	2.10	
Hemoglobin, Female	20	14.20	13.50	14.50	
Magnesium	17	2.40	2.20	2.50	
Calcium	12	9.70	9.20	10.00	
Vitamin B12	10	822.00	400.00	1100.00	
Creatinine	10	0.98	0.80	1.10	
Free T4	10	1.30	1.00	1.50	
Uric Acid, female	-2	4.20	3.00	5.50	
LDH	-3	168.00	140.00	200.00	
Platelets	-8	252.00	155.00	385.00	
MCHC	-10	33.20	32.00	35.00	
eGFR Non-Afr. American	-10	84.00	60.00	120.00	
Albumin	-10	4.40	4.00	5.00	
GGT	-10	18.00	10.00	30.00	
AST (SGOT)	-19	15.00	10.00	26.00	
Sex Hormone Binding Globulin, female	-29	45.00	25.00	122.00	
% Transferrin saturation	-30	23.00	20.00	35.00	
Total WBCs	-35	5.80	5.50	7.50	
Estradiol, Female	-40	362.00	352.00	450.00	
Cortisol - PM	-43	4.00	3.00	17.00	
Basophils	-50	0.00	0.00	1.00	
Total T3	-51	89.00	90.00	168.00	
Free Thyroxine Index (T7)	-53	1.60	1.70	4.60	
Cortisol - AM	-56	3.00	4.00	22.00	
Lymphocytes	-60	22.00	24.00	44.00	
Alk Phos	-60	67.00	70.00	100.00	
Iron - Serum	-61	80.00	85.00	130.00	
Total T4	-62	5.30	6.00	11.90	
Phosphorus	-70	2.80	3.00	4.00	
Protein, total	-70	6.80	6.90	7.40	
Globulin, total	-75	2.30	2.40	2.80	
Testosterone, Free Female	-75	0.70	1.00	2.20	
Testosterone, Total Female	-80	32.00	35.00	45.00	
T3 Uptake	-80	24.00	27.00	37.00	
Free T3	-102	2.74	3.00	3.50	
Progesterone, Female	-112	12.40	18.00	27.00	
DHEA-S, Female	-115	194.00	275.00	400.00	
Folate	-120	8.00	15.00	25.00	
Vitamin D (25-OH)	-126	19.80	50.00	90.00	
CO2	-150	20.00	25.00	30.00	
HDL Cholesterol	-157	39.00	55.00	70.00	
Potassium	-210	3.20	4.00	4.50	

Susan Unhealthy
44 year old Female - Born Jul 15, 1971
44 years old at the time this lab test was taken

Lab Test on Sep 25, 2015
Dr. Eric Choi



Functional Index Report

The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me 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.

Score Guide: 90% - 100% - Dysfunction Highly Likely, 70% - 90% - Dysfunction Likely, 50% - 70% - Dysfunction Possible, < 50% - Dysfunction Less Likely.

Functional Index	0%	100%
Lipid Panel Index		100%
Acid-Base Index		100%
Electrolyte Index		100%
Blood Sugar Index		100%
Adrenal Function Index		100%
Thyroid Function Index		100%
Sex Hormone Index - Female		100%
Cardiovascular Risk Index		93%
GI Function Index		86%
Inflammation Index		73%
Bone Health Index		69%
Gallbladder Function Index		67%
Immune Function Index		65%
Allergy Index		60%
Oxidative Stress Index		43%
Liver Function Index		42%
Red Blood Cell Index		36%
Kidney Function Index		33%
Heavy Metal Index		31%
Toxicity Index		18%

Lipid Panel Index

The Lipid Panel index gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel Index indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances. For your blood test, your Lipid Panel Index is:

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

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, Cholesterol/HDL Ratio ↑, HDL Cholesterol ↓

Acid-Base Index

The Acid-Base Index can help us pinpoint imbalances in the body's pH (acid-alkaline) regulation system. There are a number of elements in the blood that will go out of balance when the body gets too acidic (a condition called metabolic acidosis) or too alkaline (a condition called metabolic alkalosis). For your blood test, your Acid-Alkaline Index is:

