

SAMPLE REPORT



Mega Panel
for
JOHN L DOE
September 27, 2018



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Congratulations, JOHN L DOE! You have taken an important step toward understanding your own biochemistry. Knowledge is power and with this knowledge you will be able to make better choices about your lifestyle.

Protection to prevent oxidative damage is more optimal in the **green**, **blue** and **violet** ranges of the report scale. If your values are within the **yellow** range, you have enough nutrients to deal with everyday metabolic needs. However, in order to benefit from the effects of these compounds, a level in the **green**, **blue** or **violet** range is most desirable. Not all tests follow this exact color format due to the nature of the particular test (i.e. fatty acids, free T3, leucine, complete blood count, chemistry profile, etc.). Values that lie in the **orange** or **red** area in most instances indicate a need for improvement through diet and other means.

Standard laboratory results are considered acceptable if they are within two standard deviations of the mean. This is based upon the notion that 95 percent of the population is healthy, which we know is incorrect. For instance, health statistics indicate that one-third of the people in the "acceptable" range may develop cancer.

Most studies of the incidence of disease in relation to nutrient intake reveal that people in the upper levels (**violet**, **blue** and **green** range) of a group have the lowest incidence of illness.

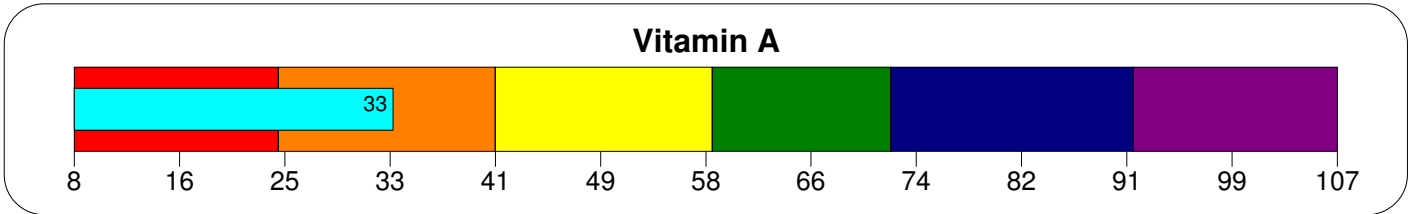
In our reporting HealthMarkers results, the term "more optimal nutrient level" is used when an individual's specific nutrient level is in the upper levels (**green**, **blue** and **violet** range) of the population.

Although you may not have received optimal values this time, you now have an opportunity to review your nutritional intake and make adjustments to enhance your biochemical status. We suggest that antioxidant levels be tested every year to check your progress.

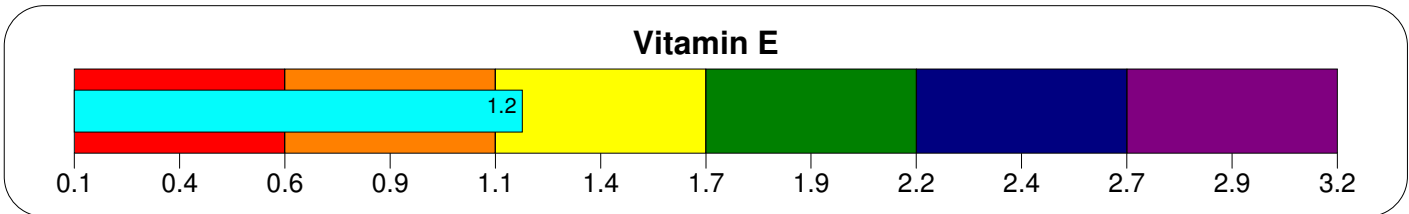
We recommend that you eat more of the nutrients listed in this report. You may want to learn more about nutrients by using the resources in the Mabee Library at the Riordan Clinic, visiting <https://riordanclinic.org>, or by visiting our YouTube Channel at <https://www.youtube.com/user/healthhunter1>.

The human body biochemically changes most of its cells every six years. Most cells in the body change more rapidly. Imagine how you want your body to be six years from now. Through HealthMarkers, you have the resources to be that person.

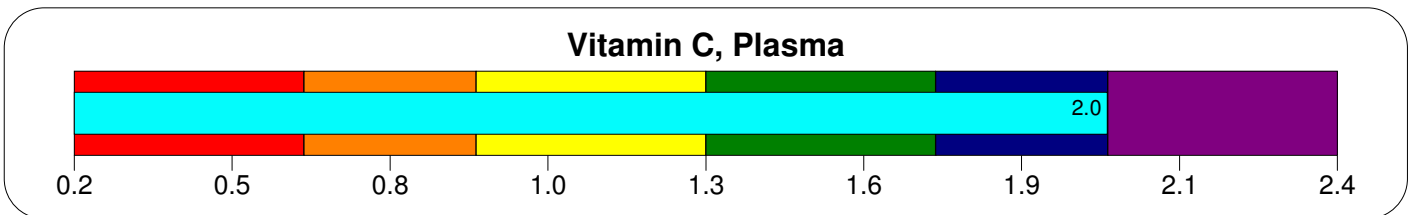
VITAMINS/NUTRIENTS



Your serum vitamin A level measured 33 ug/dL. While the normal range is 24 to 90 ug/dL, the optimal level for antioxidant protection is 74 to 107 ug/dL.

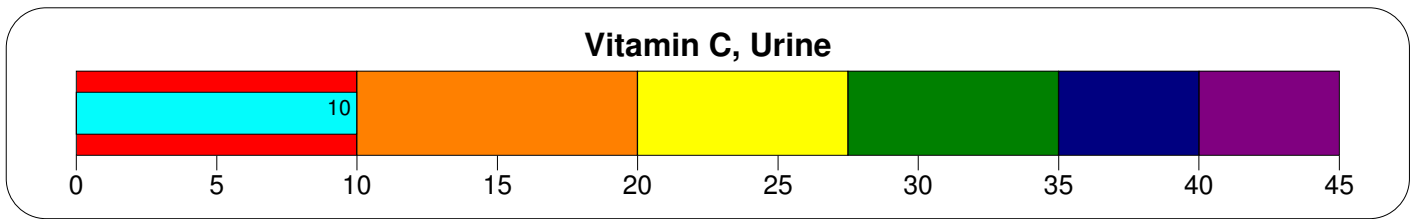


Your serum vitamin E measured 1.2 mg/dL. While the normal range is 0.6 to 2.7 mg/dL, the optimal level for prevention of degenerative diseases is 2.2 to 3.2 mg/dL.

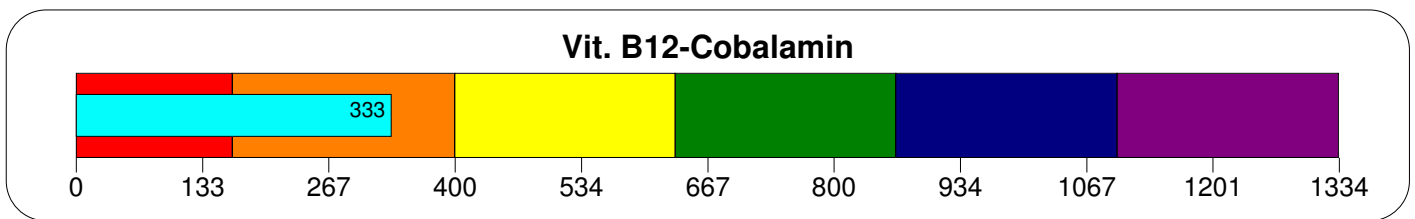


Your plasma vitamin C measured 2.0 mg/dL. While the normal range is 0.6 to 2.0 mg/dL, the optimal level for antioxidant protection is 1.7 to 2.4 mg/dL or above.

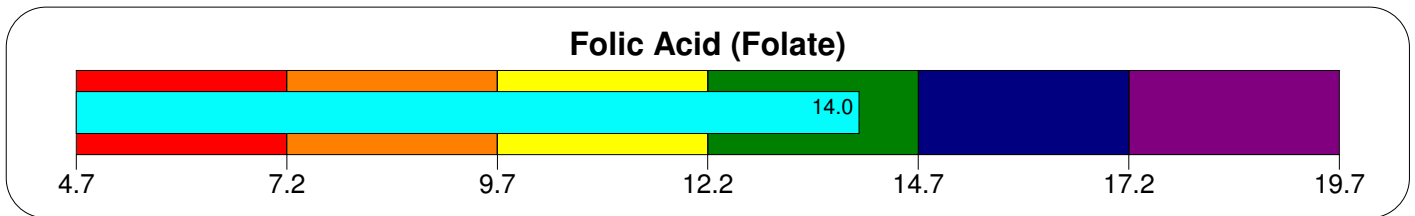
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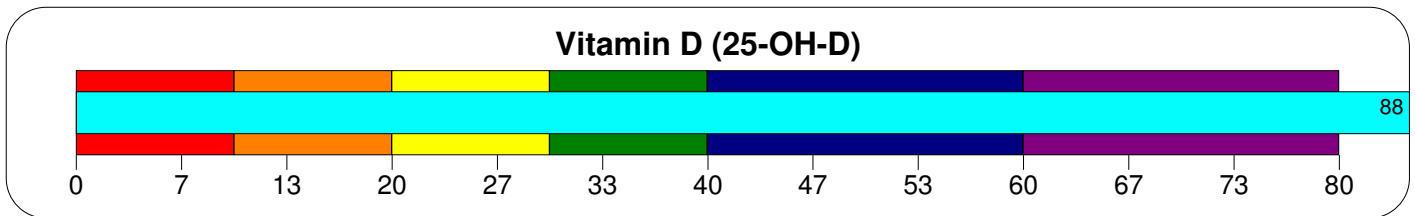
Your urine vitamin C measured 10 mg/dL. The optimal level for urine vitamin C is greater than 35 mg/dL.



Your serum vitamin B12 level measured 333 pg/mL. While the normal range is 165 to 1100 pg/mL the optimal level is greater than 866 pg/mL.

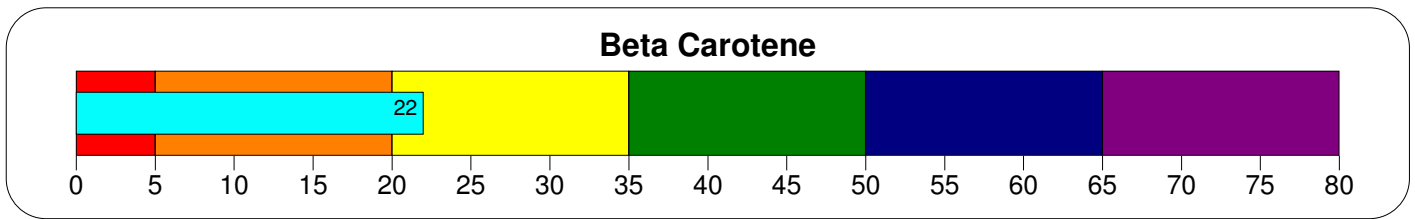


Your serum folate (folic acid) level measured 14.0 ng/mL. While the acceptable level is 7.2 to 17.2 ng/mL, the optimal level is greater than 14.7 ng/mL.

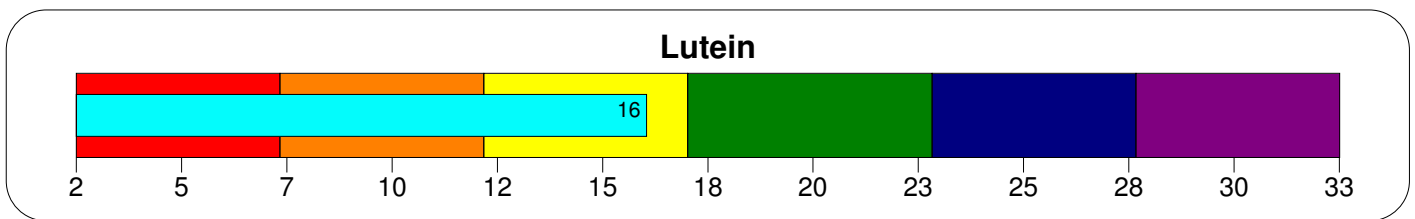


Your vitamin D (25-hydroxyvitamin D) measured 88 ng/mL. The optimal range for vitamin D is 40 to 80 ng/mL.

