

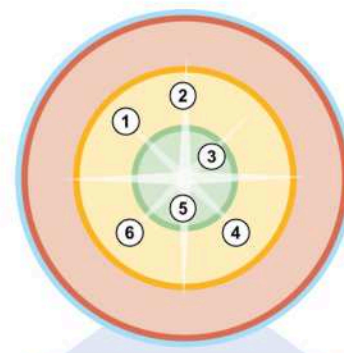
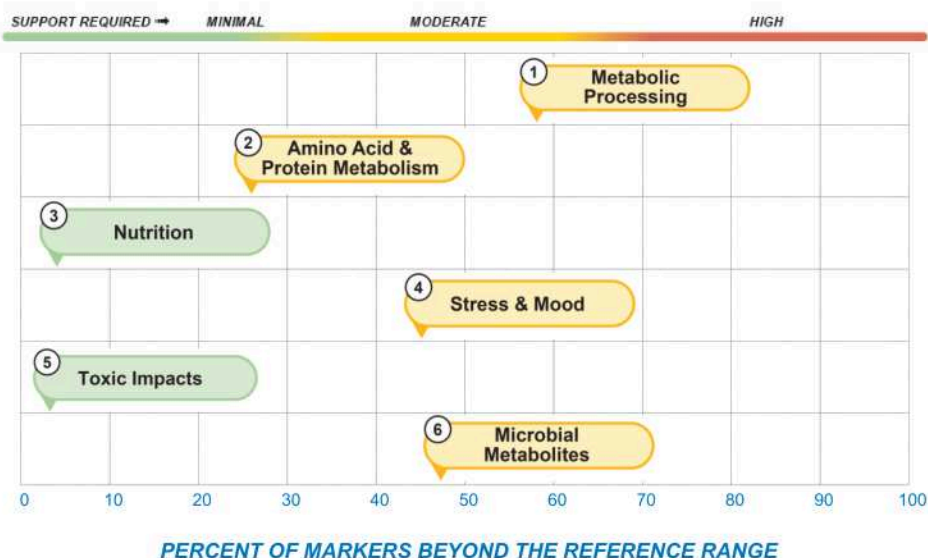
YOUR PERSONALIZED REPORT

The charts on signature and help you get a general preview of the detailed report found on the following pages.

ed to give you a bird's-eye-view of your current metabolic

METABOLOMIC SIGNATURE

Identifying Impact of Functional Categories



YOUR HEALTH TARGET RESULTS

Findings show that 4 of 6 Functional Categories have markers beyond the reference range.

Subcategories are identified below.

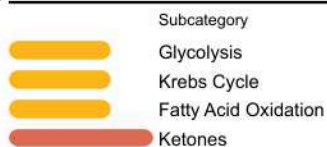
Identifying Impact of Subcategories

NOTE: Below is a list of the Functional Categories and the included subcategories. It lists the percentage of markers that are beyond the reference range so clinicians can better target areas of concern.

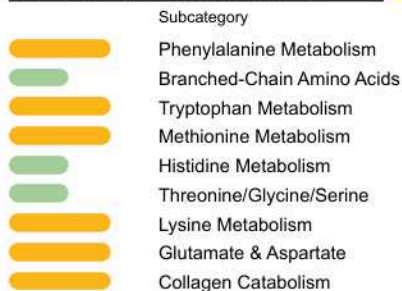
PERCENT OF MARKERS BEYOND THE REFERENCE RANGE



