



PATIENT: **Sample Report**

TEST REF: #####

TEST NUMBER: #####
 PATIENT NUMBER: #####
 GENDER: XXXXX
 AGE: 00
 DATE OF BIRTH: mm/dd/yyyy

COLLECTED: mm/dd/yyyy
 RECEIVED: mm/dd/yyyy
 TESTED: mm/dd/yyyy

PRACTITIONER: **Nordic Laboratories**

TEST NAME: Bloodspot Amino Acid 20 Profile



0113 Bloodspot Amino Acids 20 Profile

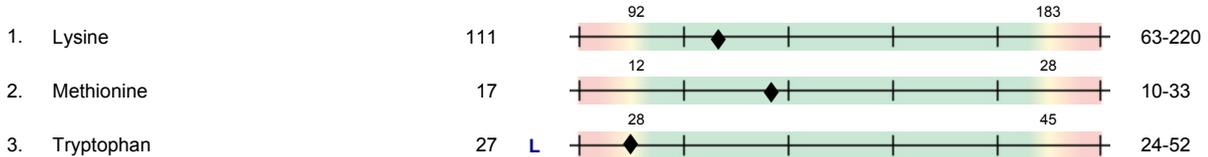
Methodology: High Pressure Liquid Chromatography

Ranges are for ages 13 and over

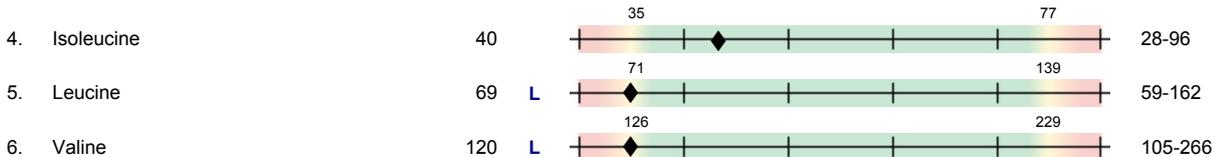


Essential Amino Acids

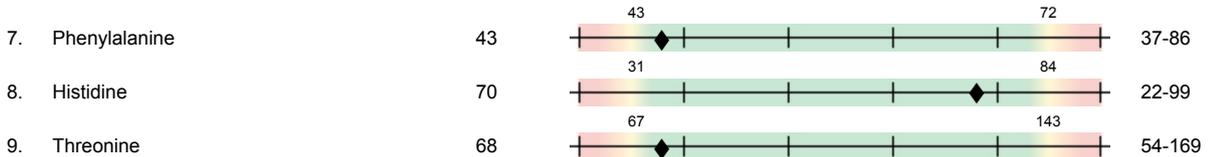
Limiting Amino Acids



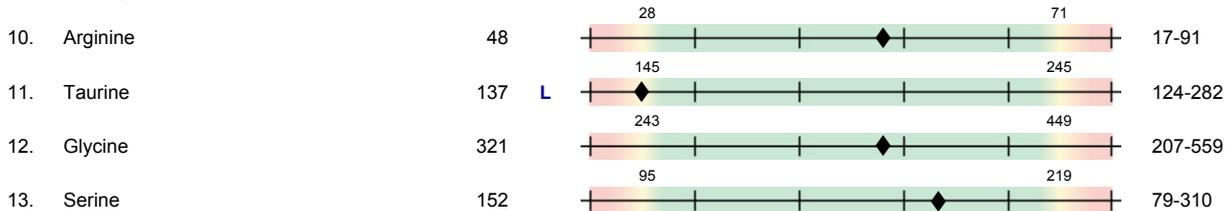
Branched Chain Amino Acids



Other Essential Amino Acids



Conditionally Essential Amino Acids



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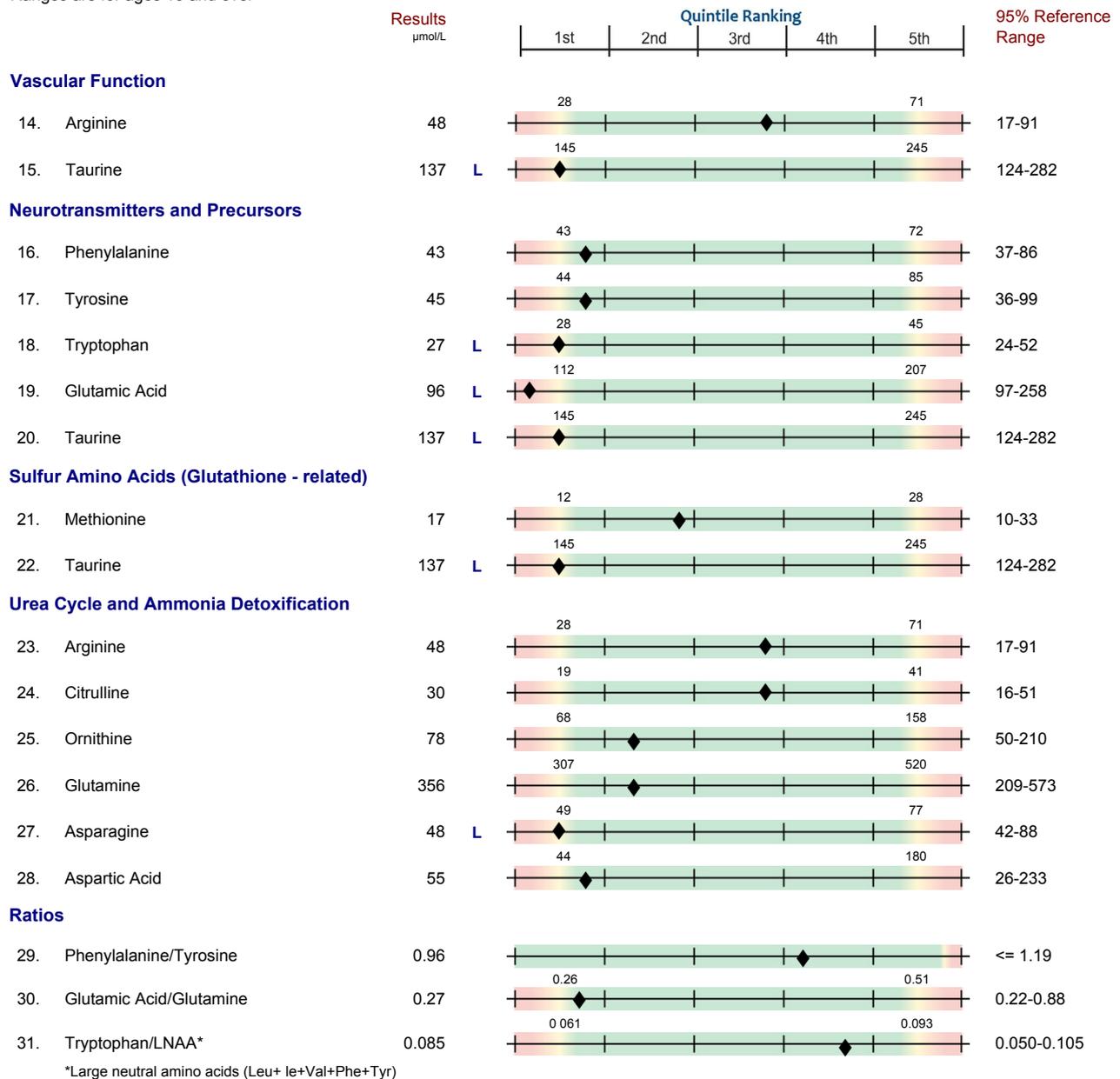
TEST NAME: Bloodspot Amino Acid 20 Profile



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Methodology: High Pressure Liquid Chromatography

Ranges are for ages 13 and over



*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)

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Amino Acid Formula Recommendation

The table below shows a customized amino acid formula based on the results of your laboratory profile. The formula is optimized by adding amounts shown in the Grams Added column according to the relative positions of results found.