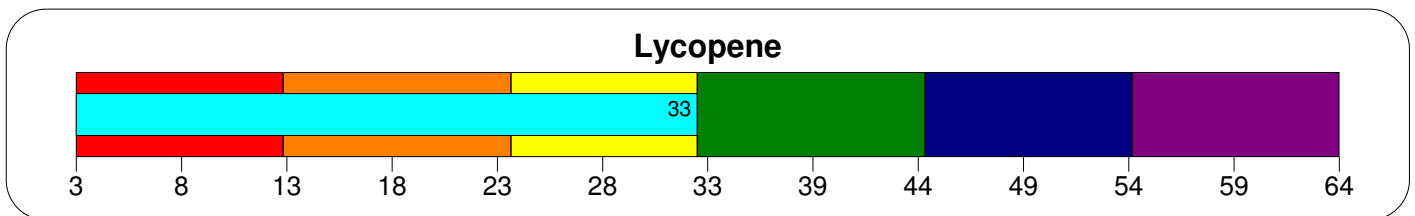
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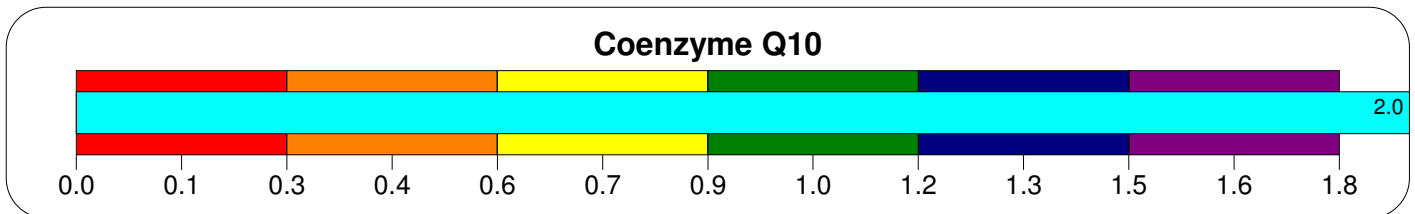
Your serum beta carotene measured 22 ug/dL. While the normal range is 5 to 65 ug/dL, the optimal level of serum beta carotene is 50 to 80 ug/dL.



Your serum lutein measured 16 ug/dL. While the normal range is 7 to 28 ug/dL, the optimal level is 23 to 33 ug/dL.

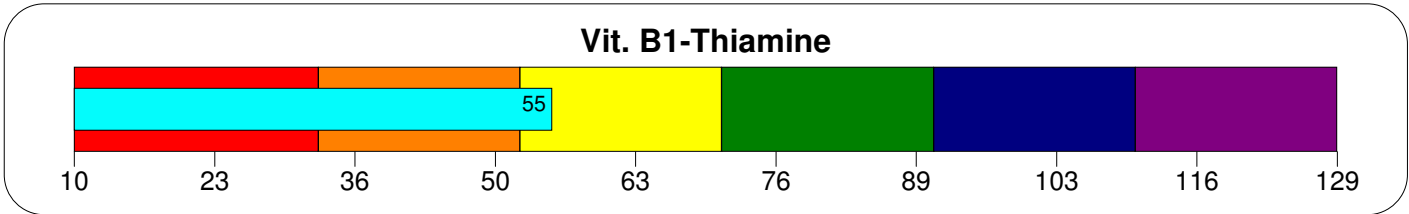


Your serum lycopene level measured 33 ug/dL. While the normal range is 13 to 54 ug/dL, the optimal level for serum lycopene is 44 to 64 ug/dL.

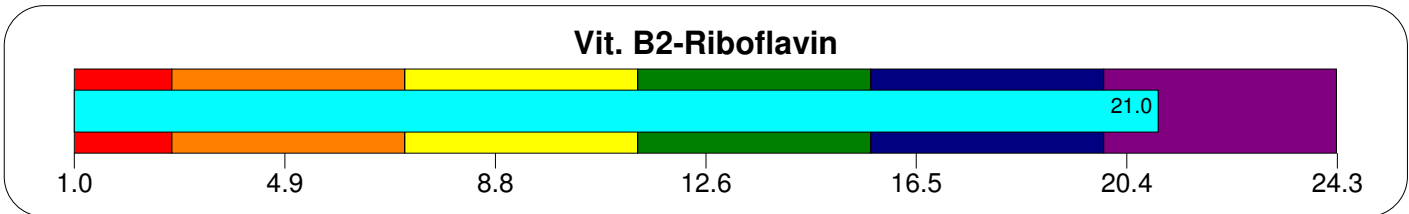


Your serum Coenzyme Q10 measured 2.0 ug/mL. While the normal range is 0.3 to 1.5 ug/mL, the optimal level of serum Coenzyme Q10 is 1.2 to 1.8 ug/mL.

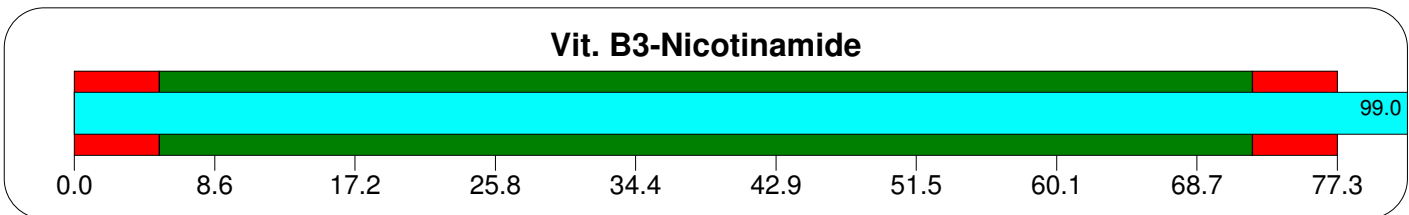
B ASSESSMENT PROFILE



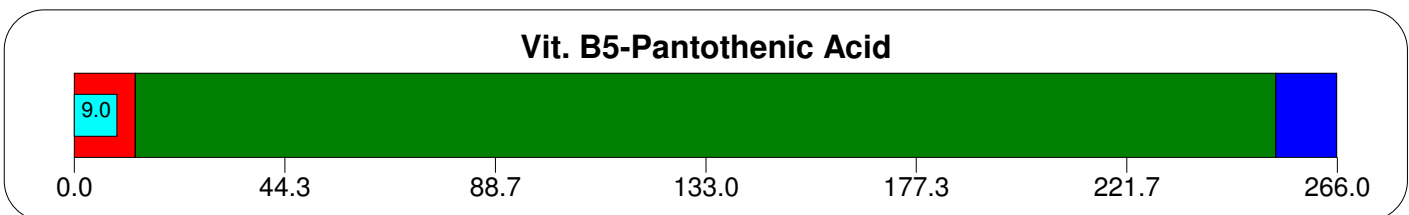
Your blood vitamin B1 measured 55 ug/L. While the normal range is 33 to 110 ug/L, the optimal level of Vitamin B1 is 91 to 129 ug/L.



Your blood vitamin B2 measured 21.0 ug/L. The normal range is 2.8 to 20.0 ug/L. The optimal range is 15.7 to 24.3 ug/L.

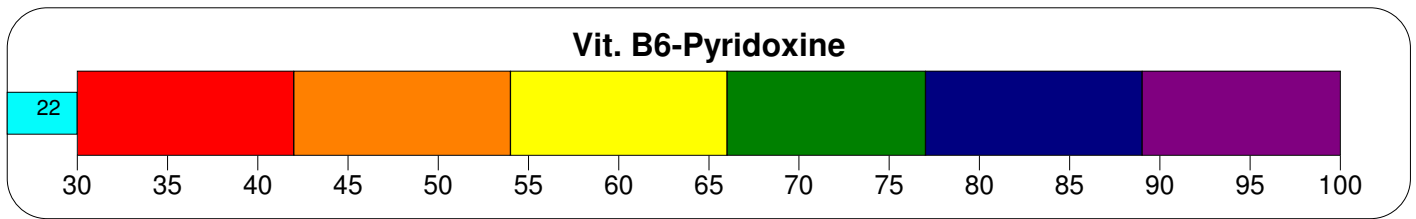


Your blood vitamin B3 Nicotinamide measured 99.0 ng/mL. The normal range is 5.2 to 72.1 ng/mL.



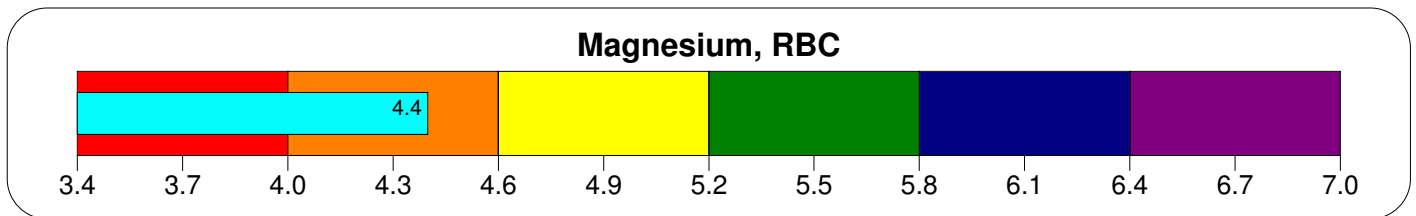
Your blood vitamin B5 measured 9.0 ng/dL. The normal range is 12.9 to 253.1 ng/dL.

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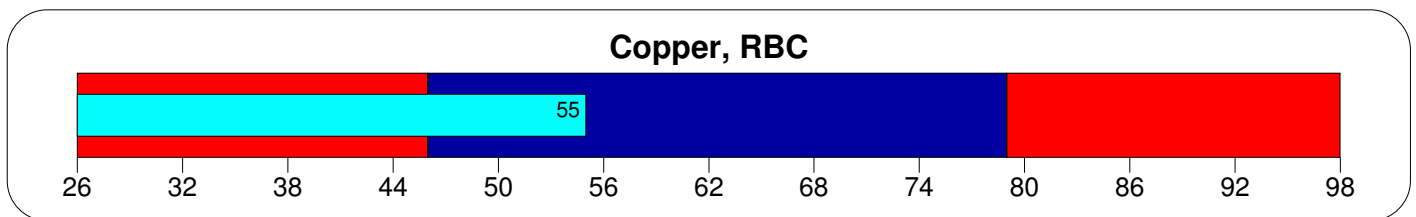


Your blood vitamin B6 measured 22 percent saturation. While the normal range is 42 percent to 89 percent saturation, the optimal level of vitamin B6 is 77 percent to 100 percent saturation.

MINERALS

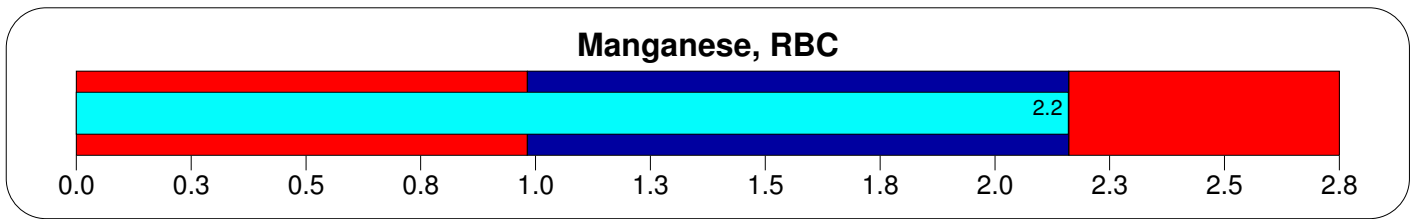


Your red blood cell magnesium measured 4.4 mg/dL. While the normal range is 4.0 to 6.4 mg/dL, the optimal range of magnesium is 5.8 to 7.0 mg/dL.

