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Patient: **BRIAN DAVIES**
DOB: August 02, 1976
Sex: M
MRN: 1232421982

Order Number: I1140679
Completed: January 26, 2015
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Collected: January 13, 2015

West Coast Integrative Health
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NutraEval Results Overview

Normal	Borderline	High Need	Supplementation for High Need
Antioxidants			
Vitamin A / Carotenoids			
Vitamin C			
Vitamin E / Tocopherols			
CoQ10	α-Lipoic Acid		
B-Vitamins			
		Thiamin - B1	Thiamin - B1 - Dose = 50 mg
		Riboflavin - B2	Riboflavin - B2 - Dose = 50 mg
	Niacin - B3		
	Pyridoxine - B6		
		Biotin - B7	Biotin - B7 - Dose = 400 mcg
		Folic Acid - B9	Folic Acid - B9 - Dose = 1,200 mcg
		Cobalamin - B12	Cobalamin - B12 - Dose = 1,000 mcg
Minerals			
Magnesium			
	Manganese		
	Molybdenum		
Zinc			

SUGGESTED SUPPLEMENT SCHEDULE

Supplements	Daily Recommended Intake (DRI)	Patient's Daily Recommendations	Provider Daily Recommendations
Antioxidants			
Vitamin A / Carotenoids	3,000 IU	3,000 IU	
Vitamin C	90 mg	250 mg	
Vitamin E / Tocopherols	22 IU	100 IU	
α-Lipoic Acid		100 mg	
CoQ10		30 mg	
B-Vitamins			
Thiamin - B1	1.2 mg	50 mg	
Riboflavin - B2	1.3 mg	50 mg	
Niacin - B3	16 mg	30 mg	
Pyridoxine - B6	1.3 mg	25 mg	
Biotin - B7	30 mcg	400 mcg	
Folic Acid - B9	400 mcg	1,200 mcg	
Cobalamin - B12	2.4 mcg	1,000 mcg	
Minerals			
Magnesium	420 mg	400 mg	
Manganese	2.3 mg	5.0 mg	
Molybdenum	45 mcg	150 mcg	
Zinc	11 mg	10 mg	
Essential Fatty Acids			
Omega-3 Oils	500 mg	2,000 mg	
Digestive Support			
Probiotics		10 billion CFU	
Pancreatic Enzymes		5,000 IU	
Other Vitamins			
Vitamin D	600 IU		
Amino Acid		Amino Acid	
	mg/day		mg/day
Arginine	0	Methionine	0
Asparagine	0	Phenylalanine	0
Cysteine	0	Serine	0
Glutamine	0	Taurine	0
Glycine	0	Threonine	0
Histidine	0	Tryptophan	0
Isoleucine	0	Tyrosine	0
Leucine	0	Valine	0
Lysine	618		

Recommendations for age and gender-specific supplementation are set by comparing levels of nutrient functional need to optimal levels as described in the peer-reviewed literature. They are provided as guidance for short-term support of nutritional deficiencies only.

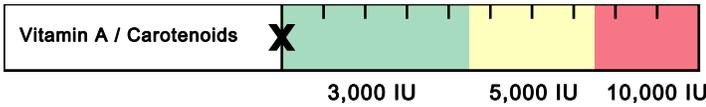
The Suggested Supplemental Schedule is provided at the request of the ordering practitioner. Any application of it as a therapeutic intervention is to be determined by the ordering practitioner.

Key

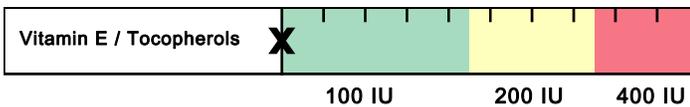
Normal	Borderline	High Need

Nutritional Needs

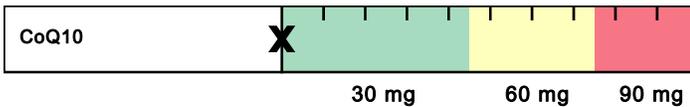
Antioxidants



- ▶ Beta-carotene & other carotenoids are converted to vitamin A (retinol), involved in vision, antioxidant & immune function, gene expression & cell growth.
- ▶ Vitamin A deficiency may occur with chronic alcoholism, zinc deficiency, hypothyroidism, or oral contraceptives containing estrogen & progestin.
- ▶ Deficiency may result in night blindness, impaired immunity, healing & tissue regeneration, increased risk of infection, leukoplakia or keratosis.
- ▶ Food sources include cod liver oil, fortified cereals & milk, eggs, sweet potato, pumpkin, carrot, cantaloupe, mango, spinach, broccoli, kale & butternut squash.



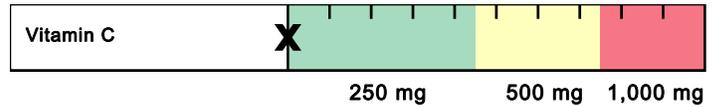
- ▶ Alpha-tocopherol (body's main form of vitamin E) functions as an antioxidant, regulates cell signaling, influences immune function and inhibits coagulation.
- ▶ Deficiency may occur with malabsorption, cholestyramine, colestipol, isoniazid, orlistat, olestra and certain anti-convulsants (e.g., phenobarbital, phenytoin).
- ▶ Deficiency may result in peripheral neuropathy, ataxia, muscle weakness, retinopathy, and increased risk of CVD, prostate cancer and cataracts.
- ▶ Food sources include oils (olive, soy, corn, canola, safflower, sunflower), eggs, nuts, seeds, spinach, carrots, avocado, dark leafy greens and wheat germ.



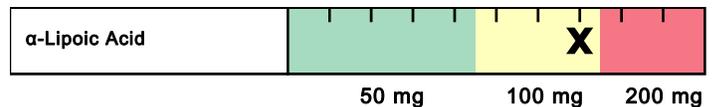
- ▶ CoQ10 is a powerful antioxidant that is synthesized in the body and contained in cell membranes. CoQ10 is also essential for energy production & pH regulation.
- ▶ CoQ10 deficiency may occur with HMG-CoA reductase inhibitors (statins), several anti-diabetic medication classes (biguanides, sulfonylureas) or beta-blockers.
- ▶ Low levels may aggravate oxidative stress, diabetes, cancer, congestive heart failure, cardiac arrhythmias, gingivitis and neurologic diseases.
- ▶ Main food sources include meat, poultry, fish, soybean, canola oil, nuts and whole grains. Moderate sources include fruits, vegetables, eggs and dairy.



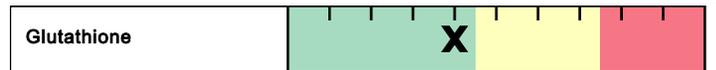
- ▶ Oxidative stress is the imbalance between the production of free radicals and the body's ability to readily detoxify these reactive species and/or repair the resulting damage with anti-oxidants.
- ▶ Oxidative stress can be endogenous (energy production and inflammation) or exogenous (exercise, exposure to environmental toxins).
- ▶ Oxidative stress has been implicated clinically in the development of neurodegenerative diseases, cardiovascular diseases and chronic fatigue syndrome.
- ▶ Antioxidants may be found in whole food sources (e.g., brightly colored fruits & vegetables, green tea, turmeric) as well as nutraceuticals (e.g., resveratrol, EGCG, lutein, lycopene, ginkgo, milk thistle, etc.).



- ▶ Vitamin C is an antioxidant (also used in the regeneration of other antioxidants). It is involved in cholesterol metabolism, the production & function of WBCs and antibodies, and the synthesis of collagen, norepinephrine and carnitine.
- ▶ Deficiency may occur with oral contraceptives, aspirin, diuretics or NSAIDs.
- ▶ Deficiency can result in scurvy, swollen gingiva, periodontal destruction, loose teeth, sore mouth, soft tissue ulcerations, or increased risk of infection.
- ▶ Food sources include oranges, grapefruit, strawberries, tomato, sweet red pepper, broccoli and potato.