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

Rationale:

Anion gap ↑, Potassium ↓, Chloride ↑, CO2 ↓

Electrolyte Index

The Electrolyte Index gives us a sense of the balance of electrolytes in your body. Electrolytes such as calcium, potassium, sodium and magnesium are essential for optimal health and wellness. An electrolyte imbalance can show up as low blood pressure, cold hands or feet, poor circulation, swelling in the ankles and immune insufficiency. For your blood test, your Electrolyte Index is:

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

Rationale:

Potassium ↓, Phosphorus ↓

Blood Sugar Index

The Blood Sugar index 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. For your blood test, your Blood Sugar Index is:

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

Rationale:

Glucose ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, DHEA-S, Female ↓

Adrenal Function Index

The Adrenal Function Index reflects the degree of function in your adrenal glands. The adrenal glands produce certain hormones in response to stress. They are responsible for what is commonly called "the fight or flight response". Unfortunately when your body is under constant stress, which is very common, your adrenal glands become less functional. Adrenal dysfunction can be caused by an increase output of stress hormones (adrenal stress) or more commonly a decrease output of adrenal hormones (adrenal insufficiency). We can look at elements in the blood to assess the functional state of your adrenals. For your blood test, your Adrenal Function Index is:

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

Rationale:

Sodium ↑, Potassium ↓, Sodium/Potassium Ratio ↑, BUN ↑, Chloride ↑, Cholesterol - Total ↑, Triglycerides ↑, DHEA-S, Female ↓, Cortisol - AM ↓

Thyroid Function Index

The Thyroid Function Index 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, for maintaining body temperature, regulating cholesterol and controlling mood. By examining specific elements on the blood test we can see if your thyroid is in a state of increased function (a condition called hyperthyroidism), in a state of decreased function (hypothyroidism) or hopefully optimal function! For your blood test, your Thyroid Function Index is:

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

Rationale:

TSH ↑, Total T4 ↓, Total T3 ↓, Free T3 ↓, T3 Uptake ↓, Free Thyroxine Index (T7) ↓

Sex Hormone Index - Female

The Female Sex Hormone Index helps us assess levels of important hormones in your body: testosterone, DHEA and estradiol. Blood levels of these crucial hormones diminish with age, contributing to age-related dysfunctions such as low libido, blood sugar problems, excess weight, heart disease, etc. We can measure sex hormone levels in your blood and determine from the Sex Hormone Index whether the levels are optimal for your continued health and wellness. For your blood test, your Female Sex Hormone Index is:

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

Rationale:

DHEA-S, Female ↓, Testosterone, Total Female ↓, Testosterone, Free Female ↓, Progesterone, Female ↓

Cardiovascular Risk Index

The Cardiovascular Risk Index looks at 15 elements on a blood test to assess for your risk of cardiovascular dysfunction. A high Cardiovascular Risk Index indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Risk index will be used along with information from an examination of your diet, lifestyle, exercise, body mass index and family history to give us a more complete picture of what is going on. For your blood test, your Cardiovascular Risk Index is:

[93%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Glucose ↑, Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Hs CRP, Female ↑, Homocysteine ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Vitamin D (25-OH) ↓

GI Function Index

The GI Function Index reflects the degree of function in your gastrointestinal (GI) system. The gastrointestinal system is responsible for the digestion and breakdown of macro nutrients (proteins, fats and carbohydrates) into small particles so they can be easily absorbed and utilized. The GI systems is also responsible for the excretion and elimination of waste from the body. Your body's nutritional status is directly affected by your ability to digest macronutrients and also to absorb key vitamins, minerals, amino acids, essential fatty acids and accessory nutrients such as bioflavonoids, CoQ10, etc. Factors affecting the GI function include inadequate chewing, eating when stressed or in a hurry, lack of appropriate stomach acid (a condition called hypochlorhydria), inflammation in the stomach lining (a condition called gastritis), a decrease in digestive enzymes (a condition called pancreatic insufficiency), an overgrowth of non-beneficial bacteria in your digestive system (a condition called dysbiosis) and/or a condition called Leaky Gut Syndrome. For your blood test, your Functional GI Index is:

[86%] - Dysfunction Likely. Improvement required.