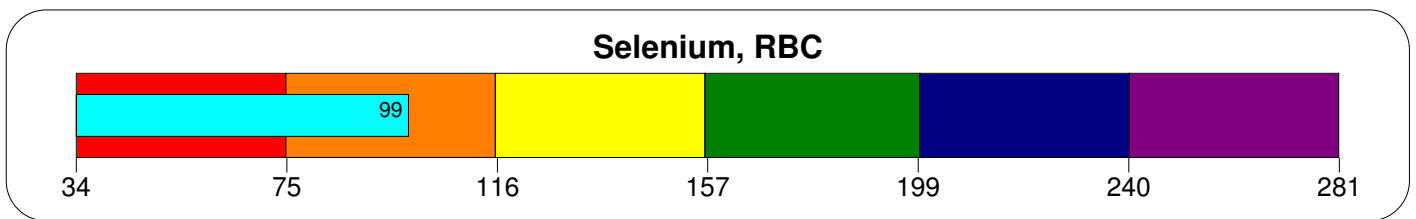


Your red blood cell copper measured 55 ug/dL. The normal range is 46 to 79 ug/dL, which is also the optimal range.

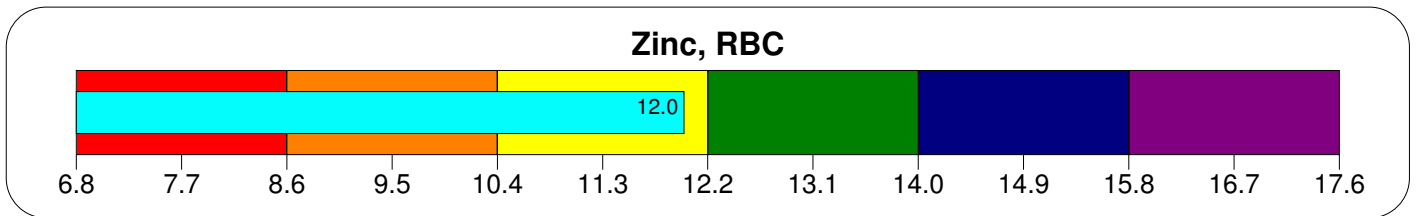
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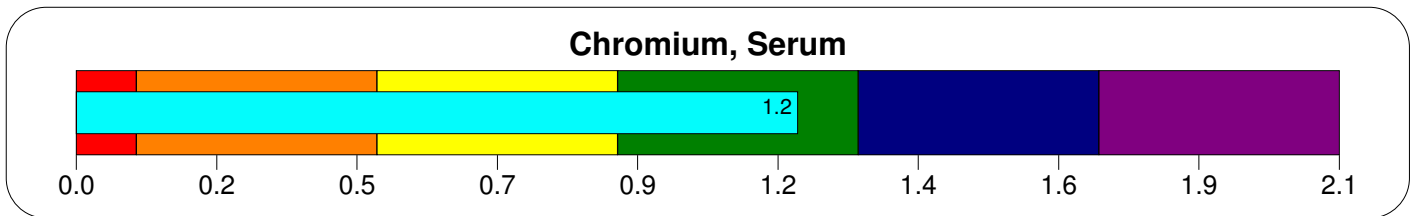
Your red blood cell manganese measured 2.2 ug/dL. The normal range is 1.0 to 2.2 ug/dL, which is also the optimal range.



Your red blood cell selenium measured 99 ug/L. While the normal range is 75 to 240 ug/L, the optimal level is 199 to 281 ug/L.

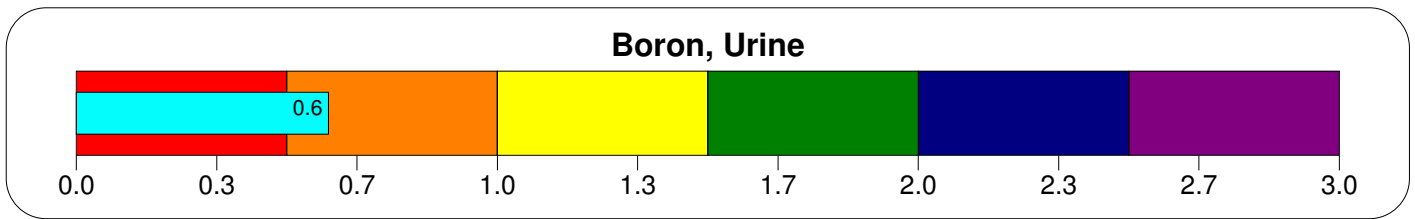


Your red blood cell zinc measured 12.0 ug/mL. While the normal value is 8.6 to 15.8 ug/mL, the optimal level is 14.0 to 17.6 ug/mL.

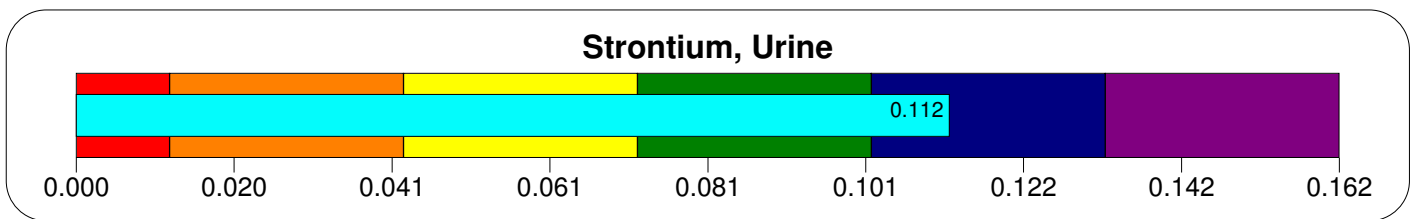


Your serum chromium level measured 1.2 ug/L. While the normal range is 0.1 - 1.7 ug/L; the optimal level is 1.3 to 2.1 ug/L.

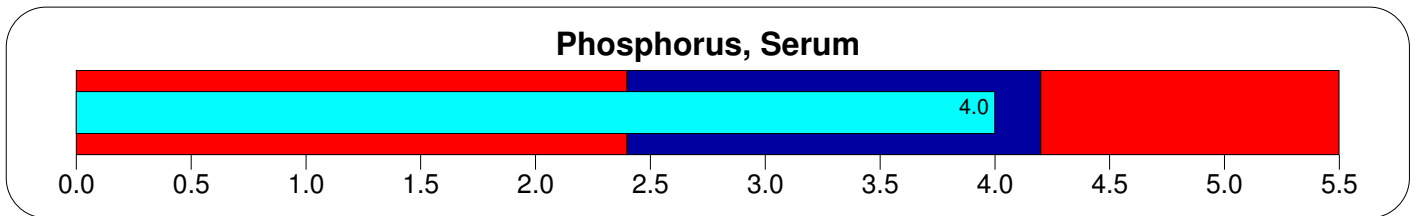
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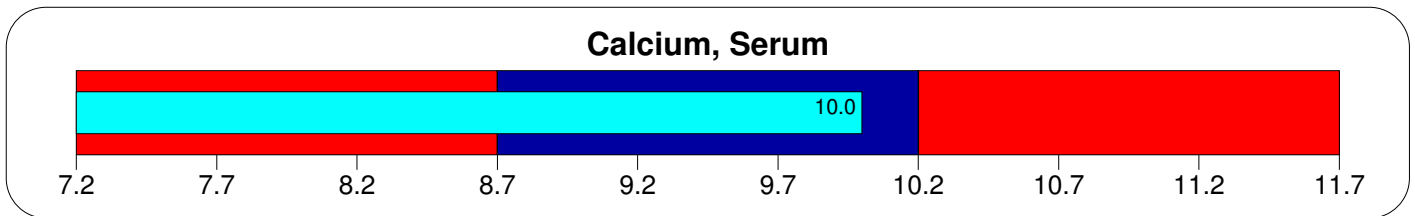
Your boron level measured 0.6 ug/mL. While the normal level is 0.5 - 2.5 ug/mL, the optimal level is above 2.0 ug/mL.



Your strontium level measured 0.112 ug/mL. The normal range is 0.012 - 0.132 ug/mL. Optimal levels are above 0.102 ug/mL.



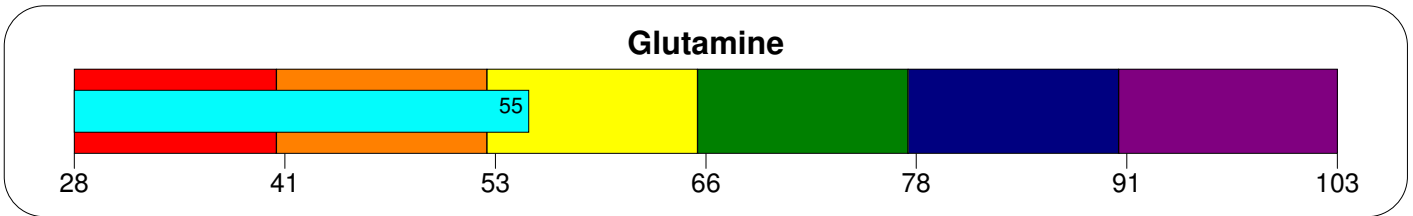
Your serum phosphorus measured 4.0 mg/dL. The normal range is 2.4 to 4.2 mg/dL. This is also the optimal range.



Your serum calcium measured 10.0 mg/dL. The normal range is 8.7 to 10.2 mg/dL, which is also the optimal range.

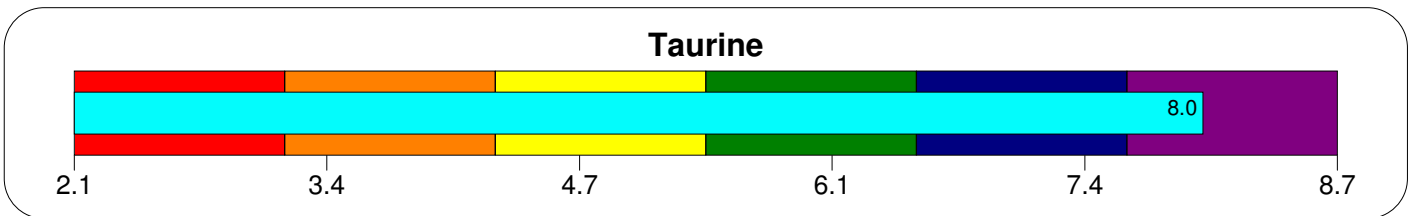
AMINO ACIDS

Glutamine



Your plasma glutamine level measured 55 umol/dL. While the normal range is 40 to 90 umol/dL, the optimal level of plasma glutamine is 78 to 103 umol/dL.

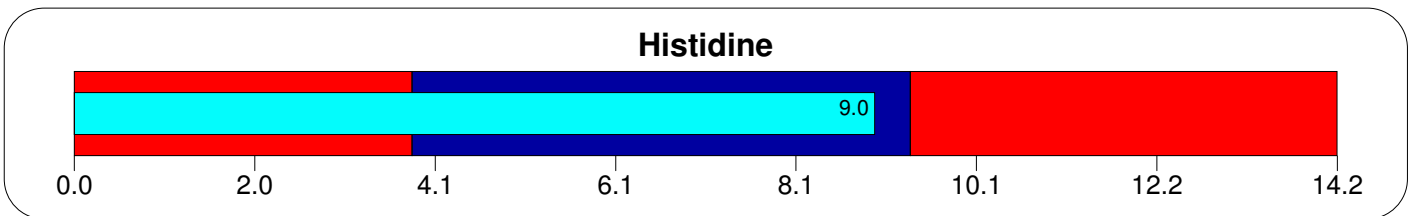
Taurine



Your plasma taurine level measured 8.0 umol/dL. The normal range is 3.2 to 7.6 umol/dL. The optimal level for adults over 12 years is 6.5 to 8.7 umol/dL; while the optimal level for children 12 and under is 6.8 to 10.5 umol/dL.