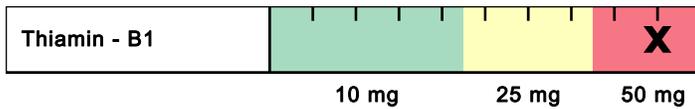
- ▶ alpha-Lipoic acid plays an important role in energy production, antioxidant activity (including the regeneration of vitamin C and glutathione), insulin signaling, cell signaling and the catabolism of alpha-keto acids and amino acids.
- ▶ High biotin intake can compete with lipoic acid for cell membrane entry.
- ▶ Optimal levels of alpha-lipoic acid may improve glucose utilization and protect against diabetic neuropathy, vascular disease and age-related cognitive decline.
- ▶ Main food sources include organ meats, spinach and broccoli. Lesser sources include tomato, peas, Brussels sprouts and brewer's yeast.



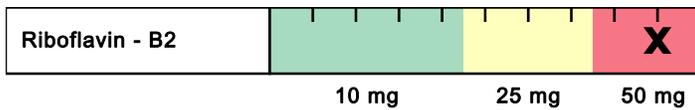
- ▶ Glutathione (GSH) is composed of cysteine, glutamine & glycine. GSH is a source of sulfate and plays a key role in antioxidant activity and detoxification of toxins.
- ▶ GSH requirement is increased with high-fat diets, cigarette smoke, cystinuria, chronic alcoholism, chronic acetaminophen use, infection, inflammation and toxic exposure.
- ▶ Deficiency may result in oxidative stress & damage, impaired detoxification, altered immunity, macular degeneration and increased risk of chronic illness.
- ▶ Food sources of GSH precursors include meats, poultry, fish, soy, corn, nuts, seeds, wheat germ, milk and cheese.

Key

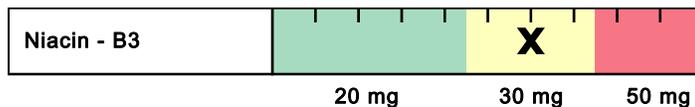
- ▶ Function
- ▶ Causes of Deficiency
- ▶ Complications of Deficiency
- ▶ Food Sources

B-Vitamins


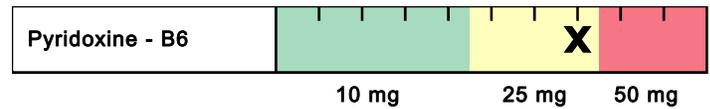
- ▶ B1 is a required cofactor for enzymes involved in energy production from food, and for the synthesis of ATP, GTP, DNA, RNA and NADPH.
- ▶ Low B1 can result from chronic alcoholism, diuretics, digoxin, oral contraceptives and HRT, or large amounts of tea & coffee (contain anti-B1 factors).
- ▶ B1 deficiency may lead to dry beriberi (e.g., neuropathy, muscle weakness), wet beriberi (e.g., cardiac problems, edema), encephalopathy or dementia.
- ▶ Food sources include lentils, whole grains, wheat germ, Brazil nuts, peas, organ meats, brewer's yeast, blackstrap molasses, spinach, milk & eggs.



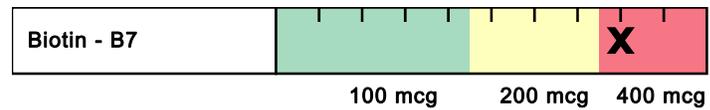
- ▶ B2 is a key component of enzymes involved in antioxidant function, energy production, detoxification, methionine metabolism and vitamin activation.
- ▶ Low B2 may result from chronic alcoholism, some anti-psychotic medications, oral contraceptives, tricyclic antidepressants, quinacrine or adriamycin.
- ▶ B2 deficiency may result in oxidative stress, mitochondrial dysfunction, low uric acid, low B3 or B6, high homocysteine, anemia or oral & throat inflammation.
- ▶ Food sources include milk, cheese, eggs, whole grains, beef, chicken, wheat germ, fish, broccoli, asparagus, spinach, mushrooms and almonds.



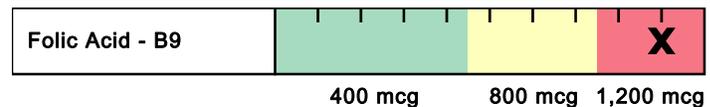
- ▶ B3 is used to form NAD and NADP, involved in energy production from food, fatty acid & cholesterol synthesis, cell signaling, DNA repair & cell differentiation.
- ▶ Low B3 may result from deficiencies of tryptophan (B3 precursor), B6, B2 or Fe (cofactors in B3 production), or from long-term isoniazid or oral contraceptive use.
- ▶ B3 deficiency may result in pellagra (dermatitis, diarrhea, dementia), neurologic symptoms (e.g., depression, memory loss), bright red tongue or fatigue.
- ▶ Food sources include poultry, beef, organ meats, fish, whole grains, peanuts, seeds, lentils, brewer's yeast and lima beans.



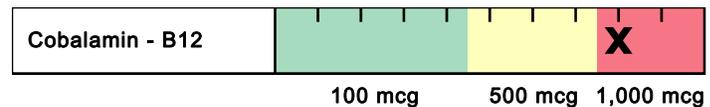
- ▶ B6 (as P5P) is a cofactor for enzymes involved in glycogenolysis & gluconeogenesis, and synthesis of neurotransmitters, heme, B3, RBCs and nucleic acids.
- ▶ Low B6 may result from chronic alcoholism, long-term diuretics, estrogens (oral contraceptives and HRT), anti-TB meds, penicillamine, L-DOPA or digoxin.
- ▶ B6 deficiency may result in neurologic symptoms (e.g., irritability, depression, seizures), oral inflammation, impaired immunity or increased homocysteine.
- ▶ Food sources include poultry, beef, beef liver, fish, whole grains, wheat germ, soybean, lentils, nuts & seeds, potato, spinach and carrots.



- ▶ Biotin is a cofactor for enzymes involved in functions such as fatty acid synthesis, mitochondrial FA oxidation, gluconeogenesis and DNA replication & transcription.
- ▶ Deficiency may result from certain inborn errors, chronic intake of raw egg whites, long-term TPN, anticonvulsants, high-dose B5, sulfa drugs & other antibiotics.
- ▶ Low levels may result in neurologic symptoms (e.g., paresthesias, depression), hair loss, scaly rash on face or genitals or impaired immunity.
- ▶ Food sources include yeast, whole grains, wheat germ, eggs, cheese, liver, meats, fish, wheat, nuts & seeds, avocado, raspberries, sweet potato and cauliflower.



- ▶ Folic acid plays a key role in coenzymes involved in DNA and SAMe synthesis, methylation, nucleic acids & amino acid metabolism and RBC production.
- ▶ Low folate may result from alcoholism, high-dose NSAIDs, diabetic meds, H2 blockers, some diuretics and anti-convulsants, SSRIs, methotrexate, trimethoprim, pyrimethamine, triamterene, sulfasalazine or cholestyramine.
- ▶ Folate deficiency can result in anemia, fatigue, low methionine, increased homocysteine, impaired immunity, heart disease, birth defects and CA risk.
- ▶ Food sources include fortified grains, green vegetables, beans & legumes.



- ▶ B12 plays important roles in energy production from fats & proteins, methylation, synthesis of hemoglobin & RBCs, and maintenance of nerve cells, DNA & RNA.
- ▶ Low B12 may result from alcoholism, malabsorption, hypochlorhydria (e.g., from atrophic gastritis, H. pylori infection, pernicious anemia, H2 blockers, PPIs), vegan diets, diabetic meds, cholestyramine, chloramphenicol, neomycin or colchicine.
- ▶ B12 deficiency can lead to anemia, fatigue, neurologic symptoms (e.g., paresthesias, memory loss, depression, dementia), methylation defects or chromosome breaks.
- ▶ Food sources include shellfish, red meat poultry, fish, eggs, milk and cheese.