① Metabolic Processing 55 %



② Amino Acid & Protein Metabolism 25 %



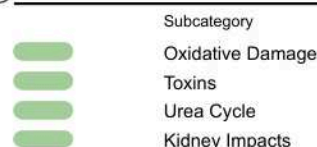
③ Nutrition 7 %



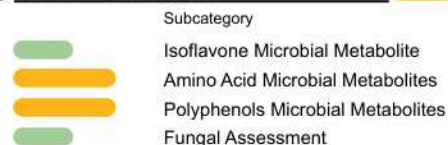
④ Stress & Mood 43 %



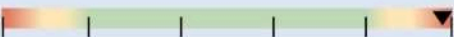
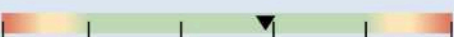
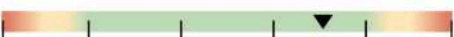
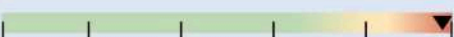
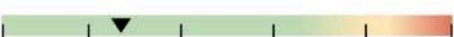
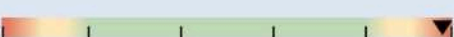
⑤ Toxic Impacts 6 %



⑥ Microbial Metabolites 44 %

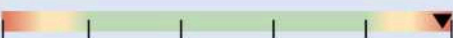
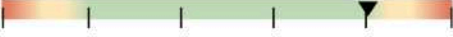
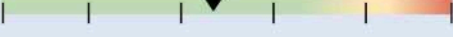
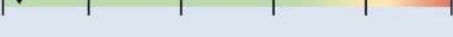
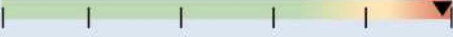


1 - Metabolic Processing

Glycolysis		Result	20% 40% 60% 80%	Reference
Glucose		>500.0		< 15.2 mg/dL
<i>Glucokinase</i>				
Pyruvic Acid		52.5 H		< 47.2 nmol/mg Creatinine
<i>Pyruvate dehydrogenase + B1, B2, B3, B5 LA</i>				
Lactic Acid		>1524.6		23.1 - 722.6 nmol/mg Creatinine
<i>Lactate dehydrogenase + B3</i>				
D-Lactic Acid		15.1		< 21.6 nmol/mg Creatinine
<i>D-Lactate dehydrogenase</i>				
Alanine		206.1		65.4 - 572.6 nmol/mg Creatinine
<i>Alanine transaminase + B6</i>				
Krebs Cycle		Result	20% 40% 60% 80%	Reference
Citric Acid		>2860.2		> 356.2 nmol/mg Creatinine
<i>Citrate synthase</i>				
cis-Aconitic Acid		210.5		91.3 - 363.1 nmol/mg Creatinine
<i>Aconitase</i>				
Isocitric Acid		465.0 H		< 415.6 nmol/mg Creatinine
<i>Isocitrate dehydrogenase + B3</i>				
α-Ketoglutaric Acid		19.2		< 157.2 nmol/mg Creatinine
<i>alpha-Ketoglutarate dehydrogenase + B1, B2, B3, B5, LA</i>				
Succinic Acid		338.6 H		4.8 - 224.1 nmol/mg Creatinine
<i>Succinic dehydrogenase + B2</i>				
Fumaric Acid		96.9 L		320.2 - 3375.5 nmol/mg Creatinine
<i>Fumarase</i>				
Malic Acid		54.7 H		< 21.5 nmol/mg Creatinine
<i>Malate dehydrogenase + B3</i>				

KEY: < dl = Results below detection limit.