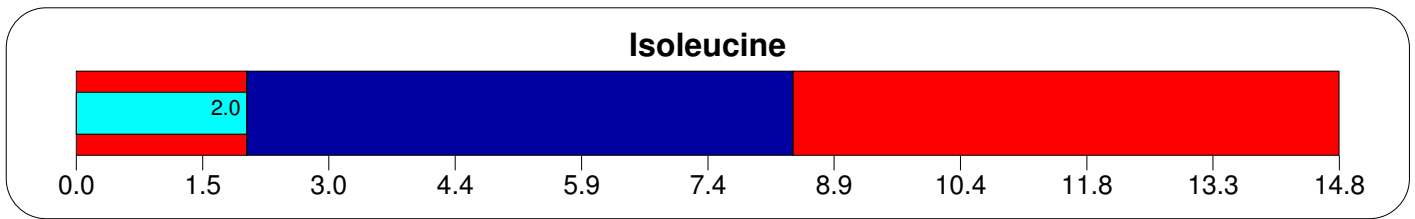
AMINO ACIDS-ESSENTIAL

Histidine

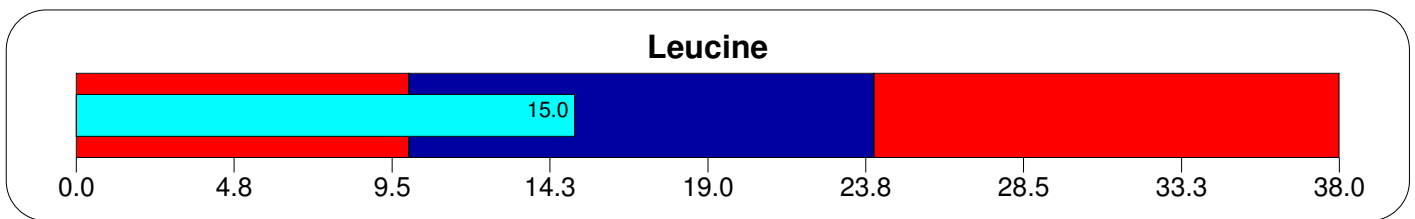


Your plasma histidine level measured 9.0 umol/dL. The acceptable range is 3.8 to 9.0 umol/dL, which is also the optimal range.

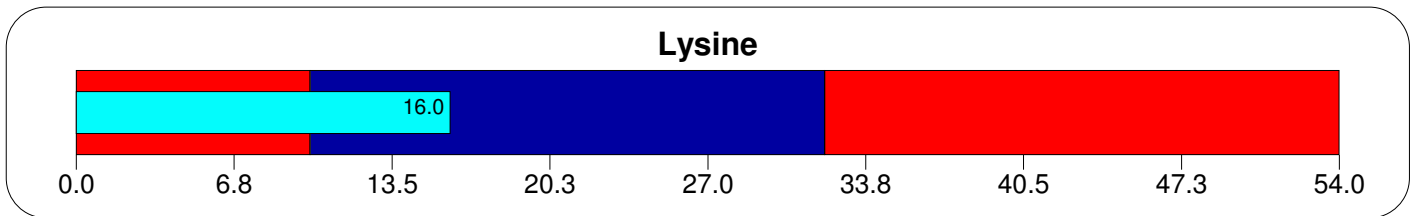
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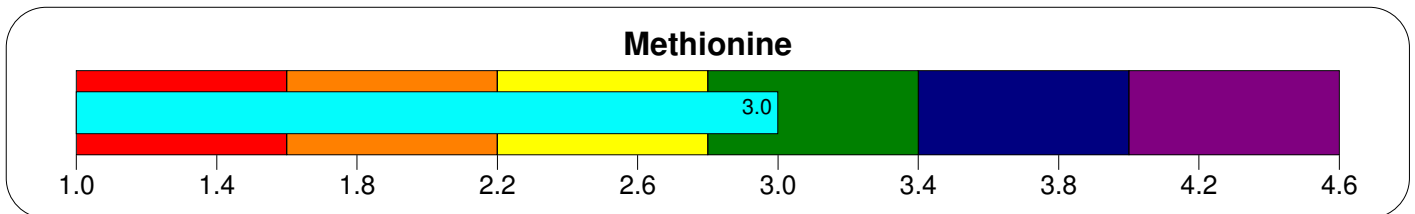
Your plasma isoleucine level measured 2.0 umol/dL. An acceptable level is 2.0 to 8.4 umol/dL, which is also the optimal range.



Your plasma leucine measured 15.0 umol/dL. The acceptable range is 10.0 to 24.0 umol/dL, which is also the optimal range.

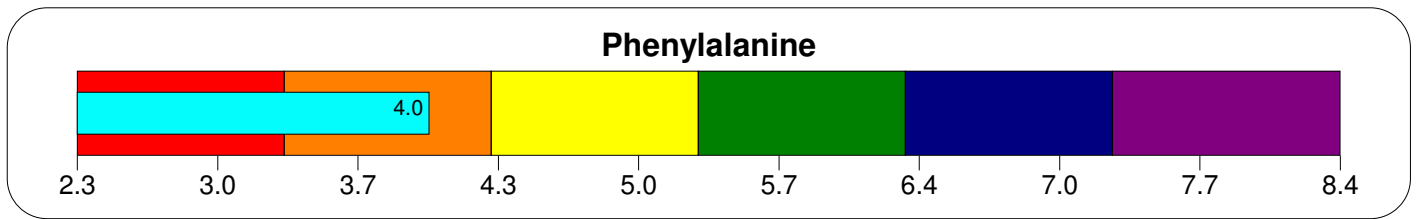


Your plasma lysine level measured 16.0 umol/dL. The acceptable range is 10.0 to 32.0 umol/dL, which is also the optimal range.

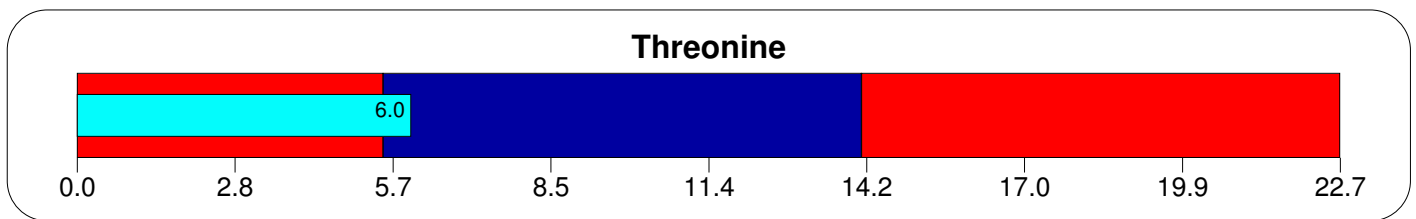


Your plasma methionine measured 3.0 umol/dL. While the normal range is 1.6 to 4.0 umol/dL, the optimal plasma methionine level for adults over 12 years is 3.4 to 4.6 umol/dL.

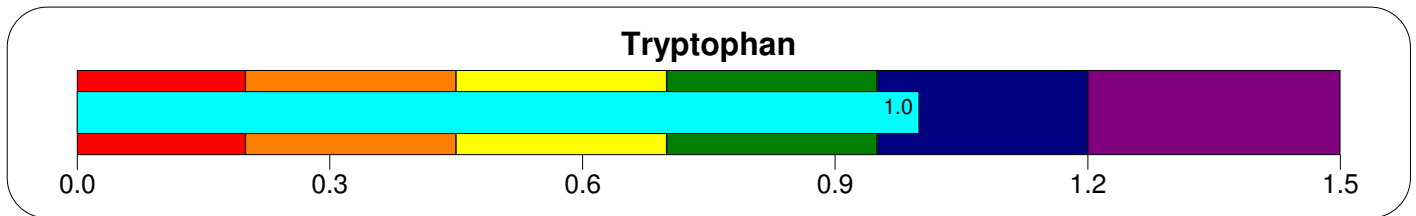
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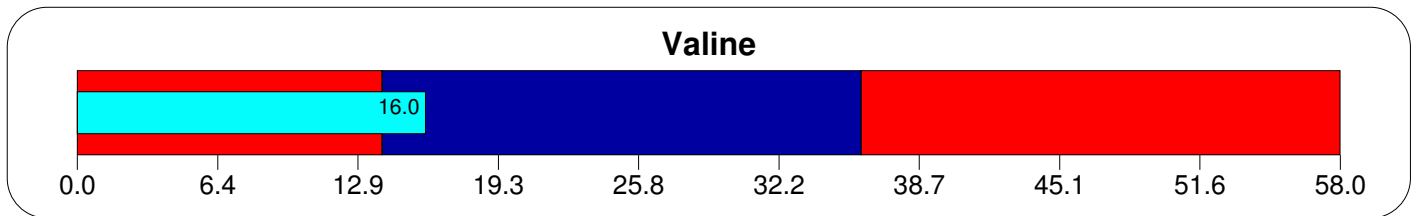
Your plasma phenylalanine measured 4.0 umol/dL. The normal range is 3.5 to 8.4 umol/dL. The optimal level of plasma phenylalanine for adults over 12 years is 6.0 to 8.4 umol/dL.



Your plasma threonine level measured 6.0 umol/dL. The acceptable range is 5.5 to 14.1 umol/dL, which is also the optimal range.

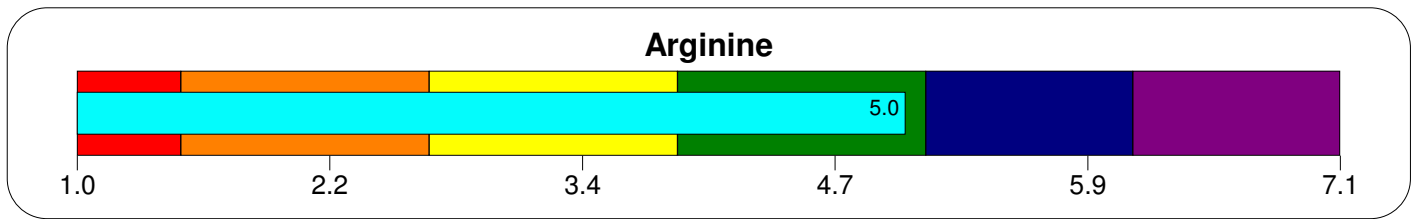


Your plasma tryptophan level measured 1.0 umol/dL. While the normal range is 0.2 to 1.2 umol/dL, the optimal level is 0.95 to 1.45 umol/dL.



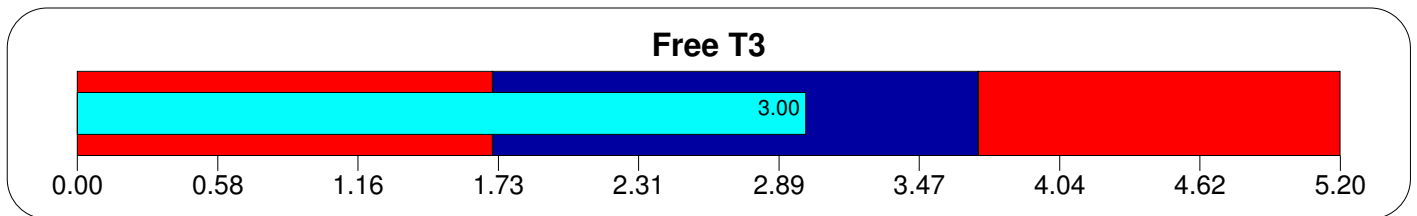
Your plasma valine level measured 16.0 umol/dL. The acceptable range is 14.0 to 36.0 umol/dL. This is also the optimal range.