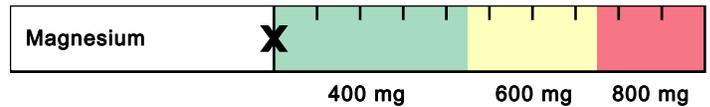
Interpretation At-A-Glance

Nutritional Needs

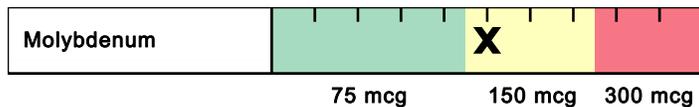
Minerals



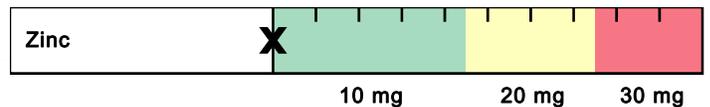
- Manganese plays an important role in antioxidant function, gluconeogenesis, the urea cycle, cartilage & bone formation, energy production and digestion.
- Impaired absorption of Mn may occur with excess intake of Fe, Ca, Cu, folic acid, or phosphorous compounds, or use of long-term TPN, Mg-containing antacids or laxatives.
- Deficiency may result in impaired bone/connective tissue growth, glucose & lipid dysregulation, infertility, oxidative stress, inflammation or hyperammonemia.
- Food sources include whole grains, legumes, dried fruits, nuts, dark green leafy vegetables, liver, kidney and tea.



- Magnesium is involved in >300 metabolic reactions. Key areas include energy production, bone & ATP formation, muscle & nerve conduction and cell signaling.
- Deficiency may occur with malabsorption, alcoholism, hyperparathyroidism, renal disorders (wasting), diabetes, diuretics, digoxin or high doses of zinc.
- Low Mg may result in muscle weakness/spasm, constipation, depression, hypertension, arrhythmias, hypocalcemia, hypokalemia or personality changes.
- Food sources include dark leafy greens, oatmeal, buckwheat, unpolished grains, chocolate, milk, nuts & seeds, lima beans and molasses.

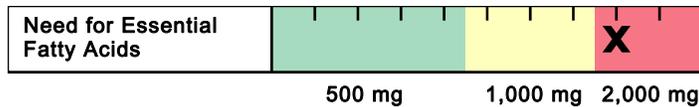


- Molybdenum is a cofactor for enzymes that convert sulfites to sulfate, and nucleotides to uric acid, and that help metabolize aldehydes & other toxins.
- Low Mo levels may result from long-term TPN that does not include Mo.
- Mo deficiency may result in increased sulfite, decreased plasma uric acid (and antioxidant function), deficient sulfate, impaired sulfation (detoxification), neurologic disorders or brain damage (if severe deficiency).
- Food sources include buckwheat, beans, grains, nuts, beans, lentils, meats and vegetables (although Mo content of plants depends on soil content).



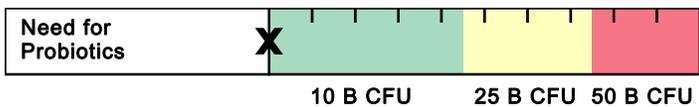
- Zinc plays a vital role in immunity, protein metabolism, heme synthesis, growth & development, reproduction, digestion and antioxidant function.
- Low levels may occur with malabsorption, alcoholism, chronic diarrhea, diabetes, excess Cu or Fe, diuretics, ACE inhibitors, H2 blockers or digoxin.
- Deficiency can result in hair loss and skin rashes, also impairments in growth & healing, immunity, sexual function, taste & smell and digestion.
- Food sources include oysters, organ meats, soybean, wheat germ, seeds, nuts, red meat, chicken, herring, milk, yeast, leafy and root vegetables.

Essential Fatty Acids

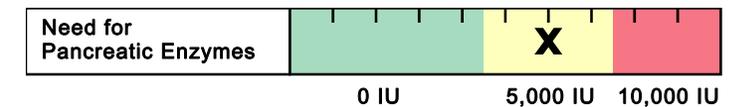


- Omega-3 (O3) and Omega-6 (O6) fatty acids are polyunsaturated fatty acids that cannot be synthesized by the human body. They are classified as essential nutrients and must be obtained from dietary sources.
- The standard American diet is much higher in O6 than O3 fatty acids.
- Deficiency of EFAs may result from poor dietary intake and/or poor conversion from food sources.
- EFA deficiency is associated with decreased growth & development of infants and children, dry skin/rash, poor wound healing, and increased risk of infection, cardiovascular and inflammatory diseases.
- Dietary sources of the O6 Linoleic Acid (LA) include vegetable oils, nuts, seeds and some vegetables. Dietary sources of the O3 a-Linolenic Acid (ALA) include flaxseeds, walnuts, and their oils. Fish (mackerel, salmon, sardines) are the major dietary sources of the O3 fatty acids EPA and DHA.

Digestive Support

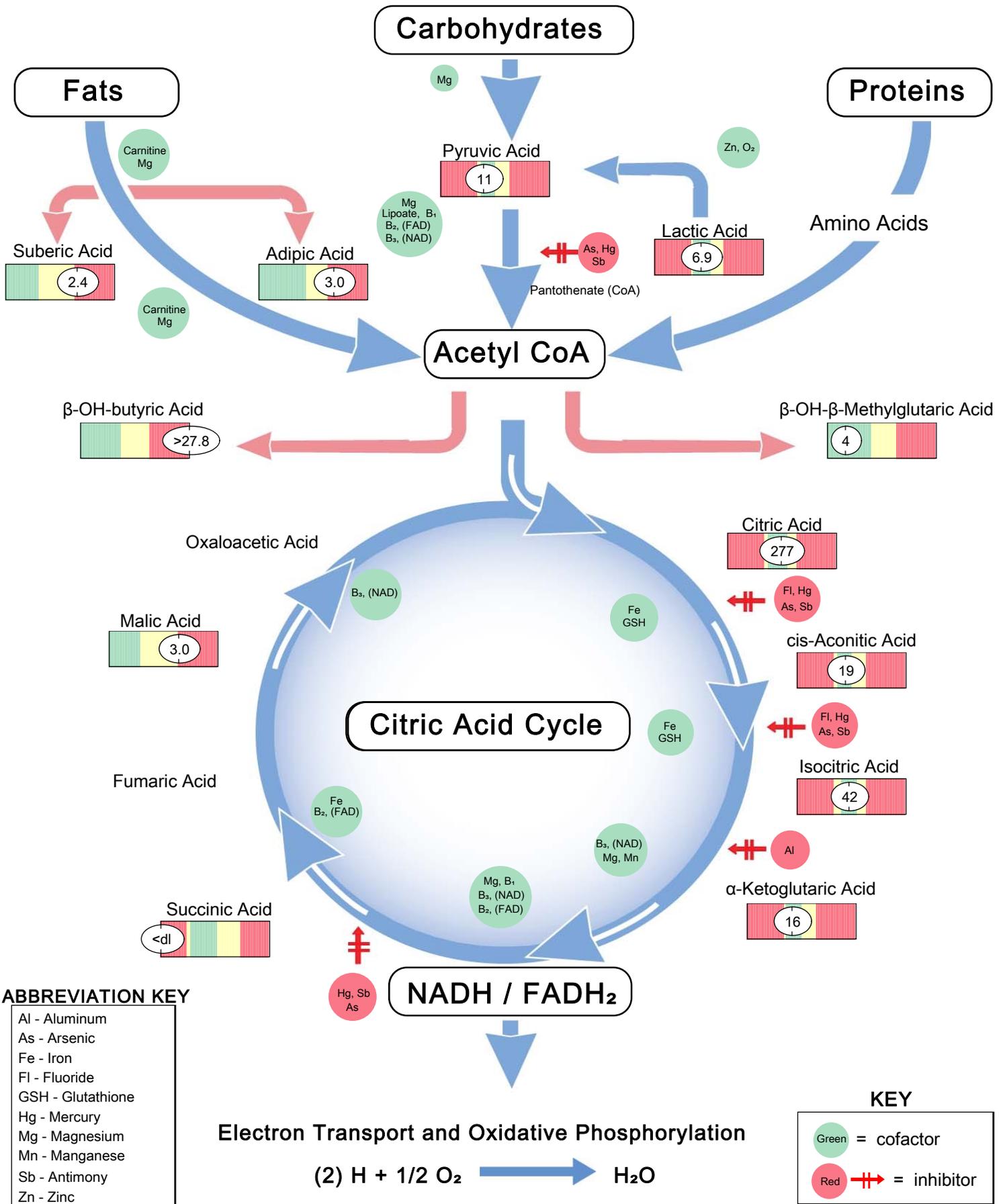


- Probiotics have many functions. These include: production of some B vitamins and vitamin K; enhance digestion & absorption; decrease severity of diarrheal illness; modulate of immune function & intestinal permeability.
- Alterations of gastrointestinal microflora may result from C-section delivery, antibiotic use, improved sanitation, decreased consumption of fermented foods and use of certain drugs.
- Some of the diseases associated with microflora imbalances include: IBS, IBD, fibromyalgia, chronic fatigue syndrome, obesity, atopic illness, colic and cancer.
- Food sources rich in probiotics are yogurt, kefir and fermented foods.