1 - Metabolic Processing

Fatty Acid Oxidation	Result	20% 40% 60% 80%	Reference
Adipic Acid <i>Saturated dicarboxylic acid</i>	17.3 H		2.0 - 15.1 nmol/mg Creatinine
Sebacic Acid <i>Fatty acid oxidation + Carnitine</i>	14.8 H		< 3.7 nmol/mg Creatinine
Suberic Acid <i>Fatty acid oxidation + Carnitine</i>	28.5		3.0 - 29.4 nmol/mg Creatinine
Pimelic Acid <i>Saturated dicarboxylic acids</i>	18.2		5.9 - 31.8 nmol/mg Creatinine
Hexanoylglycine <i>Medium-chain acyl glycines</i>	0.5		< 2.6 nmol/mg Creatinine
Suberylglycine <i>Medium-chain acyl glycines</i>	4.6 H		< 2.3 nmol/mg Creatinine
3-Phenylpropionylglycine <i>Medium-chain acyl glycines</i>	<DL		< 1.3 nmol/mg Creatinine
Ethylmalonic Acid <i>Dicarboxylic acid</i>	29.3		5.0 - 43.3 nmol/mg Creatinine
2-Methylsuccinic Acid <i>Dicarboxylic acid</i>	83.4 H		3.2 - 21.1 nmol/mg Creatinine
Ketones	Result	20% 40% 60% 80%	Reference
β-Hydroxybutyric Acid <i>beta-Hydroxybutyrate dehydrogenase + B3</i>	>263.9		< 60.5 nmol/mg Creatinine

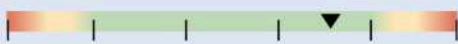
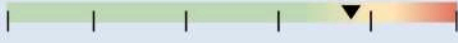
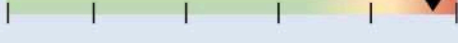
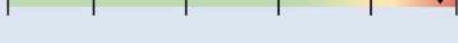
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2 - Amino Acid & Protein Metabolism

Phenylalanine Metabolism		Result	20% 40% 60% 80%	Reference
Phenylalanine		11.1 L		11.7 - 73.7 nmol/mg Creatinine
<i>Phenylalanine hydroxylase + BH4</i>				
Phenylacetic Acid		4.5		0.5 - 19.1 nmol/mg Creatinine
<i>Aldehyde dehydrogenase</i>				
Tyrosine		<DL		11.4 - 126.7 nmol/mg Creatinine
<i>Tyrosine hydroxylase + BH4</i>				
Homovanillic Acid		<DL		< 10.3 nmol/mg Creatinine
<i>COMT + Magnesium & Monoamine oxidase + B2</i>				
Vannilylmandelic Acid		26.2 H		4.8 - 21.4 nmol/mg Creatinine
<i>Monoamine oxidase + B2</i>				
4-Hydroxyphenylpyruvic Acid		141.5		35.5 - 1116.3 nmol/mg Creatinine
<i>Tyrosine aminotransferase + B6</i>				
Homogentisic Acid		104.3		7.9 - 336.4 nmol/mg Creatinine
<i>4-Hydroxyphenylpyruvate dioxygenase + Iron</i>				
Branched-Chain Amino Acids		Result	20% 40% 60% 80%	Reference
Total Branched Chain Amino Acids		<DL		14.3 - 105.4 nmol/mg Creatinine
<i>Branched-chain amino acid transaminase + B6</i>				
Valine		13.3		9.2 - 48.9 nmol/mg Creatinine
<i>Branched-chain amino acid transaminase + B6</i>				
α-Ketoisovaleric Acid		<DL		< 11.9 nmol/mg Creatinine
<i>Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA</i>				
Isoleucine/allo-Isoleucine		5.1		< 14.9 nmol/mg Creatinine
<i>Branched-chain amino acid transaminase + B6</i>				
α-Keto-β-methylvaleric Acid		<DL		< 11.9 nmol/mg Creatinine
<i>Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA</i>				
Leucine		<DL		< 35.4 nmol/mg Creatinine
<i>Branched-chain amino acid transaminase + B6</i>				
α-Ketoisocaproic Acid		10.1		< 17.0 nmol/mg Creatinine
<i>Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA</i>				

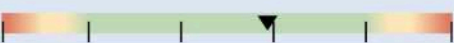
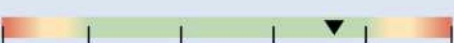
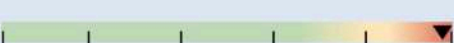
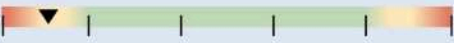
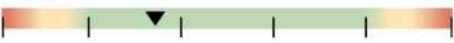
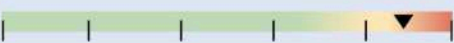
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2 - Amino Acid & Protein Metabolism