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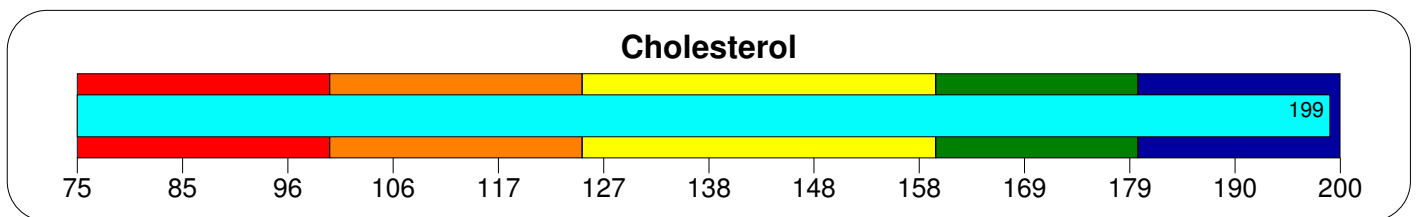
Your plasma arginine level measured 5.0 umol/dL. While the normal range is 1.5 to 6.0 umol/dL, the optimal level of plasma arginine is 4.9 to 7.1 umol/dL.

THYROID TESTING



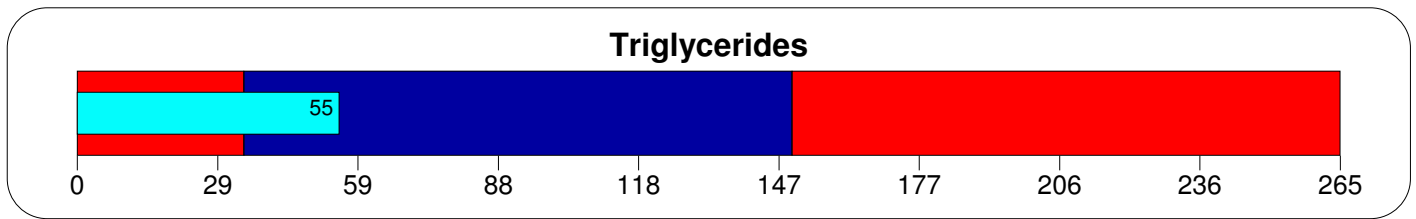
Your Free T-3 measured 3.00 pg/mL. The normal level is 1.71 to 3.71 pg/mL. This is the same as the optimal level.

LIPID PROFILE

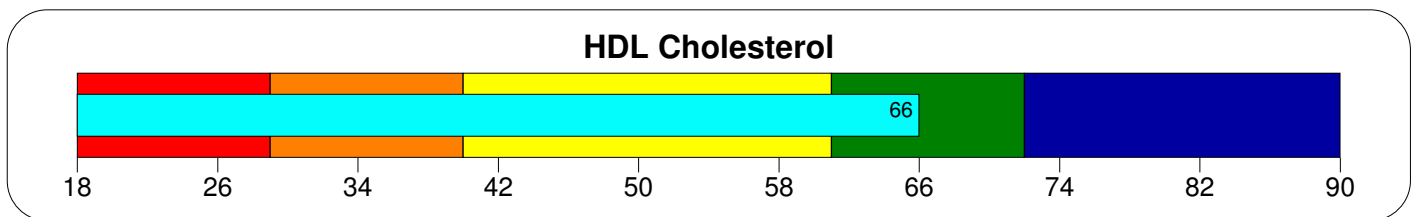


Your Cholesterol measured 199 mg/dL. The Riordan Clinic recommends that optimal levels lie between 160-200 mg/dL. Note that optimal levels may vary on an individual basis.

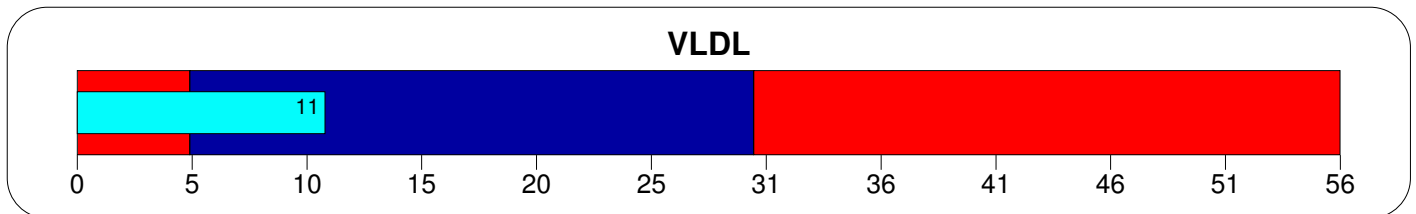
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Your triglycerides measured 55 mg/dL. The optimal triglyceride level is 35 to 150 mg/dL.

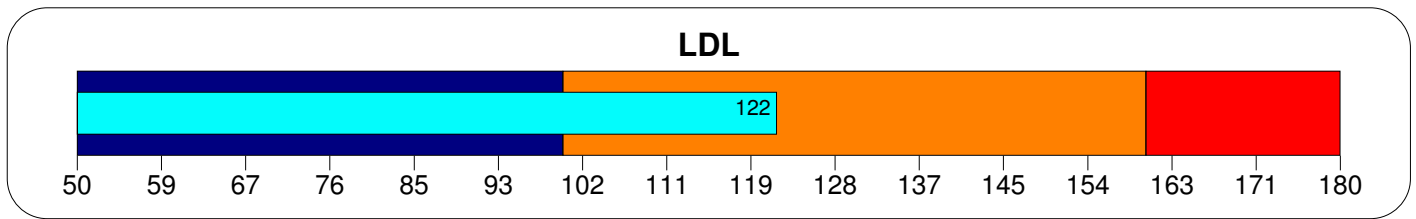


Your high density lipoprotein measured 66 mg/dL. While the normal range is 29 mg/dL to 72 mg/dL, the recommended level for HDL Cholesterol is greater than 40 mg/dL for men and greater than 50 mg/dL for women.



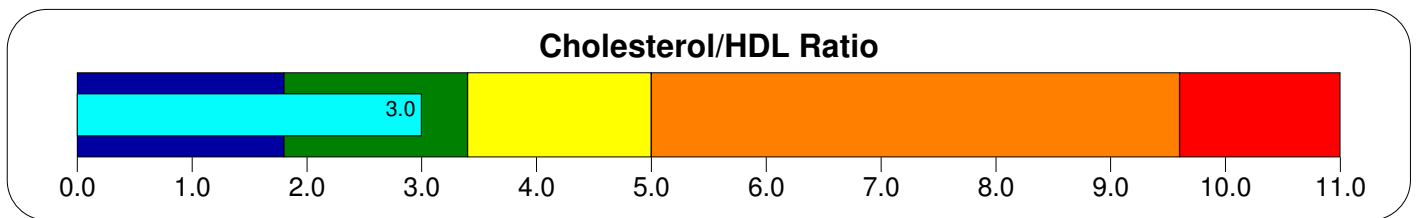
Your very low density lipoprotein (VLDL) measured 11 mg/dL. The optimal VLDL level is 5 to 30 mg/dL.

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Your low density lipoprotein measured 122 mg/dL. The normal level is 50 to 100 mg/dL.

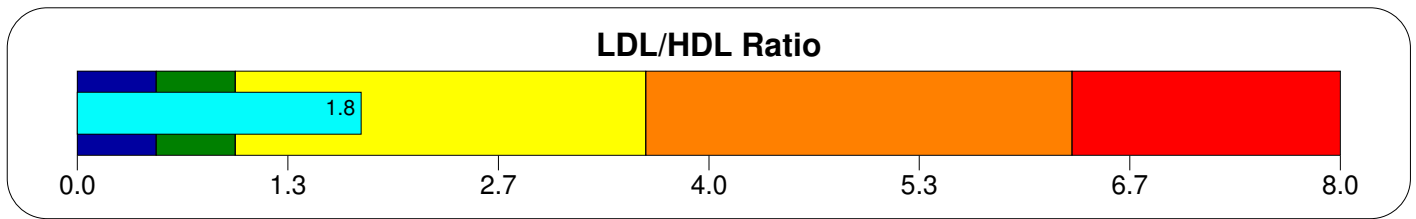
Risk Classification	Adult levels
Desirable	<100 mg/dL
Borderline Risk	100-159 mg/dL
High Risk	>160 mg/dL



Your cholesterol/HDL ratio is 3.0.

Risk Classification	Male	Female
1/2 Average Risk	< 3.4	< 3.3
Average Risk	3.4 - 5.0	3.3 - 4.4
2 Times Average Risk	5.1 - 9.6	4.5 - 7.1
3 Times Average Risk	9.7 - 23.0	7.2 - 11.0

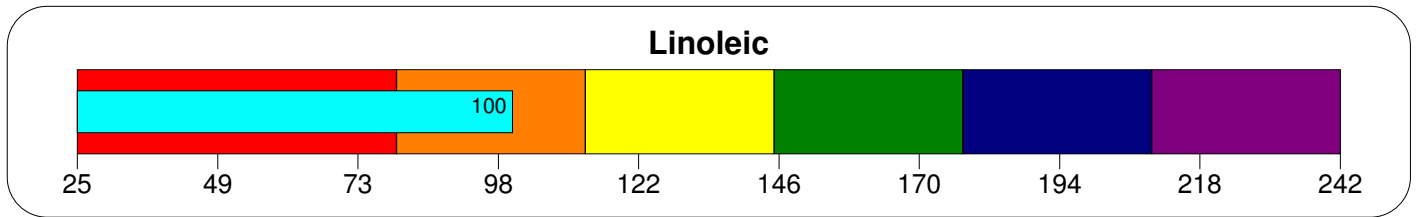
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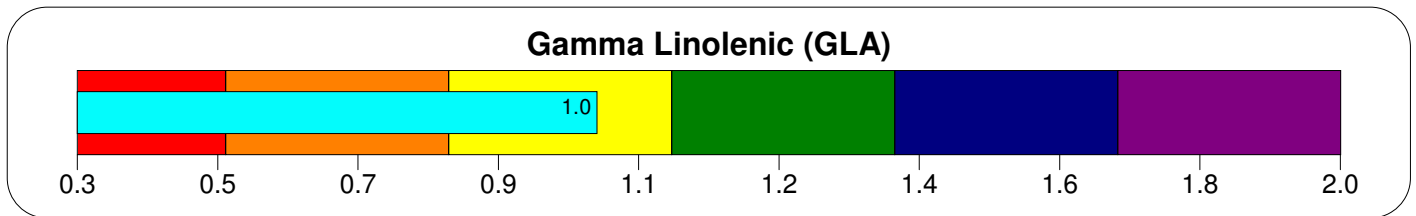
Your LDL/HDL ratio is 1.8.

Risk Classification	Male	Female
1/2 Average Risk	< 1.0	< 1.5
Average Risk	1.0 - 3.6	1.5 - 3.2
2 Times Average Risk	3.7 - 6.3	3.3 - 5.0
3 Times Average Risk	6.4 - 8.0	5.1 - 6.1

FATTY ACIDS-OMEGA 6-RBC

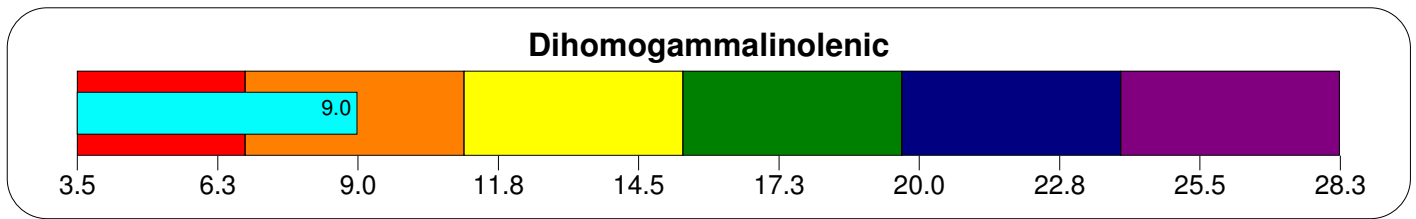


Your red blood cell linoleic fatty acid (LA) level measured 100 uM/L. The normal range is 80 - 210 uM/L. A result greater than 178 uM/L is optimal.