- Pancreatic enzymes are secreted by the exocrine glands of the pancreas and include protease/peptidase, lipase and amylase.
- Pancreatic exocrine insufficiency may be primary or secondary in nature. Any indication of insufficiency warrants further evaluation for underlying cause (i.e., celiac disease, small intestine villous atrophy, small bowel bacterial overgrowth).
- A high functional need for digestive enzymes suggests that there is an impairment related to digestive capacity.
- Determining the strength of the pancreatic enzyme support depends on the degree of functional impairment. Supplement potency is based on the lipase units present in both prescriptive and non-prescriptive agents.

Krebs Cycle At-A-Glance



All biomarkers reported in mmol/mol creatinine unless otherwise noted.

Metabolic Analysis Markers

Malabsorption and Dysbiosis Markers

Malabsorption Markers	Reference Range
Indoleacetic Acid (IAA)	1.3 (Reference: <= 4.2)
Phenylacetic Acid (PAA)	0.04 (Reference: <= 0.12)

Bacterial Dysbiosis Markers	Reference Range
Dihydroxyphenylpropionic Acid (DHPPA)	1.0 (Reference: <= 5.3)
3-Hydroxyphenylacetic Acid	3.1 (Reference: <= 8.1)
4-Hydroxyphenylacetic Acid	10 (Reference: <= 29)
Benzoic Acid	<dl (Reference: <= 0.05)
Hippuric Acid	96 (Reference: <= 603)

Yeast / Fungal Dysbiosis Markers	Reference Range
Arabinose	20 (Reference: <= 96)
Citramalic Acid	2.4 (Reference: <= 5.8)
Tartaric Acid	<dl (Reference: <= 15)

Cellular Energy & Mitochondrial Metabolites

Carbohydrate Metabolism	Reference Range
Lactic Acid	6.9 (Reference: 1.9-19.8)
Pyruvic Acid	11 (Reference: 7-32)
β-OH-Butyric Acid (BHBA)	>27.8 (Reference: <= 2.8)

Energy Metabolism	Reference Range
Citric Acid	277 (Reference: 40-520)
Cis-Aconitic Acid	19 (Reference: 10-36)
Isocitric Acid	42 (Reference: 22-65)
α-Ketoglutaric Acid (AKG)	16 (Reference: 4-52)
Succinic Acid	<dl (Reference: 0.4-4.6)
Malic Acid	3.0 (Reference: <= 3.0)
β-OH-β-Methylglutaric Acid (HMG)	4 (Reference: <= 15)

Fatty Acid Metabolism	Reference Range
Adipic Acid	3.0 (Reference: <= 2.8)
Suberic Acid	2.4 (Reference: <= 2.1)

Creatinine Concentration

Reference Range	
Creatinine ♦	13.8 (Reference: 3.1-19.5 mmol/L)

Neurotransmitter Metabolites

Reference Range	
Vanilmandelic Acid	0.8 (Reference: 0.4-3.6)
Homovanillic Acid	1.4 (Reference: 1.2-5.3)
5-OH-indoleacetic Acid	6.4 (Reference: 3.8-12.1)
3-Methyl-4-OH-phenylglycol	0.10 (Reference: 0.02-0.22)
Kynurenic Acid	1.9 (Reference: <= 7.1)
Quinolinic Acid	1.7 (Reference: <= 9.1)
Kynurenic / Quinolinic Ratio	1.12 (Reference: >= 0.44)

Vitamin Markers

Reference Range	
α-Ketoadipic Acid	1.2 (Reference: <= 1.7)
α-Ketoisovaleric Acid	1.47 (Reference: <= 0.97)
α-Ketoisocaproic Acid	1.54 (Reference: <= 0.89)
α-Keto-β-Methylvaleric Acid	6.7 (Reference: <= 2.1)
Formiminoglutamic Acid (FIGlu)	1.9 (Reference: <= 1.5)
Glutaric Acid	0.40 (Reference: <= 0.51)
Isovalerylglycine	3.0 (Reference: <= 3.7)
Methylmalonic Acid	1.1 (Reference: <= 1.9)
Xanthurenic Acid	0.31 (Reference: <= 0.96)
3-Hydroxypropionic Acid	23 (Reference: 5-22)
3-Hydroxyisovaleric Acid	16 (Reference: <= 29)

Toxin & Detoxification Markers

Reference Range	
α-Ketophenylacetic Acid (from Styrene)	0.19 (Reference: <= 0.46)
α-Hydroxyisobutyric Acid (from MTBE)	5.8 (Reference: <= 6.7)
Orotic Acid	0.40 (Reference: 0.33-1.01)
Pyroglutamic Acid	20 (Reference: 16-34)

Tyrosine Metabolism

Reference Range	
Homogentisic Acid	6 (Reference: <= 19)
2-Hydroxyphenylacetic Acid	0.51 (Reference: <= 0.76)

Metabolic Analysis Reference Ranges are Age Specific

The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.

All biomarkers reported in micromol/g creatinine unless otherwise noted.

Amino Acids (Urine FMV)

Nutritionally Essential Amino Acids

Amino Acid	Reference Range
Arginine	10-64
Histidine	271-993
Isoleucine	17-52
Leucine	25-77
Lysine	34-226
Methionine	26-69
Phenylalanine	22-61
Taurine	80-545
Threonine	52-192
Tryptophan	23-88
Valine	19-53

Nonessential Protein Amino Acids

Amino Acid	Reference Range
Alanine	103-392
Asparagine	37-134
Aspartic Acid	27-74
Cysteine	19-70
Cystine	23-68
γ-Aminobutyric Acid	<= 23
Glutamic Acid	3-15
Glutamine	153-483
Proline	2-14
Tyrosine	28-113

Creatinine Concentration

Reference Range
Creatinine ♦ 3.1-19.5 mmol/L

Amino Acid Reference Ranges are Age Specific

The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.

Intermediary Metabolites

B Vitamin Markers	Reference Range
α-Amino adipic Acid	11-73
α-Amino-N-butyric Acid	9-49
β-Aminoisobutyric Acid	19-163
Cystathionine	6-29
3-Methylhistidine	134-302

Urea Cycle Markers

Ammonia	12.0-41.0 mmol/g creatinine
Citrulline	9-40
Ornithine	3-16
Urea ♦	150-380 mmol/g creatinine

Glycine/Serine Metabolites

Glycine	434-1,688
Serine	135-426
Ethanolamine	156-422
Phosphoethanolamine	14-50
Phosphoserine	26-64
Sarcosine	<= 41

Dietary Peptide Related Markers

Reference Range	
Anserine (dipeptide)	8-118
Carnosine (dipeptide)	12-120
1-Methylhistidine	83-1,008
β-Alanine	<= 17

Markers for Urine Representativeness

Reference Range	
Glutamine/Glutamate	>= 12
Ammonia	12.0-41.0 mmol/g creatinine
Arginine/Ornithine	>= 1.0

Urine Representativeness Index	9
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Ref Range 5 10

Essential and Metabolic Fatty Acids Markers (RBCs)