Rationale:

BUN ↑, Protein, total ↓, Globulin, total ↓, Phosphorus ↓, Alk Phos ↓, MCV ↑, Eosinophils ↑, Iron - Serum ↓, Anion gap ↑

Inflammation Index

The Inflammation Index can help us identify whether or not you are suffering from inflammation. This is important because inflammation can be silent, i.e. not have any symptoms. A number of elements on a blood test can indicate the presence of inflammation. These are markers for inflammation and are not specific to any particular inflammatory condition or disease but they can help us look at the underlying dysfunctions that are the true cause of inflammation in the body. For your blood test, your Inflammation Index is:

[73%] - Dysfunction Likely. Improvement required.

Rationale:

Hs CRP, Female ↑, Homocysteine ↑, Sodium/Potassium Ratio ↑, Globulin, total ↓, RDW ↑, Vitamin D (25-OH) ↓

Bone Health Index

The Bone Health Index allows us to assess the state of function in your bones. When the body's regulation of bone density is in a state of balance there is a healthy balance between bone formation and bone resorption. Elements on a blood test allow us to check and see if the bone system is in a state of balance or not. Some of the factors to consider include a low bone mineral density, loss of bone minerals from the body, a decrease in absorption of minerals necessary for bone formation, poor vitamin D status, the trend towards osteoporosis or osteopenia and a reduction in bone formation. For your blood test, your Bone Health Index is:

[69%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

CO2 ↓, DHEA-S, Female ↓, Glucose ↑, Hs CRP, Female ↑, Phosphorus ↓, Potassium ↓, Progesterone, Female ↓, Sodium ↑, Vitamin D (25-OH) ↓

Gallbladder Function Index

The Gallbladder Function Index reflects the degree of function in your gallbladder. The gallbladder plays an essential role in helping your body digest the fat in the diet. It does this through the release of a substance called bile. Bile is not only essential for fat digestion but it also helps the body get rid of certain toxins and also excess cholesterol from the body. Factors affecting gallbladder function include the inability of the liver to produce bile (a condition called biliary insufficiency), the progressive thickening of the bile in the gallbladder (a condition called biliary stasis) or the presence of obstructions in the gallbladder itself (a condition called biliary obstruction). For your blood test, your Gallbladder Function Index is:

[67%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↑, ALT (SGPT) ↑, Bilirubin - Total ↑

Immune Function Index

The Immune Function Index allows us to assess the state of function in your immune system. When the immune system is in a state of balance we are able to cope and deal with infections with little or no lasting negative side-effects. Elements on a blood test allow us to check and see if the immune system is in a state of balance or not. Some of the factors to consider include a low functioning immune system (a condition called immune insufficiency), bacterial or viral infections or GI dysfunction associated with decreased immune function: abnormal immunity in the gut lining, a decrease in immune cell function in the gut or an increase in abnormal bacteria, etc. in the gut (a condition called dysbiosis). For your blood test, your Immune Function Index is:

[65%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Globulin, total ↓, Neutrophils ↑, Lymphocytes ↓, Alk Phos ↓

Allergy Index

The Allergy Index reflects the degree of food or environmental sensitivities/allergies you may be dealing with. A number of elements on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy Index may indicate the need for further assessment or evaluation of food or environmental sensitivities/allergies. For your blood test, your Allergy Index is:

[60%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Eosinophils ↑

Nutrient Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Nutrient Assessment Report based on our latest research. This report gives me an indication of your 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.