Tryptophan Metabolism		Result	20% 40% 60% 80%	Reference
Tryptophan		40.7		10.5 - 68.7 nmol/mg Creatinine
<i>Tryptophan hydroxylase + BH4</i>				
5-Hydroxyindoleacetic Acid		4.1 L		6.3 - 28.7 nmol/mg Creatinine
<i>Aldehyde dehydrogenase + B3</i>				
Kynurenine		7.1		< 13.7 nmol/mg Creatinine
<i>Kynurenine mono-oxygenase (KMO) + B2</i>				
KT Ratio		0.175		0.064 - 0.638
<i>Kynurenine / Tryptophan</i>				
Hydroxykynurenine		9.6		< 12.1 nmol/mg Creatinine
<i>Kynureninase + B6</i>				
Xanthurenic Acid		3.3		< 9.5 nmol/mg Creatinine
<i>Kynurenine transaminase + B6</i>				
Anthranilic Acid		20.9 H		< 11.8 nmol/mg Creatinine
<i>Kynureninase + B6</i>				
Picolinic Acid		<DL		< 4.0 nmol/mg Creatinine
<i>Non-enzymatic conversion</i>				
Kynurenic Acid		5.5		2.1 - 18.5 nmol/mg Creatinine
<i>Kynurenine transaminase + B6</i>				
Quinolinic Acid		129.9 H		9.0 - 105.7 nmol/mg Creatinine
<i>Non-enzymatic conversion</i>				

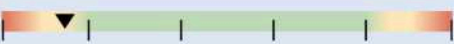
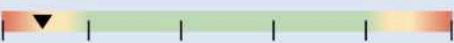
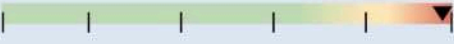
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2 - Amino Acid & Protein Metabolism

Methionine Metabolism		Result	20% 40% 60% 80%	Reference
Methionine		<DL		< 11.0 nmol/mg Creatinine
<i>Methionine adenosyltransferase</i>				
Homocystine		<DL		< 5.7 nmol/mg Creatinine
<i>Methionine synthase + B12</i>				
Cystathionine		8.8		3.6 - 85.5 nmol/mg Creatinine
<i>Cystathionine gamma-lyase + B6</i>				
Sulfocysteine		10.0 H		< 8.8 nmol/mg Creatinine
<i>Sulfite oxidase (SOX) + Mo</i>				
Taurine		610.2		41.9 - 3644.8 nmol/mg Creatinine
<i>Hypotaurine dehydrogenase</i>				
Cystine		13.2		9.7 - 96.1 nmol/mg Creatinine
<i>Oxidation</i>				
α-Hydroxybutyric Acid		35.2		10.6 - 62.6 nmol/mg Creatinine
<i>Dehydrogenase + B3</i>				
α-Ketobutyric Acid		23.1 H		< 7.2 nmol/mg Creatinine
<i>Lactate dehydrogenase + B3</i>				
Pyroglutamic Acid		81.5 H		< 72.7 nmol/mg Creatinine
<i>5-Oxoprolinase</i>				
Histidine Metabolism		Result	20% 40% 60% 80%	Reference
Histidine		228.8		126.4 - 1592.8 nmol/mg Creatinine
<i>Histidine decarboxylase + B6</i>				
3-Methylhistidine		374.2		49.7 - 1852.9 nmol/mg Creatinine
<i>Myofibrillar Breakdown</i>				
β-Alanine		6.3		< 11.8 nmol/mg Creatinine
<i>Carnosine synthase</i>				

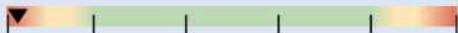
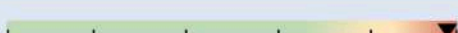
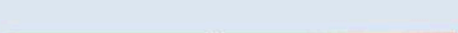
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2 - Amino Acid & Protein Metabolism