Omega 3 Fatty Acids		
Analyte	(cold water fish, flax, walnut)	Reference Range
α-Linolenic (ALA) 18:3 n3	<dl	>= 0.09 wt %
Eicosapentaenoic (EPA) 20:5 n3	0.64	>= 0.16 wt %
Docosapentaenoic (DPA) 22:5 n3	1.28	>= 1.14 wt %
Docosahexaenoic (DHA) 22:6 n3	3.0	>= 2.1 wt %
% Omega 3s	4.9	>= 3.8

Omega 9 Fatty Acids		
Analyte	(olive oil)	Reference Range
Oleic 18:1 n9	13	10-13 wt %
Nervonic 24:1 n9	2.6	2.1-3.5 wt %
% Omega 9s	16.1	13.3-16.6

Saturated Fatty Acids		
Analyte	(meat, dairy, coconuts, palm oils)	Reference Range
Palmitic C16:0	19	18-23 wt %
Stearic C18:0	18	14-17 wt %
Arachidic C20:0	0.25	0.22-0.35 wt %
Behenic C22:0	0.84	0.92-1.68 wt %
Tricosanoic C23:0	0.26	0.12-0.18 wt %
Lignoceric C24:0	2.5	2.1-3.8 wt %
Pentadecanoic C15:0	0.11	0.07-0.15 wt %
Margaric C17:0	0.25	0.22-0.37 wt %
% Saturated Fats	40.7	39.8-43.6

Omega 6 Fatty Acids		
Analyte	(vegetable oil, grains, most meats, dairy)	Reference Range
Linoleic (LA) 18:2 n6	17.3	10.5-16.9 wt %
γ-Linolenic (GLA) 18:3 n6	0.05	0.03-0.13 wt %
Dihomo-γ-linolenic (DGLA) 20:3 n6	1.61	>= 1.19 wt %
Arachidonic (AA) 20:4 n6	16	15-21 wt %
Docosatetraenoic (DTA) 22:4 n6	1.73	1.50-4.20 wt %
Eicosadienoic 20:2 n6	0.21	<= 0.26 wt %
% Omega 6s	37.0	30.5-39.7

Monounsaturated Fats		
Analyte		Reference Range
Palmitoleic 16:1 n7	0.23	<= 0.64 wt %
Vaccenic 18:1 n7	0.81	<= 1.13 wt %
Trans Fat		
Elaidic 18:1 n9t	0.26	<= 0.59 wt %

Delta - 6 Desaturase Activity		
Analyte	Upregulated Functional Impaired	Reference Range
Linoleic / DGLA 18:2 n6 / 20:3 n6	10.8	6.0-12.3

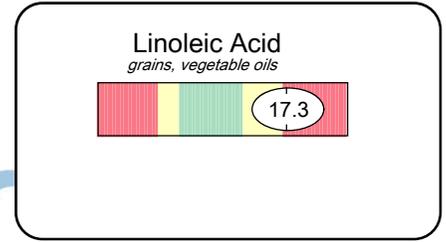
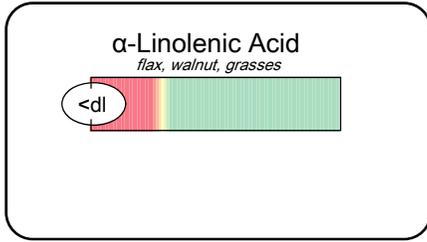
Cardiovascular Risk		
Analyte		Reference Range
Omega 6s / Omega 3s	7.5	3.4-10.7
AA / EPA 20:4 n6 / 20:5 n3	25	12-125
Omega 3 Index	3.6	>= 4.0

The Essential Fatty Acid reference ranges are based on an adult population.

Essential Fatty Acid Metabolism

Omega 3 Family

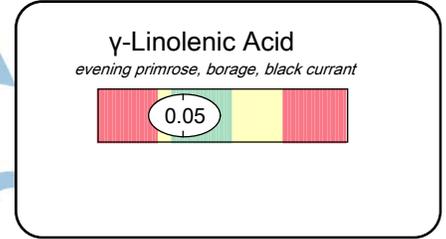
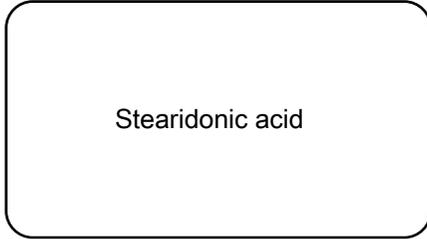
Omega 6 Family



Delta-6 Desaturase

Vitamin and Mineral Cofactors:

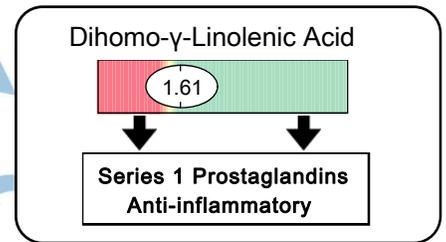
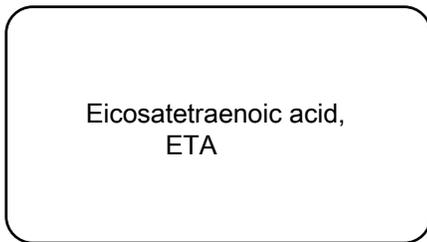
- FAD (B2), Niacin (B3)
- Pyridoxal-5-phosphate (B6)
- Vitamin C, Insulin, Zn, Mg



Elongase

Vitamin and Mineral Cofactors:

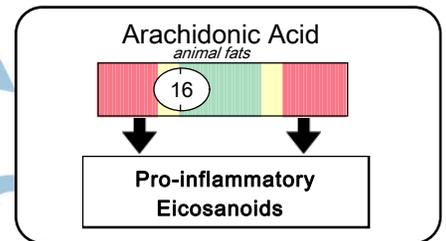
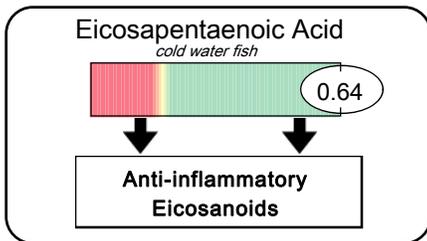
- Niacin (B3)
- Pyridoxal-5-phosphate (B6)
- Pantothenic Acid (B5)
- Biotin, Vitamin C



Delta-5 Desaturase

Vitamin and Mineral Cofactors:

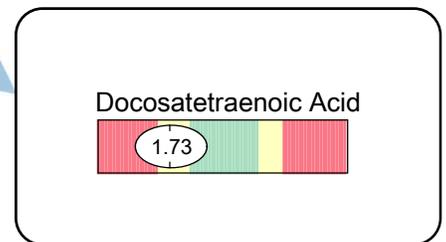
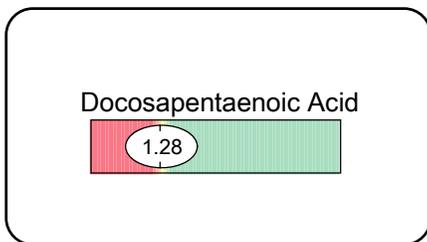
- FAD (B2), Niacin (B3)
- Pyridoxal-5-phosphate (B6)
- Vitamin C, Insulin, Zn, Mg



Elongase

Vitamin and Mineral Cofactors:

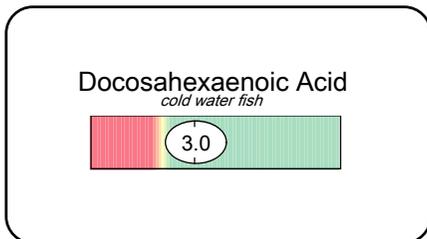
- Niacin (B3)
- Pyridoxal-5-phosphate (B6), Biotin
- Pantothenic Acid (B5), Vitamin C



**Elongase
Delta-6 Desaturase**

Vitamin and Mineral Cofactors:

- FAD (B2), Niacin (B3)
- Pyridoxal-5-phosphate (B6), Biotin
- Vitamin C, Zn, Mg, Carnitine
- Pantothenic Acid (B5)



This test was developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared by the U.S. Food and Drug Administration.