Score Guide: 90% - 100% - Nutrient Status is Poor, 75% - 90% - Nutrient Status is Low, 50% - 75% - Moderate Nutrient Status, < 50% - Optimum Nutrient Status

Nutrient Index	0%	100%
Carbohydrate Index		100%
Vitamin Index		100%
Mineral Index		71%
Hydration Index		60%
Protein Index		39%
Fat Index		12%

Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

[100%] - Nutrient Status is Poor. Much improvement required.

Rationale:

Glucose ↑, Phosphorus ↓, Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

Vitamin Index

The Vitamin Index gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and breakdown individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves. For your blood test, your Vitamin Index is:

[100%] - Nutrient Status is Poor. Much improvement required.

Rationale:

Anion gap ↑, Homocysteine ↑, Vitamin D (25-OH) ↓, MCV ↑

Mineral Index

The Mineral Index gives us a general indication of the balance of certain minerals in your body based on the results of this blood test. Mineral levels in the body are closely regulated and deficiency in one or more minerals may be due to a number of factors such as the amount in your diet, the ability to digest and breakdown individual minerals from the food or supplements you consume, and the ability of those minerals to be absorbed, transported and ultimately taken

Susan Unhealthy
44 year old Female - Born Jul 15, 1971
44 years old at the time this lab test was taken

Lab Test on Sep 25, 2015
Dr. Eric Choi

up by the cells themselves. For your blood test, the Mineral Index is:

[71%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

Potassium ↓, Phosphorus ↓, Alk Phos ↓, Iron - Serum ↓, TIBC ↑, Total T3 ↓, Free T3 ↓

Hydration Index

The Hydration index gives us a good indication of how well hydrated you were at the time your blood was drawn. Adequate hydration is necessary for many basic chemical reactions in your body, including digestion, electrolyte balance, hormone transport, and kidney and heart function. Dehydration is a very common problem and is most often due to insufficient water intake and/or excessive use of diuretics (substances that increase water loss from the body). These would include certain over the counter and prescription drugs, botanical medicines, caffeine, etc. These are some of the most common causes of dehydration and may be a cause of an increased Hydration Index. For your blood test, your Hydration Index is:

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

BUN ↑, Sodium ↑, Hematocrit, Female ↑

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.

Score Guide: 90% - 100% - Deficiency Highly Likely, 70% - 90% - Deficiency Likely, 50% - 70% - Deficiency Possible, < 50% - Deficiency Less Likely.

Individual Nutrients	0%	100%
Vitamin D Need		100%
Selenium Need		100%
Vitamin B12/Folate Need		95%
DHEA Need		80%
Thiamine Need		80%
Zinc Need		70%
Iodine Need		55%
Calcium Need		43%
Magnesium Need		25%
Iron Deficiency		24%
Vitamin C Need		11%
Vitamin B6 Need		10%
Molybdenum Need	0%	
Glutathione Need	0%	

Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

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

Rationale:

Vitamin D (25-OH) ↓

Selenium Need

The results of your blood test indicate that your selenium levels might be lower than optimal.

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

Rationale:

Total T3 ↓, Free T3 ↓, T3 Uptake ↓

Vitamin B12/Folate Need

The results of your blood test indicate that your Vitamin B12 and Folate levels might be lower than optimal.

[95%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

MCV ↑, Homocysteine ↑, RDW ↑, Folate ↓

DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal.

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Lab Test on Sep 25, 2015
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[80%] - Dysfunction Likely. Improvement required.

Rationale:

DHEA-S, Female ↓

Thiamine Need

The results of your blood test indicate that your thiamine levels might be lower than optimal.

[80%] - Dysfunction Likely. Improvement required.

Rationale:

Anion gap ↑, CO2 ↓, Glucose ↑

Zinc Need

The results of your blood test indicate that your Zinc levels might be lower than optimal.

[70%] - Dysfunction Likely. Improvement required.

Rationale:

Alk Phos ↓

Iodine Need

The results of your blood test indicate that your iodine levels might be lower than optimal.

[55%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Total T4 ↓, T3 Uptake ↓, TSH ↑

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