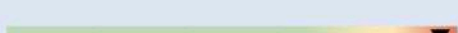
Threonine/Glycine/Serine	Result	20% 40% 60% 80%	Reference
Threonine <i>Glycine C-acetyltransferase + B6</i>	54.0		38.3 - 402.2 nmol/mg Creatinine
Glycine <i>Glutathione synthetase</i>	753.7		248.3 - 6396.0 nmol/mg Creatinine
Serine <i>Cystathionine beta-synthase + B6, Iron</i>	229.0		11.7 - 724.3 nmol/mg Creatinine
Sarcosine <i>Sarcosine dehydrogenase + B2</i>	13.9		< 148.3 nmol/mg Creatinine
Ethanolamine <i>Ethanolamine kinase</i>	214.9		68.0 - 405.0 nmol/mg Creatinine
Phosphoethanolamine <i>Phosphoethanolamine cytidyltransferase</i>	17.8		< 49.7 nmol/mg Creatinine
Lysine Metabolism	Result	20% 40% 60% 80%	Reference
Lysine <i>alpha-Aminoadipic semialdehyde synthase</i>	27.0		23.3 - 1800.4 nmol/mg Creatinine
α-Aminoadipic Acid <i>Aminotransferase + B6</i>	19.6		4.5 - 75.3 nmol/mg Creatinine
Glutaric Acid <i>Glutaryl-CoA dehydrogenase + B2</i>	8.6 H		< 4.5 nmol/mg Creatinine

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2 - Amino Acid & Protein Metabolism

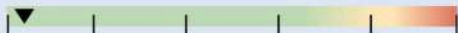
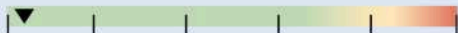
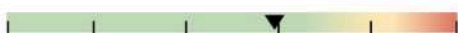
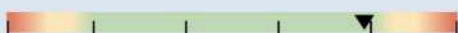
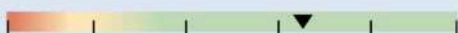
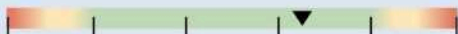
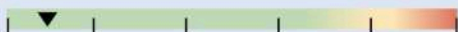
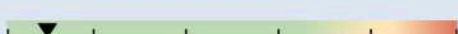
Glutamate & Aspartate		Result	20% 40% 60% 80%	Reference
Glutamine		12.5 L		126.4 - 659.1 nmol/mg Creatinine
<i>Glutaminase</i>				
Glutamic Acid		142.0 H		6.5 - 83.4 nmol/mg Creatinine
<i>Glutamate cysteine ligase</i>				
Glutamine / Glutamate Ratio		0.1 L		2.5 - 39.5
<i>Glutaminase</i>				
Asparagine		67.8		30.6 - 199.2 nmol/mg Creatinine
<i>Asparaginase</i>				
Aspartic Acid		24.7		< 51.1 nmol/mg Creatinine
<i>Asparagine synthase</i>				
Collagen Catabolism		Result	20% 40% 60% 80%	Reference
Proline		63.7 H		< 14.7 nmol/mg Creatinine
<i>Prolyl hydroxylase + Vitamin C</i>				
Hydroxyproline		<DL		< 25.3 nmol/mg Creatinine
<i>4-Hydroxyproline oxidase</i>				
Glycylproline		8.0		< 18.9 nmol/mg Creatinine
<i>Dipeptide of Glycine + Proline</i>				