Oxidative Stress Markers

Oxidative Stress Markers

Reference Range

Glutathione (whole blood)	1,124	>=669 micromol/L
Lipid Peroxides (urine)	3.8	<=10.0 micromol/g Creat.
8-OHdG (urine)	7	<=16 mcg/g Creat.
Coenzyme Q10, Ubiquinone (plasma)	1.05	0.46-1.72 mcg/mL

The Oxidative Stress reference ranges are based on an adult population.

Elemental Markers (RBCs)

Nutrient Elements

Element	Reference Range	Reference Range
---------	-----------------	-----------------

Copper	0.554	0.466-0.721 mcg/g
Magnesium	45.6	30.1-56.5 mcg/g
Manganese	0.010	0.007-0.038 mcg/g
Potassium	2,650	2,220-3,626 mcg/g
Selenium	0.37	0.25-0.76 mcg/g
Zinc	10.2	7.8-13.1 mcg/g

The Elemental reference ranges are based on an adult population.

Toxic Elements

Element	Reference Range	Reference Range
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Lead	0.017	<= 0.048 mcg/g
Mercury	0.0071	<= 0.0039 mcg/g
Antimony	0.001	<= 0.002 mcg/g
Arsenic	0.012	<= 0.071 mcg/g
Cadmium	0.001	<= 0.001 mcg/g
Tin	<dl	<= 0.0009 mcg/g

Lab Comments

Lab Comments

***Requisition/Sample labeling discrepancy noted. Ordering physician has been contacted and authorizes testing to be performed. 01/16/2015 HH1*

The performance characteristics of all assays have been verified by Genova Diagnostics, Inc. Unless otherwise noted with ♦, the assay has not been cleared by the U.S. Food and Drug Administration.



63 Zillicoa Street
Asheville, NC 28801
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Patient: **BRIAN DAVIES**
DOB: August 02, 1976
Sex: M
MRN: 1232421982

Order Number: I1140679
Completed: January 26, 2015
Received: January 14, 2015
Collected: January 13, 2015

West Coast Integrative Health
Brian Davies ND
88 Lonsdale Ave
Unit 102
North Vancouver, BC V7M 2E6
Canada

NutraEval Results Overview

Normal	Borderline	High Need	Supplementation for High Need
Antioxidants			
Vitamin A / Carotenoids			
Vitamin C			
Vitamin E / Tocopherols			
CoQ10	α-Lipoic Acid		
B-Vitamins			
		Thiamin - B1	Thiamin - B1 - Dose = 50 mg
		Riboflavin - B2	Riboflavin - B2 - Dose = 50 mg
	Niacin - B3		
	Pyridoxine - B6		
		Biotin - B7	Biotin - B7 - Dose = 400 mcg
		Folic Acid - B9	Folic Acid - B9 - Dose = 1,200 mcg
		Cobalamin - B12	Cobalamin - B12 - Dose = 1,000 mcg
Minerals			
Magnesium			
	Manganese		
	Molybdenum		
Zinc			

SUGGESTED SUPPLEMENT SCHEDULE

Supplements	Daily Recommended Intake (DRI)	Patient's Daily Recommendations	Provider Daily Recommendations
Antioxidants			
Vitamin A / Carotenoids	3,000 IU	3,000 IU	
Vitamin C	90 mg	250 mg	
Vitamin E / Tocopherols	22 IU	100 IU	
α-Lipoic Acid		100 mg	
CoQ10		30 mg	
B-Vitamins			
Thiamin - B1	1.2 mg	50 mg	
Riboflavin - B2	1.3 mg	50 mg	
Niacin - B3	16 mg	30 mg	
Pyridoxine - B6	1.3 mg	25 mg	
Biotin - B7	30 mcg	400 mcg	
Folic Acid - B9	400 mcg	1,200 mcg	
Cobalamin - B12	2.4 mcg	1,000 mcg	
Minerals			
Magnesium	420 mg	400 mg	
Manganese	2.3 mg	5.0 mg	
Molybdenum	45 mcg	150 mcg	
Zinc	11 mg	10 mg	
Essential Fatty Acids			
Omega-3 Oils	500 mg	2,000 mg	
Digestive Support			
Probiotics		10 billion CFU	
Pancreatic Enzymes		5,000 IU	
Other Vitamins			
Vitamin D	600 IU		
Amino Acid		Amino Acid	
	mg/day		mg/day
Arginine	0	Methionine	0
Asparagine	0	Phenylalanine	0
Cysteine	0	Serine	0
Glutamine	0	Taurine	0
Glycine	0	Threonine	0
Histidine	0	Tryptophan	0
Isoleucine	0	Tyrosine	0
Leucine	0	Valine	0
Lysine	618		

Recommendations for age and gender-specific supplementation are set by comparing levels of nutrient functional need to optimal levels as described in the peer-reviewed literature. They are provided as guidance for short-term support of nutritional deficiencies only.

The Suggested Supplemental Schedule is provided at the request of the ordering practitioner. Any application of it as a therapeutic intervention is to be determined by the ordering practitioner.

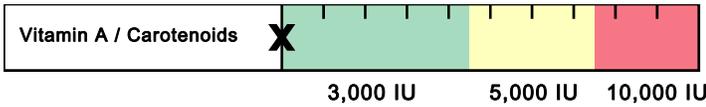
Key

Normal	Borderline	High Need

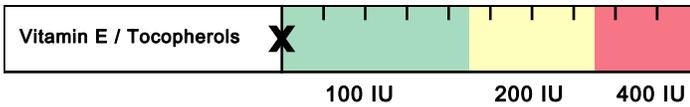
NutrEval *Interpretation At-A-Glance*
FMV amino acids

Nutritional Needs

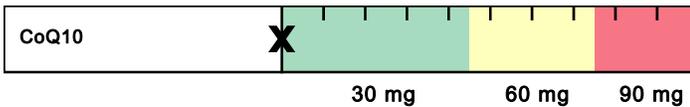
Antioxidants



- ▶ Beta-carotene & other carotenoids are converted to vitamin A (retinol), involved in vision, antioxidant & immune function, gene expression & cell growth.
- ▶ Vitamin A deficiency may occur with chronic alcoholism, zinc deficiency, hypothyroidism, or oral contraceptives containing estrogen & progesterin.
- ▶ Deficiency may result in night blindness, impaired immunity, healing & tissue regeneration, increased risk of infection, leukoplakia or keratosis.
- ▶ Food sources include cod liver oil, fortified cereals & milk, eggs, sweet potato, pumpkin, carrot, cantaloupe, mango, spinach, broccoli, kale & butternut squash.



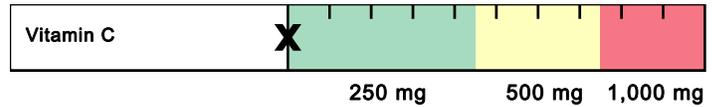
- ▶ Alpha-tocopherol (body's main form of vitamin E) functions as an antioxidant, regulates cell signaling, influences immune function and inhibits coagulation.
- ▶ Deficiency may occur with malabsorption, cholestyramine, colestipol, isoniazid, orlistat, olestra and certain anti-convulsants (e.g., phenobarbital, phenytoin).
- ▶ Deficiency may result in peripheral neuropathy, ataxia, muscle weakness, retinopathy, and increased risk of CVD, prostate cancer and cataracts.
- ▶ Food sources include oils (olive, soy, corn, canola, safflower, sunflower), eggs, nuts, seeds, spinach, carrots, avocado, dark leafy greens and wheat germ.



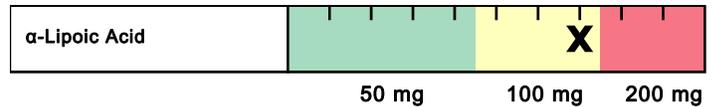
- ▶ CoQ10 is a powerful antioxidant that is synthesized in the body and contained in cell membranes. CoQ10 is also essential for energy production & pH regulation.
- ▶ CoQ10 deficiency may occur with HMG-CoA reductase inhibitors (statins), several anti-diabetic medication classes (biguanides, sulfonylureas) or beta-blockers.
- ▶ Low levels may aggravate oxidative stress, diabetes, cancer, congestive heart failure, cardiac arrhythmias, gingivitis and neurologic diseases.
- ▶ Main food sources include meat, poultry, fish, soybean, canola oil, nuts and whole grains. Moderate sources include fruits, vegetables, eggs and dairy.