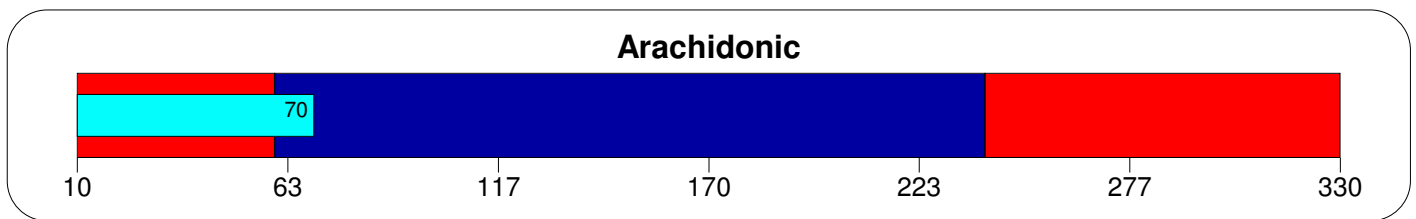


Your red blood cell gamma linolenic (GLA) fatty acid level measured 1.0 uM/L. The normal range is 0.5 - 1.7 uM/L. Values greater than 1.4 uM/L are considered optimal.

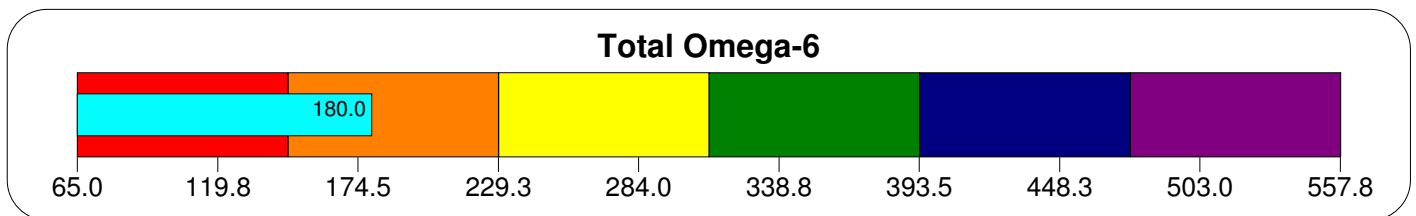
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Your red blood cell dihomogammalinolenic fatty acid (DGLA) level measured 9.0 uM/L. The normal level is 6.8 - 24.0 uM/L. A result greater than 19.7 uM/L is considered optimal.

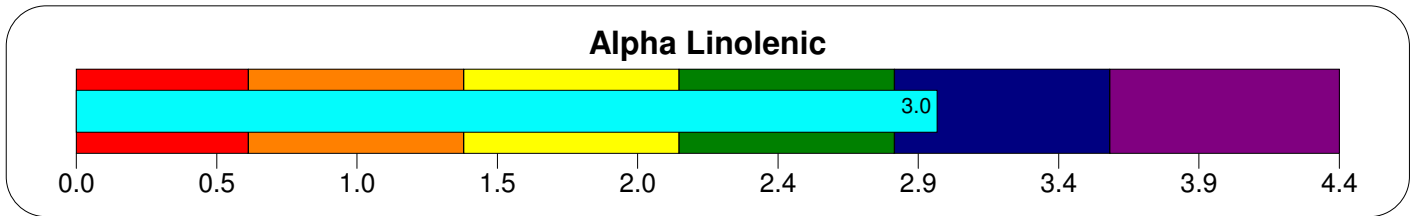


Your red blood cell arachidonic (AA) fatty acid level measured 70 uM/L. The normal range is 60 - 240 uM/L which is also the optimal level. Levels that are lower or higher indicate that AA is out of balance.

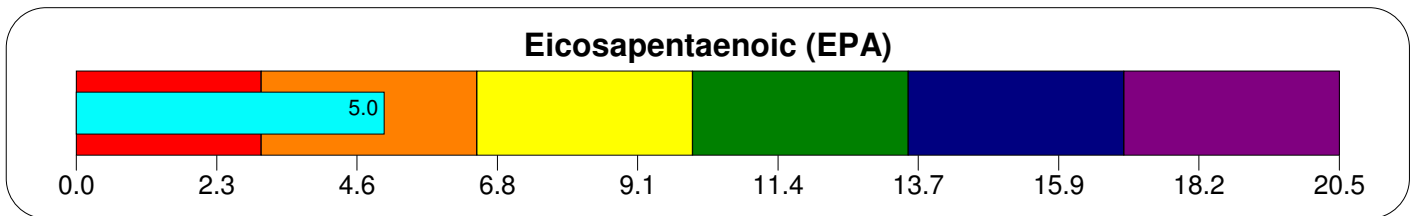


Your total red blood cell omega-6 fatty acids (linoleic, gamma linolenic, dihomogamma-linolenic and arachidonic) are 180.0 uM/L. The normal range is 147.3 - 475.7 uM/L. A value greater than 393.6 uM/L is considered optimal.

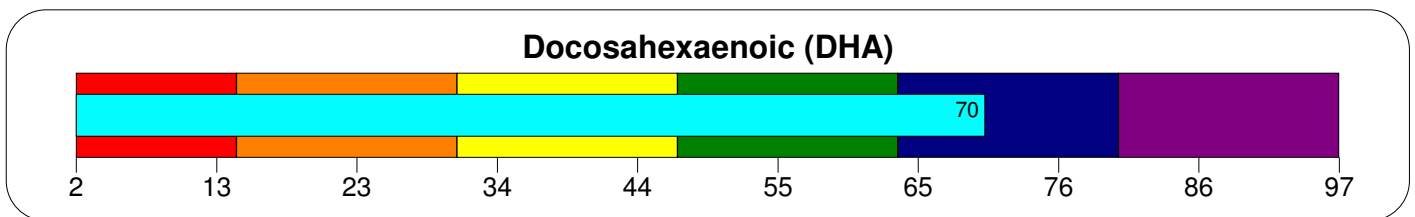
FATTY ACIDS-OMEGA 3-RBC



Your red blood cell alpha-linolenic (ALA) fatty acid level measured 3.0 uM/L. The normal range is 0.6 - 3.6 uM/L. A value greater than 2.85 uM/L is considered optimal.

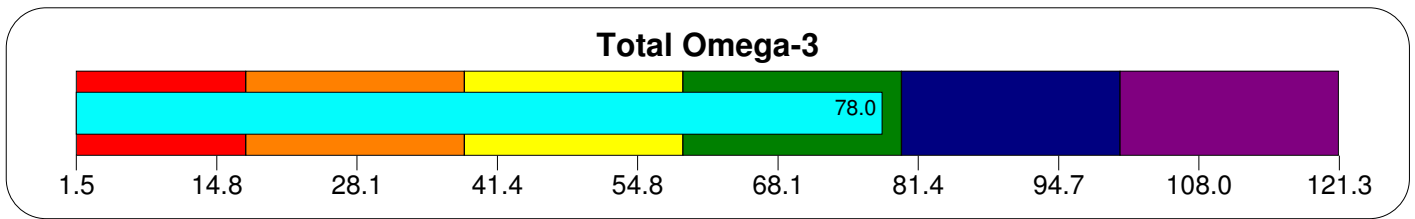


Your red blood cell eicosapentaenoic fatty acid (EPA) level measured 5.0 uM/L. The normal range is 3.0 - 17.0 uM/L. Values greater than 13.5 uM/L are considered optimal.

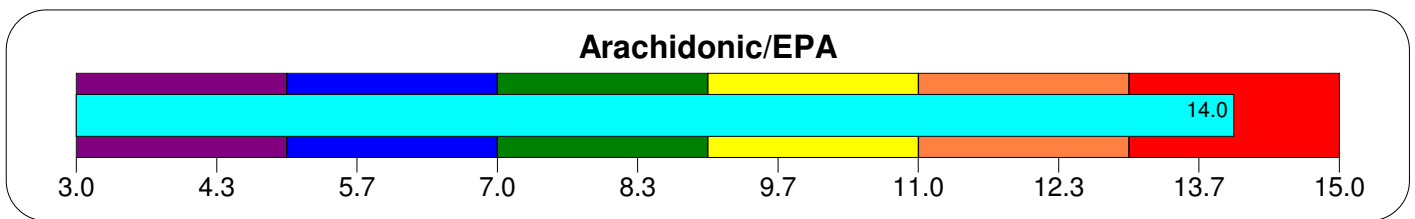


Your red blood cell docosahexaenoic fatty acid (DHA) level measured 70 uM/L. The normal range is 14 - 80 uM/L. Achieving a value greater than 63.5 uM/L is optimal.

Results For JOHN L DOE
Specimen obtained 09/27/2018

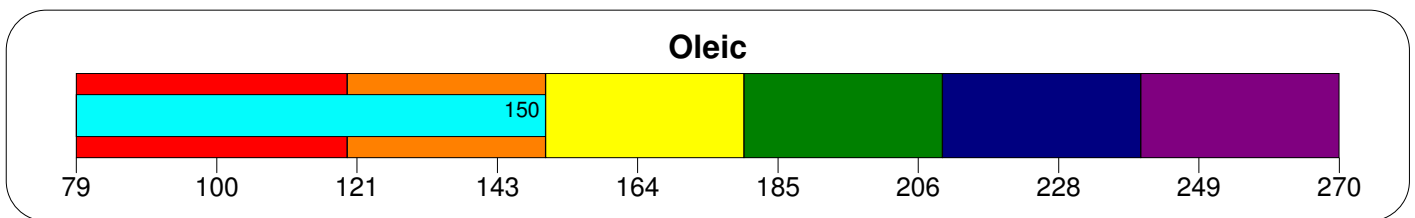


Your total red blood cell omega-3 fatty acids measured 78.0 uM/L. The normal range is 17.6 - 100.6 uM/L. Values greater than 79.9 uM/L are considered optimal.



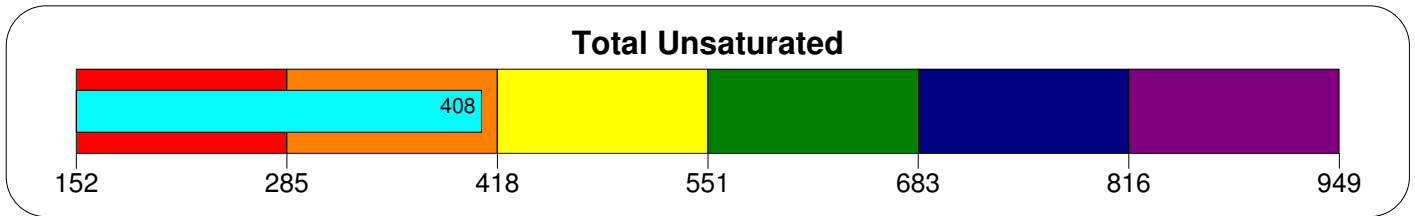
Your arachidonic acid (AA) to eicosapentaenoic acid (EPA) ratio is 14.0. The normal range is a ratio between 5.0 and 13.0. The optimal range is a ratio value less than 7.

FATTY ACID-MONOUNSAT.-RBC



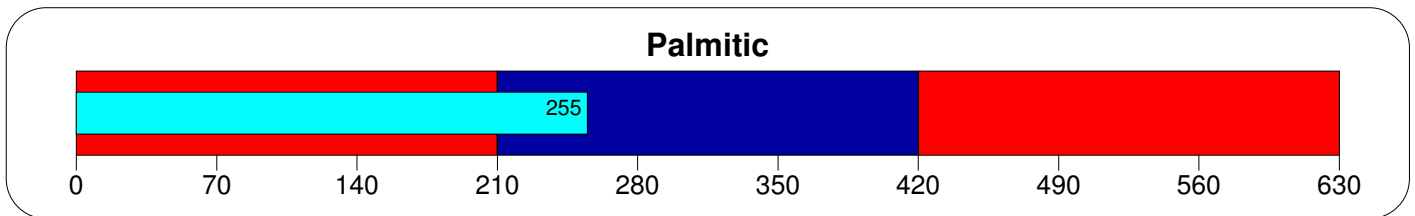
Your red blood cell oleic fatty acid (OA) level measured 150 uM/L. The normal range is 120 - 240 uM/L. A value greater than 210 uM/L is optimal.