3 - Nutrition

B-Complex (B1, B2, B3, B5, LA)		Result	20% 40% 60% 80%	Reference
Branched Chain Alpha-Keto Organic Acids		<DL		< 28.3 nmol/mg Creatinine
<i>Branched-chain keto acid dehydrogenase + B1, B2, B3, B5, LA</i>				
α-Ketoglutaric Acid		19.2		< 157.2 nmol/mg Creatinine
<i>α-Ketoglutarate dehydrogenase + B1, B2, B3, B5, LA</i>				
Pyruvic Acid		52.5 H		< 47.2 nmol/mg Creatinine
<i>Pyruvate dehydrogenase + B1, B2, B3, B5, LA</i>				
Vitamin B-12		Result	20% 40% 60% 80%	Reference
Methylmalonic Acid		8.0		2.7 - 25.9 nmol/mg Creatinine
<i>Methylmalonyl-CoA mutase + B12</i>				

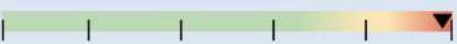
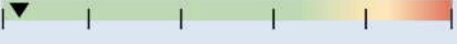
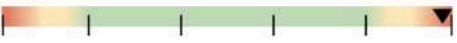
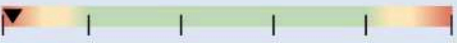
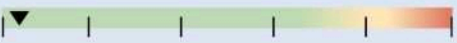
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3 - Nutrition

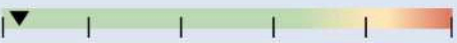
Folate		Result	20% 40% 60% 80%	Reference
Formiminoglutamic Acid	<DL			< 0.4 nmol/mg Creatinine
<i>Glutamate formimino-transferase + Folate</i>				
Vitamin B6		Result	20% 40% 60% 80%	Reference
Pyridoxic Acid	<DL			< 111.9 nmol/mg Creatinine
<i>Aldehyde oxidase</i>				
Xanthurenic Acid	3.3			< 9.5 nmol/mg Creatinine
<i>Kynurenine transaminase + B6</i>				
Biotin		Result	20% 40% 60% 80%	Reference
β-Hydroxyisovaleric Acid	107.8			25.1 - 223.4 nmol/mg Creatinine
<i>Methylcrotonyl-CoA carboxylase + Biotin</i>				
Plant Components		Result	20% 40% 60% 80%	Reference
Quercetin	8.5			> 2.7 nmol/mg Creatinine
<i>Polyphenol: Flavonoid</i>				
Tartaric Acid	<DL			> 1.8 nmol/mg Creatinine
<i>Plant component</i>				
Meat intake		Result	20% 40% 60% 80%	Reference
1-Methylhistidine	223.6			88.0 - 394.4 nmol/mg Creatinine
<i>Dietary meat & fish</i>				
Carnosine	6.4			3.9 - 70.0 nmol/mg Creatinine
<i>Carnosinase</i>				
Anserine	51.0			< 364.6 nmol/mg Creatinine
<i>Anserinase</i>				
Sugar Intake		Result	20% 40% 60% 80%	Reference
Fructose	0.2			< 4.7 nmol/mg Creatinine
<i>Fructokinase</i>				

KEY: < dl = Results below detection limit.

4 - Stress & Mood

Neurotransmitter	Result	20% 40% 60% 80%	Reference
γ-Aminobutyric Acid <i>gamma-Aminobutyric acid aminotransferase + B6</i>	6.5 H		< 2.9 nmol/mg Creatinine
Catecholamine Turnover	Result	20% 40% 60% 80%	Reference
Homovanillic Acid <i>COMT + magnesium & monoamine oxidase + B2</i>	<DL		< 10.3 nmol/mg Creatinine
Vannilylmandelic Acid <i>Monoamine oxidase + B2</i>	26.2 H		4.8 - 21.4 nmol/mg Creatinine
Serotonin Turnover	Result	20% 40% 60% 80%	Reference
5-Hydroxyindoleacetic Acid <i>Aldehyde dehydrogenase + B3</i>	4.1 L		6.3 - 28.7 nmol/mg Creatinine
Steroid Hormone	Result	20% 40% 60% 80%	Reference
Cortisol <i>11-beta-Hydroxysteroid dehydrogenase + B3</i>	14.9		< 82.0 mcg/g Creatinine
Cortisone <i>11-beta-Hydroxysteroid dehydrogenase + B3</i>	71.2		< 665.0 mcg/g Creatinine
Aldosterone <i>Steroid 5-beta reductase</i>	<DL		< 2.5 mcg/g Creatinine