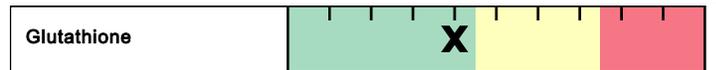
- ▶ Oxidative stress is the imbalance between the production of free radicals and the body's ability to readily detoxify these reactive species and/or repair the resulting damage with anti-oxidants.
- ▶ Oxidative stress can be endogenous (energy production and inflammation) or exogenous (exercise, exposure to environmental toxins).
- ▶ Oxidative stress has been implicated clinically in the development of neurodegenerative diseases, cardiovascular diseases and chronic fatigue syndrome.
- ▶ Antioxidants may be found in whole food sources (e.g., brightly colored fruits & vegetables, green tea, turmeric) as well as nutraceuticals (e.g., resveratrol, EGCG, lutein, lycopene, ginkgo, milk thistle, etc.).



- ▶ Vitamin C is an antioxidant (also used in the regeneration of other antioxidants). It is involved in cholesterol metabolism, the production & function of WBCs and antibodies, and the synthesis of collagen, norepinephrine and carnitine.
- ▶ Deficiency may occur with oral contraceptives, aspirin, diuretics or NSAIDs.
- ▶ Deficiency can result in scurvy, swollen gingiva, periodontal destruction, loose teeth, sore mouth, soft tissue ulcerations, or increased risk of infection.
- ▶ Food sources include oranges, grapefruit, strawberries, tomato, sweet red pepper, broccoli and potato.



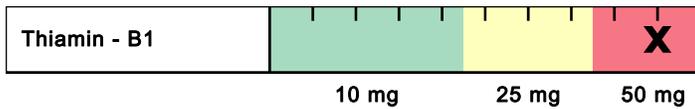
- ▶ alpha-Lipoic acid plays an important role in energy production, antioxidant activity (including the regeneration of vitamin C and glutathione), insulin signaling, cell signaling and the catabolism of alpha-keto acids and amino acids.
- ▶ High biotin intake can compete with lipoic acid for cell membrane entry.
- ▶ Optimal levels of alpha-lipoic acid may improve glucose utilization and protect against diabetic neuropathy, vascular disease and age-related cognitive decline.
- ▶ Main food sources include organ meats, spinach and broccoli. Lesser sources include tomato, peas, Brussels sprouts and brewer's yeast.



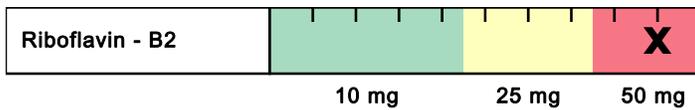
- ▶ Glutathione (GSH) is composed of cysteine, glutamine & glycine. GSH is a source of sulfate and plays a key role in antioxidant activity and detoxification of toxins.
- ▶ GSH requirement is increased with high-fat diets, cigarette smoke, cystinuria, chronic alcoholism, chronic acetaminophen use, infection, inflammation and toxic exposure.
- ▶ Deficiency may result in oxidative stress & damage, impaired detoxification, altered immunity, macular degeneration and increased risk of chronic illness.
- ▶ Food sources of GSH precursors include meats, poultry, fish, soy, corn, nuts, seeds, wheat germ, milk and cheese.

Key

- ▶ Function
- ▶ Causes of Deficiency
- ▶ Complications of Deficiency
- ▶ Food Sources

B-Vitamins


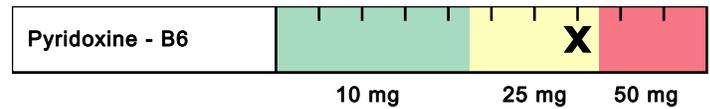
- ▶ B1 is a required cofactor for enzymes involved in energy production from food, and for the synthesis of ATP, GTP, DNA, RNA and NADPH.
- ▶ Low B1 can result from chronic alcoholism, diuretics, digoxin, oral contraceptives and HRT, or large amounts of tea & coffee (contain anti-B1 factors).
- ▶ B1 deficiency may lead to dry beriberi (e.g., neuropathy, muscle weakness), wet beriberi (e.g., cardiac problems, edema), encephalopathy or dementia.
- ▶ Food sources include lentils, whole grains, wheat germ, Brazil nuts, peas, organ meats, brewer's yeast, blackstrap molasses, spinach, milk & eggs.



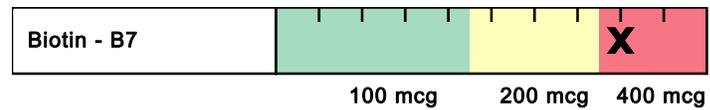
- ▶ B2 is a key component of enzymes involved in antioxidant function, energy production, detoxification, methionine metabolism and vitamin activation.
- ▶ Low B2 may result from chronic alcoholism, some anti-psychotic medications, oral contraceptives, tricyclic antidepressants, quinacrine or adriamycin.
- ▶ B2 deficiency may result in oxidative stress, mitochondrial dysfunction, low uric acid, low B3 or B6, high homocysteine, anemia or oral & throat inflammation.
- ▶ Food sources include milk, cheese, eggs, whole grains, beef, chicken, wheat germ, fish, broccoli, asparagus, spinach, mushrooms and almonds.



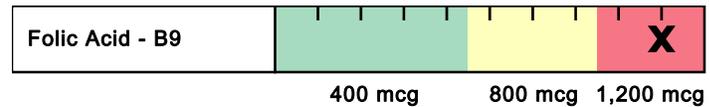
- ▶ B3 is used to form NAD and NADP, involved in energy production from food, fatty acid & cholesterol synthesis, cell signaling, DNA repair & cell differentiation.
- ▶ Low B3 may result from deficiencies of tryptophan (B3 precursor), B6, B2 or Fe (cofactors in B3 production), or from long-term isoniazid or oral contraceptive use.
- ▶ B3 deficiency may result in pellagra (dermatitis, diarrhea, dementia), neurologic symptoms (e.g., depression, memory loss), bright red tongue or fatigue.
- ▶ Food sources include poultry, beef, organ meats, fish, whole grains, peanuts, seeds, lentils, brewer's yeast and lima beans.



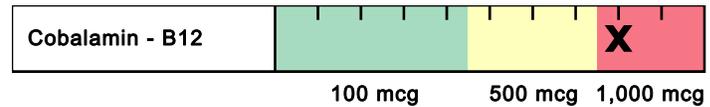
- ▶ B6 (as P5P) is a cofactor for enzymes involved in glycogenolysis & gluconeogenesis, and synthesis of neurotransmitters, heme, B3, RBCs and nucleic acids.
- ▶ Low B6 may result from chronic alcoholism, long-term diuretics, estrogens (oral contraceptives and HRT), anti-TB meds, penicillamine, L-DOPA or digoxin.
- ▶ B6 deficiency may result in neurologic symptoms (e.g., irritability, depression, seizures), oral inflammation, impaired immunity or increased homocysteine.
- ▶ Food sources include poultry, beef, beef liver, fish, whole grains, wheat germ, soybean, lentils, nuts & seeds, potato, spinach and carrots.



- ▶ Biotin is a cofactor for enzymes involved in functions such as fatty acid synthesis, mitochondrial FA oxidation, gluconeogenesis and DNA replication & transcription.
- ▶ Deficiency may result from certain inborn errors, chronic intake of raw egg whites, long-term TPN, anticonvulsants, high-dose B5, sulfa drugs & other antibiotics.
- ▶ Low levels may result in neurologic symptoms (e.g., paresthesias, depression), hair loss, scaly rash on face or genitals or impaired immunity.
- ▶ Food sources include yeast, whole grains, wheat germ, eggs, cheese, liver, meats, fish, wheat, nuts & seeds, avocado, raspberries, sweet potato and cauliflower.