FATTY ACID-Unsaturat.-RBC

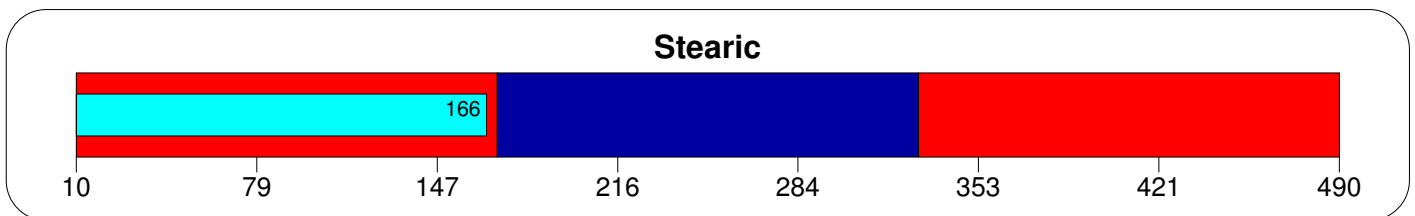


Your total unsaturated fatty acids measured 408 uM/L. The normal range is 285 uM/L to 816 uM/L. Values greater than 683 uM/L are considered optimal.

FATTY ACID-SATURATED-RBC

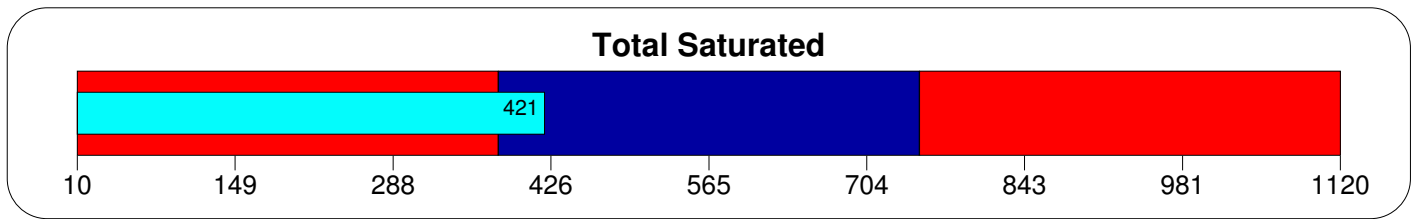


Your red blood cell palmitic (PA) fatty acid level measured 255 uM/L. The normal range is 210 - 420 uM/L which is also the optimal range.

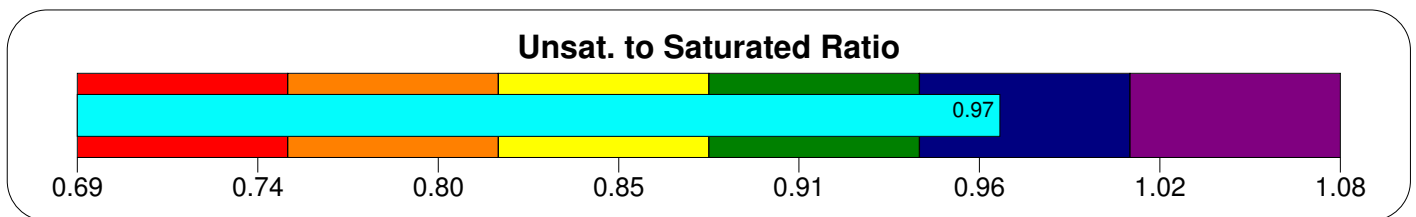


Your red blood cell stearic (SA) fatty acid level measured 166 uM/L. The normal range is 170 - 330 uM/L which is also the optimal range.

Results For JOHN L DOE
Specimen obtained 09/27/2018

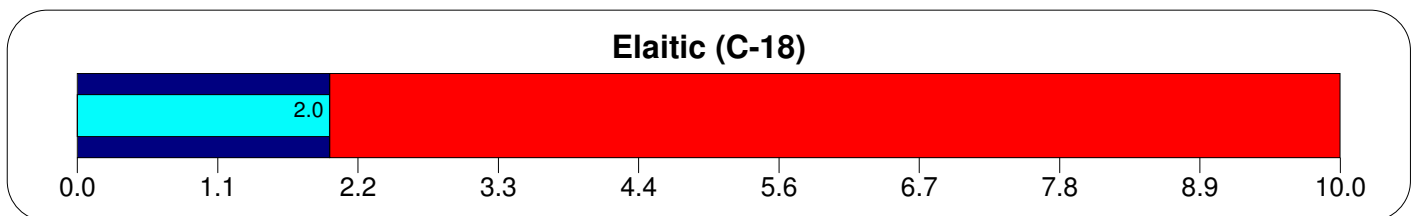


Your total saturated fatty acids are 421 uM/L. The normal range is 380 - 750 uM/L which is also the optimal range.



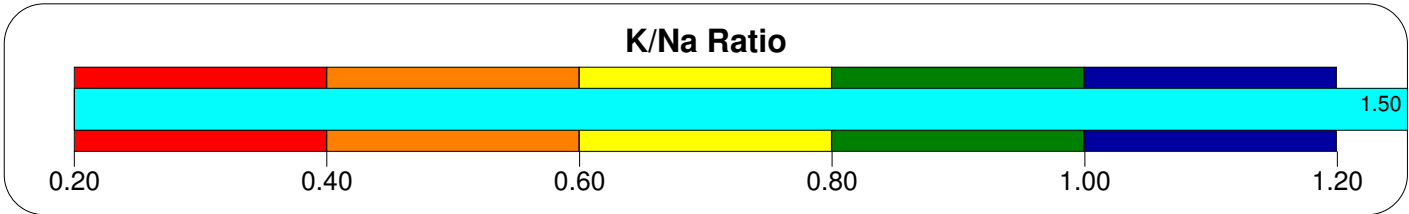
Your unsaturated to saturated fatty acid ratio is 0.97. The normal range is 0.75 - 1.01. A result greater than 0.95 is considered optimal.

TRANS FATTY ACIDS-RBC

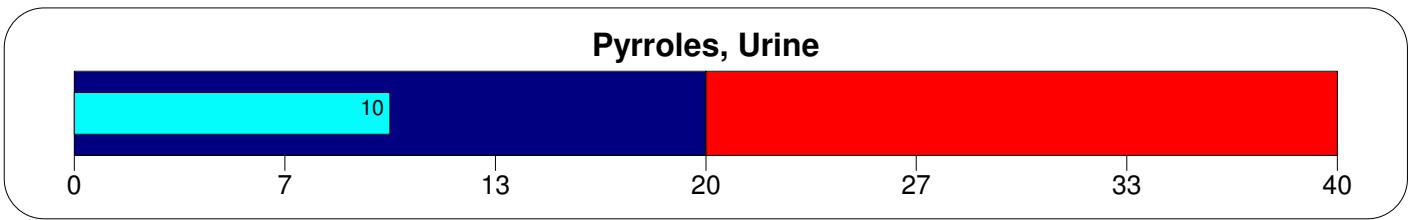


Your elaitic trans fatty acid was 2.0 uM/L. The usual American diet produces a range between 2.0 - 10.0 uM/L. The optimal range is less than 2.0.

URINE CHEMISTRIES

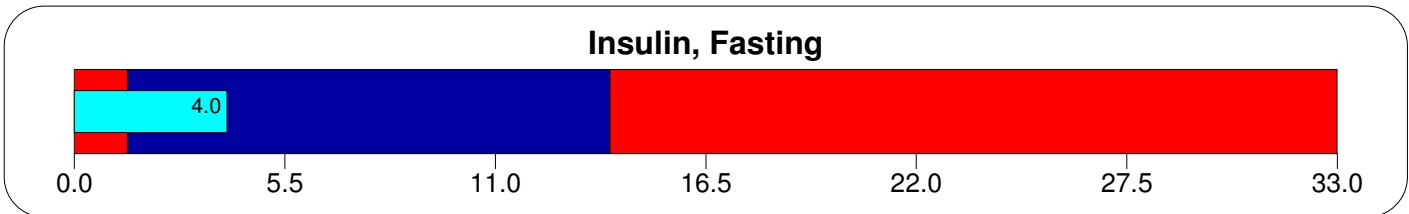


Your urine potassium/sodium(K/Na) ratio measures 1.50. The average American diet produces a urine K/Na ratio of about 0.40 to 1.00 (urine potassium (K) result divided by urine sodium (Na) result). A ratio of 0.8 or higher is an optimal ratio.



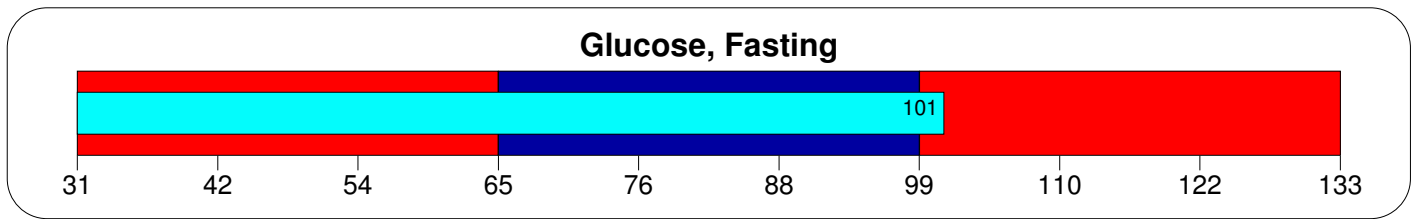
Your urine pyrrole measured 10 ug/dL. The normal range is less than 20 ug/dL, which is also the optimal range.

GLUCOSE MONITORING

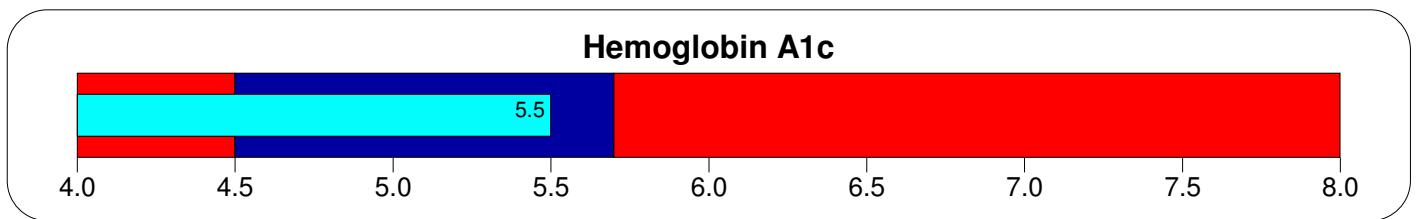


Your fasting insulin level was 4.0 uU/mL. Optimal levels are between 1.4 and 14.0 uU/mL.

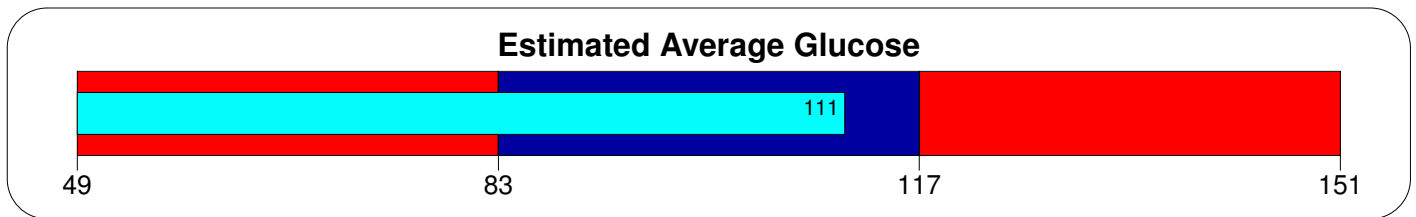
Results For JOHN L DOE
 Specimen obtained 09/27/2018



Your fasting glucose measured 101 mg/dL. The normal range is 65 and 99 mg/dL.