5 - Toxic Impacts

Oxidative Damage	Result	20% 40% 60% 80%	Reference
8-Hydroxy-2'-deoxyguanosine <i>DNA oxidation</i>	<DL		< 8.4 nmol/mg Creatinine

KEY: < dl = Results below detection limit.

5 - Toxic Impacts

Toxins	Result	20%40%60%80%	Reference
2-Methylhippuric Acid <i>Xylene exposure</i>	0.3		< 2.1 nmol/mg Creatinine
Mandelic Acid <i>Styrene exposure</i>	1.7		< 4.6 nmol/mg Creatinine
Benzoylform <i>Styrene exposure</i>	0.9		< 4.3 nmol/mg Creatinine
Glucaric Acid <i>Glucuronic Acid Pathway</i>	13.1		3.6 - 25.8 nmol/mg Creatinine
Urea Cycle	Result	20%40%60%80%	Reference
Arginine <i>Arginase & Nitric oxide synthase</i>	9.5		< 31.4 nmol/mg Creatinine
Citrulline <i>Argininosuccinate synthase</i>	<DL		< 13.6 nmol/mg Creatinine
Ornithine <i>Ornithine transcarbamylase</i>	14.0		< 63.0 nmol/mg Creatinine
Homocitrulline <i>Argininosuccinate synthase</i>	45.7 H		6.1 - 43.5 nmol/mg Creatinine
Arginosuccinic Acid <i>Argininosuccinate lyase</i>	<DL		< 49.7 nmol/mg Creatinine

KEY: < dl = Results below detection limit.

5 - Toxic Impacts

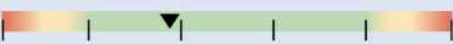
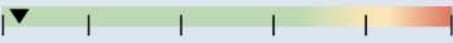
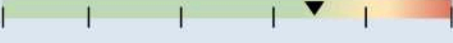
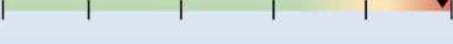
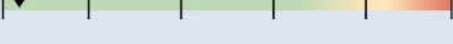
Kidney Impacts		Result	20%40%60%80%	Reference
Orotic Acid	3.9		0.7 - 6.0 nmol/mg Creatinine	
Uridine monophosphate synthase				
pH	5.4		5.0 - 8.0	
Microalbumin	<DL		< 130.4 mcg/mg Creatinine	
Blood protein				
Phosphate	32.1		11.2 - 192.4 mg/dL	
Charged particle (ion)				
Creatinine	72.8		29.3 - 296.8 mg/dL	
Creatine breakdown				
Oxalic Acid	426.5		< 1532.5 nmol/mg Creatinine	
Divalent metallic cations				

KEY: < dl = Results below detection limit.

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Medical Director - Diane Farhi, MD