- ▶ Folic acid plays a key role in coenzymes involved in DNA and SAMe synthesis, methylation, nucleic acids & amino acid metabolism and RBC production.
- ▶ Low folate may result from alcoholism, high-dose NSAIDs, diabetic meds, H2 blockers, some diuretics and anti-convulsants, SSRIs, methotrexate, trimethoprim, pyrimethamine, triamterene, sulfasalazine or cholestyramine.
- ▶ Folate deficiency can result in anemia, fatigue, low methionine, increased homocysteine, impaired immunity, heart disease, birth defects and CA risk.
- ▶ Food sources include fortified grains, green vegetables, beans & legumes.



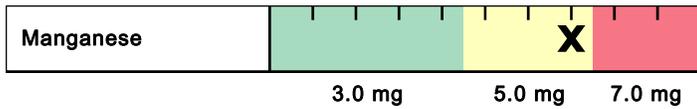
- ▶ B12 plays important roles in energy production from fats & proteins, methylation, synthesis of hemoglobin & RBCs, and maintenance of nerve cells, DNA & RNA.
- ▶ Low B12 may result from alcoholism, malabsorption, hypochlorhydria (e.g., from atrophic gastritis, H. pylori infection, pernicious anemia, H2 blockers, PPIs), vegan diets, diabetic meds, cholestyramine, chloramphenicol, neomycin or colchicine.
- ▶ B12 deficiency can lead to anemia, fatigue, neurologic symptoms (e.g., paresthesias, memory loss, depression, dementia), methylation defects or chromosome breaks.
- ▶ Food sources include shellfish, red meat poultry, fish, eggs, milk and cheese.



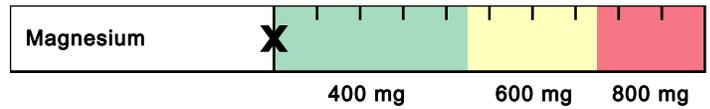
Interpretation At-A-Glance

Nutritional Needs

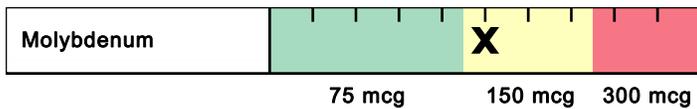
Minerals



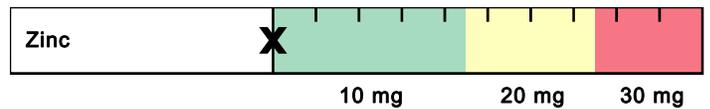
- ▶ Manganese plays an important role in antioxidant function, gluconeogenesis, the urea cycle, cartilage & bone formation, energy production and digestion.
- ▶ Impaired absorption of Mn may occur with excess intake of Fe, Ca, Cu, folic acid, or phosphorous compounds, or use of long-term TPN, Mg-containing antacids or laxatives.
- ▶ Deficiency may result in impaired bone/connective tissue growth, glucose & lipid dysregulation, infertility, oxidative stress, inflammation or hyperammonemia.
- ▶ Food sources include whole grains, legumes, dried fruits, nuts, dark green leafy vegetables, liver, kidney and tea.



- ▶ Magnesium is involved in >300 metabolic reactions. Key areas include energy production, bone & ATP formation, muscle & nerve conduction and cell signaling.
- ▶ Deficiency may occur with malabsorption, alcoholism, hyperparathyroidism, renal disorders (wasting), diabetes, diuretics, digoxin or high doses of zinc.
- ▶ Low Mg may result in muscle weakness/spasm, constipation, depression, hypertension, arrhythmias, hypocalcemia, hypokalemia or personality changes.
- ▶ Food sources include dark leafy greens, oatmeal, buckwheat, unpolished grains, chocolate, milk, nuts & seeds, lima beans and molasses.

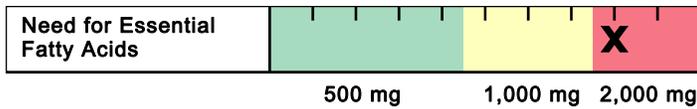


- ▶ Molybdenum is a cofactor for enzymes that convert sulfites to sulfate, and nucleotides to uric acid, and that help metabolize aldehydes & other toxins.
- ▶ Low Mo levels may result from long-term TPN that does not include Mo.
- ▶ Mo deficiency may result in increased sulfite, decreased plasma uric acid (and antioxidant function), deficient sulfate, impaired sulfation (detoxification), neurologic disorders or brain damage (if severe deficiency).
- ▶ Food sources include buckwheat, beans, grains, nuts, beans, lentils, meats and vegetables (although Mo content of plants depends on soil content).



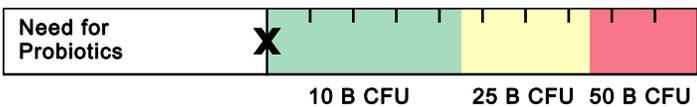
- ▶ Zinc plays a vital role in immunity, protein metabolism, heme synthesis, growth & development, reproduction, digestion and antioxidant function.
- ▶ Low levels may occur with malabsorption, alcoholism, chronic diarrhea, diabetes, excess Cu or Fe, diuretics, ACE inhibitors, H2 blockers or digoxin.
- ▶ Deficiency can result in hair loss and skin rashes, also impairments in growth & healing, immunity, sexual function, taste & smell and digestion.
- ▶ Food sources include oysters, organ meats, soybean, wheat germ, seeds, nuts, red meat, chicken, herring, milk, yeast, leafy and root vegetables.

Essential Fatty Acids

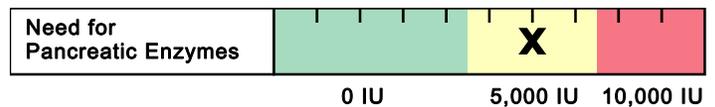


- ▶ Omega-3 (O3) and Omega-6 (O6) fatty acids are polyunsaturated fatty acids that cannot be synthesized by the human body. They are classified as essential nutrients and must be obtained from dietary sources.
- ▶ The standard American diet is much higher in O6 than O3 fatty acids. Deficiency of EFAs may result from poor dietary intake and/or poor conversion from food sources.
- ▶ EFA deficiency is associated with decreased growth & development of infants and children, dry skin/rash, poor wound healing, and increased risk of infection, cardiovascular and inflammatory diseases.
- ▶ Dietary sources of the O6 Linoleic Acid (LA) include vegetable oils, nuts, seeds and some vegetables. Dietary sources of the O3 a-Linolenic Acid (ALA) include flaxseeds, walnuts, and their oils. Fish (mackerel, salmon, sardines) are the major dietary sources of the O3 fatty acids EPA and DHA.

Digestive Support



- ▶ Probiotics have many functions. These include: production of some B vitamins and vitamin K; enhance digestion & absorption; decrease severity of diarrheal illness; modulate of immune function & intestinal permeability.
- ▶ Alterations of gastrointestinal microflora may result from C-section delivery, antibiotic use, improved sanitation, decreased consumption of fermented foods and use of certain drugs.
- ▶ Some of the diseases associated with microflora imbalances include: IBS, IBD, fibromyalgia, chronic fatigue syndrome, obesity, atopic illness, colic and cancer.
- ▶ Food sources rich in probiotics are yogurt, kefir and fermented foods.



- ▶ Pancreatic enzymes are secreted by the exocrine glands of the pancreas and include protease/peptidase, lipase and amylase.
- ▶ Pancreatic exocrine insufficiency may be primary or secondary in nature. Any indication of insufficiency warrants further evaluation for underlying cause (i.e., celiac disease, small intestine villous atrophy, small bowel bacterial overgrowth).
- ▶ A high functional need for digestive enzymes suggests that there is an impairment related to digestive capacity.
- ▶ Determining the strength of the pancreatic enzyme support depends on the degree of functional impairment. Supplement potency is based on the lipase units present in both prescriptive and non-prescriptive agents.