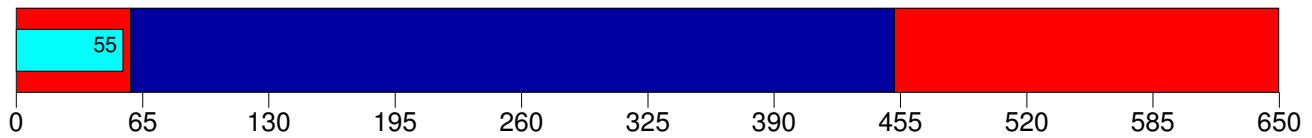
Your blood Hemoglobin A1c measured 5.5%. The normal range of 4.5 to 5.7% is also the optimal range.



Your estimated average glucose (eAG) measured 111 mg/dL. Optimal levels lie between 83-117 mg/dL.

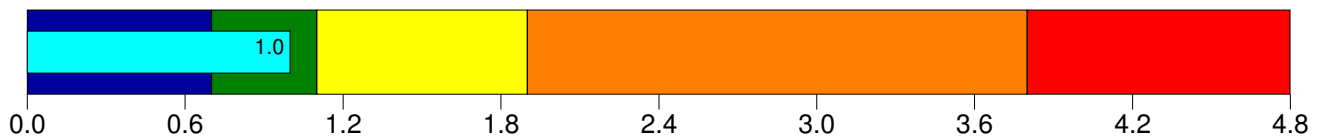
SPECIAL ASSAYS

DHEA-S



Your blood DHEA-S measured 55 ug/dL. The normal range is 59 to 452 ug/dL. This is also the optimal range.

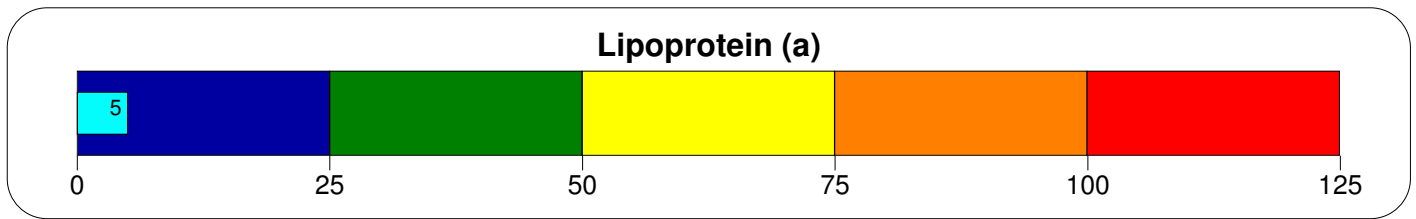
CRP-hs



Your C-Reactive Protein (CRP-hs) measured 1.0 mg/L. The normal range is less than 1.9 mg/L while the optimal range is less than 0.7 mg/L.

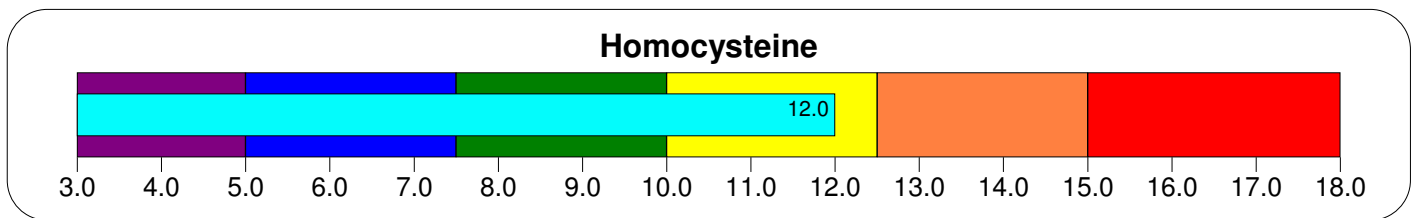
Risk Categories for CHD	CRP (mg/L)
Very Low	less than 0.7
Low	0.7 - 1.1
Moderate	1.2 - 1.9
High	2.0 - 3.8
Very High	greater than 3.8

Results For JOHN L DOE
Specimen obtained 09/27/2018



Your lipoprotein (a) measured 5 nmol/L. While the normal range is less than 75 nmol/L, the optimal range is less than 50 nmol/L.

Risk Categories for CHD	Lipoprotein(a)(nmol/L)
Desirable	less than 50
Borderline	50 - 75
High	75 - 125
Very High	greater than 125



Your plasma homocysteine measured 12.0 umol/L. While the normal range is 5.0 to 15.0 umol/L, values that lie at the low end of normal are preferred.



Test Summary

<u>Test Name</u>	<u>Result</u>	<u>Ref</u>	<u>Lo</u>	<u>Hi</u>	<u>Units</u>
Alpha Linolenic	3.0	---	0.6	3.6	uM/L
Arachidonic/EPA	14.0	--- *	5.0	13.0	Ratio
Arachidonic	70	---	60	240	uM/L
Arginine	5.0	---	1.5	6.0	umol/dL
Beta Carotene	22	---	5	65	ug/dL
Boron, Urine	0.6	---	0.5	2.5	ug/mL
Calcium, Serum	10.0	---	8.7	10.2	mg/dL
Cholesterol/HDL Ratio	3.0	---	0.0	5.0	Ratio
Cholesterol	199	---	100	200	mg/dL
Chromium, Serum	1.2	---	0.1	1.7	ug/L
Coenzyme Q10	2.0	--- *	0.3	1.5	ug/mL
Copper, RBC	55	---	46	79	ug/dL
CRP-hs	1.0	---	0.0	1.9	mg/L
DHEA-S	55	* ---	59	452	ug/dL
Dihomogammalinolenic	9.0	---	6.8	24.0	uM/L
Docosahexaenoic (DHA)	70	---	14	80	uM/L
Eicosapentaenoic (EPA)	5.0	---	3.0	17.0	uM/L
Elaitic (C-18)	2.0	---	2.0	10.0	uM/L
Estimated Average Glucose	111	---	83	117	mg/dL
Folic Acid (Folate)	14.0	---	7.2	17.2	ng/mL
Free T3	3.00	---	1.71	3.71	pg/mL
Gamma Linolenic (GLA)	1.0	---	0.5	1.7	uM/L
Glucose, Fasting	101	--- *	65	99	mg/dL
Glutamine	55	---	40	90	umol/dL
HDL Cholesterol	66	---	29	72	mg/dL
Hemoglobin Alc	5.5	---	4.5	5.7	%
Histidine	9.0	---	3.8	9.0	umol/dL
Homocysteine	12.0	---	5.0	15.0	umol/L
Insulin, Fasting	4.0	---	1.4	14.0	uIU/mL
Isoleucine	2.0	---	2.0	8.4	umol/dL
K/Na Ratio	1.50	--- *	0.40	1.00	Ratio
LDL/HDL Ratio	1.8	---	0.0	3.6	Ratio
LDL	122	--- *	50	100	mg/dL
Leucine	15.0	---	10.0	24.0	umol/dL
Linoleic	100	---	80	210	uM/L
Lipoprotein (a)	5	---	0	75	nmol/L
Lutein	16	---	7	28	ug/dL
Lycopene	33	---	13	54	ug/dL
Lysine	16.0	---	10.0	32.0	umol/dL
Magnesium, RBC	4.4	---	4.0	6.4	mg/dL
Manganese, RBC	2.2	---	1.0	2.2	ug/dL
Methionine	3.0	---	1.6	4.0	umol/dL
Oleic	150	---	120	240	uM/L
Palmitic	255	---	210	420	uM/L
Phenylalanine	4.0	---	3.5	8.4	umol/dL



Test Summary

<u>Test Name</u>	<u>Result</u>	<u>Ref</u>	<u>Lo</u>	<u>Hi</u>	<u>Units</u>
Phosphorus, Serum	4.0	--*--	2.4	4.2	mg/dL
Pyrroles, Urine	10	--*--	0	20	ug/dL
Selenium, RBC	99	--*--	75	240	ug/L
Stearic	166	* ---	170	330	uM/L
Strontium, Urine	0.112	--*--	0.012	0.132	ug/mL
Taurine	8.0	--- *	3.2	7.6	umol/dL
Threonine	6.0	--*--	5.5	14.1	umol/dL
Total Omega-3	78.0	--*--	17.6	100.6	uM/L
Total Omega-6	180.0	--*--	147.3	475.7	uM/L
Total Saturated	421	--*--	380	750	uM/L
Total Unsaturated	408	--*--	285	816	uM/L
Triglycerides	55	--*--	35	150	mg/dL
Tryptophan	1.0	--*--	0.2	1.2	umol/dL
Unsat. to Saturated Ratio	0.97	* ---	0.75	1.01	Ratio
Valine	16.0	--*--	14.0	36.0	umol/dL
Vit. B12-Cobalamin	333	--*--	165	1100	pg/mL
Vit. B1-Thiamine	55	--*--	33	110	ug/L
Vit. B2-Riboflavin	21.0	--- *	2.8	20.0	ug/L
Vit. B3-Nicotinamide	99.0	--- *	5.2	72.1	ng/mL
Vit. B5-Pantothenic Acid	9.0	* ---	12.9	253.1	ng/mL
Vit. B6-Pyridoxine	22	* ---	42	89	% sat.
Vitamin A	33	--*--	24	90	ug/dL
Vitamin C, Plasma	2.0	--*--	0.6	2.0	mg/dL
Vitamin C, Urine	10	* ---	20	50	mg/dL
Vitamin D (25-OH-D)	88	--- *	40	80	ng/mL
Vitamin E	1.2	--*--	0.6	2.7	mg/dL
VLDL	11	--*--	5	30	mg/dL
Zinc, RBC	12.0	--*--	8.6	15.8	ug/mL

Test Index

Alpha Linolenic	17
Arachidonic/EPA	18
Arachidonic	16
Arginine	12
Beta Carotene	4
Boron, Urine	8
Calcium, Serum	8
Cholesterol/HDL Ratio	14
Cholesterol	12
Chromium, Serum	7
Coenzyme Q10	4
Copper, RBC	6
CRP-hs	23
DHEA-S	23
Dihomogammalinolenic	16
Docosahexaenoic (DHA)	17
Eicosapentaenoic (EPA)	17
Elaitic (C-18)	20
Estimated Average Glucose	22
Folic Acid (Folate)	3
Free T3	12
Gamma Linolenic (GLA)	15
Glucose, Fasting	22
Glutamine	9
HDL Cholesterol	13
Hemoglobin Alc	22
Histidine	9
Homocysteine	24
Insulin, Fasting	21
Isoleucine	10
K/Na Ratio	21
LDL/HDL Ratio	15
LDL	14
Leucine	10
Linoleic	15
Lipoprotein (a)	24
Lutein	4
Lycopene	4
Lysine	10
Magnesium, RBC	6
Manganese, RBC	7
Methionine	10
Oleic	18
Palmitic	19
Phenylalanine	11
Phosphorus, Serum	8
Pyrroles, Urine	21

Test Index

Selenium, RBC	7
Stearic	19
Strontium, Urine	8
Taurine	9
Threonine	11
Total Omega-3	18
Total Omega-6	16
Total Saturated	20
Total Unsaturated	19
Triglycerides	13
Tryptophan	11
Unsat. to Saturated Ratio	20
Valine	11
Vit. B12-Cobalamin	3
Vit. B1-Thiamine	5
Vit. B2-Riboflavin	5
Vit. B3-Nicotinamide	5
Vit. B5-Pantothenic Acid	5
Vit. B6-Pyridoxine	6
Vitamin A	2
Vitamin C, Plasma	2
Vitamin C, Urine	3
Vitamin D (25-OH-D)	3
Vitamin E	2
VLDL	13
Zinc, RBC	7