6 - Microbial Metabolites

Amino Acid Microbial Metabolites		Result	20% 40% 60% 80%	Reference
4-Hydroxyphenylacetic Acid		160.0		85.8 - 902.3 nmol/mg Creatinine
<i>Disordered tyrosine metabolism</i>				
Indoleacetic Acid		36.6 H		< 13.7 nmol/mg Creatinine
<i>Disordered tryptophan metabolism</i>				
Polyphenols Microbial Metabolites		Result	20% 40% 60% 80%	Reference
3,4-Dihydroxyhydrocinnamic Acid		<DL		< 1490.3 nmol/mg Creatinine
<i>Polyphenol metabolite</i>				
3,5-Dihydroxybenzoic Acid		475.1 H		< 277.1 nmol/mg Creatinine
<i>Microbial metabolite</i>				
4-Hydroxybenzoic Acid		5.0		< 14.9 nmol/mg Creatinine
<i>Hydroxybenzoic acid derivative</i>				
Benzoic Acid		564.8 H		< 488.0 nmol/mg Creatinine
<i>Glycine N-benzoyltransferase</i>				
Hippuric Acid		406.8 H		< 291.9 nmol/mg Creatinine
<i>Glycine conjugate of benzoate</i>				
Isoflavone Microbial Metabolite		Result	20% 40% 60% 80%	Reference
Equol		<DL		< 12.8 nmol/mg Creatinine
<i>Isoflavone metabolite</i>				
Fungal Assessment		Result	20% 40% 60% 80%	Reference
Arabinitol		2.9		< 9.0 nmol/mg Creatinine
<i>Dehydrogenase</i>				

KEY: < dl = Results below detection limit.

PERSONALIZED METABOLOMIC RECOMMENDATIONS

Note: Nutrient supplementation is up to the treating clinician's discretion with full understanding of the patient's medical history and current clinical condition.

MICRONUTRIENTS	Support Required	Recommendations	Food Sources
B-Complex	None	No Additional Support	Mixed diet
Thiamin (B1)	None	1.2 mg*	Rice, wheat germ, lentils, peas, pork, whole wheat bread, spinach
Riboflavin (B2)	None	1.3 mg*	Milk, almonds, eggs, salmon, chicken, broccoli, spinach
Niacin (B3)	None	16 mg*	Chicken, tuna, turkey, cereal, peanuts, lentils, coffee
Cobalamine (B12)	None	2.4 mcg*	Clams, mussels, mackerel, crab, beef, salmon, milk, eggs
Folate (B9)	None	400 mcg DFE*	Lentils, garbanzo beans, spinach, asparagus, lima beans, orange juice
Biotin (B7)	None	30 mcg*	Eggs, liver, salmon, avocado, raspberries, cauliflower, bread
CoQ10	Moderate	60+ mg	Beef, herring, chicken, canola oil, Rainbow trout, peanuts, pistachio nuts, broccoli
Magnesium	None	420 mg*	Beef, pork, milk, cod, chicken, avocado
Carnitine	High	800 mg	Beef, pork, milk, cod, chicken, avocado
Copper	None	0.9 mcg	Eastern oysters, crab meat, clams, cashews, sunflowers, hazelnuts, almonds

* DV or Daily Values, are the recommended amounts of nutrients per day for a healthy, non-deficient adult.

PROTEIN	Findings	Suggested Recommendation
Phenylalanine	Low	Assess protein and calorie intake; evaluate catecholamine turnover and mood disorders
Isoleucine/allo-Isoleucine	Adequate	No Additional Support
Leucine	Adequate	No Additional Support
Valine	Adequate	No Additional Support
Tryptophan	Adequate	No Additional Support
Methionine	Adequate	No Additional Support
Threonine	Adequate	No Additional Support
Lysine	Adequate	No Additional Support
Histidine	Adequate	No Additional Support
Arginine	Adequate	No Additional Support
Glycine	Adequate	No Additional Support
Taurine	Adequate	No Additional Support

ADDITIONAL SUPPORT	Support Required	Suggested Recommendation
Glutathione Need	None	No Additional Support
Inflammation	None	No Additional Support
Liver Parameters	Moderate	Consider liver support such as, glycine or serine, omega-3 fatty acids, vitamin E, antioxidants and fiber rich foods; avoid saturated fats and added sugars.
Kidney Parameters	None	No Additional Support



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Responsável Técnico: Dr. Gustavo A. Campana — CRM/SP 112.181 • Análise executada por Diagnostic Solutions Laboratory (CLIA 11D-2097795)

A interpretação deste laudo é ato médico e depende da análise conjunta dos dados clínicos e demais exames do(a) paciente.

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