Directions: Adults mix 1 and 1/2 measuring teaspoon (5g) in juice or water 2 times daily between meals as a dietary supplement, or as directed by a health care provider. Children under 12 years old: 3/4 teaspoon, 1-2 times daily between meals. Children under 5 years old: Use 1/4 teaspoon, 1-3 times daily; adjust for body weight.

	Grams Added	% of Formula	Active mg/day
L-Arginine HCl (80% active)	0	8.62	689
L-Histidine HCl (74% active)	0	10.01	741
L-Isoleucine	3	7.89	789
L-Leucine	11	13.13	1,313
L-Lysine HCl (80% active)	2	9.29	743
L-Methionine	1	5.98	598
L-Phenylalanine	8	12.13	1,213
Taurine	13	4.33	433
L-Threonine	5	7.60	760
L-Tryptophan	4	2.95	295
L-Valine	10	11.62	1,162
Pyridoxal-5-phosphate	0	0.27	22
Alpha-ketoglutaric acid	0	7.69	623

Total grams added	57
Base Formula amount	243
Total Weight	300

L-5-Hydroxytryptophan	1	0.81	59
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This formula is intended to optimize essential and conditionally essential amino acid intake. Other non-essential amino acids can be produced in human tissues. Pyridoxal-5-phosphate (an active form of vitamin B6) and alpha-ketoglutaric acid are key factors needed for the body's utilization of amino acids.

The formula may be ordered as a powder that dissolves easily in beverages or may be added to foods such as applesauce. Other forms of supplemental dietary protein or amino acids may need to be restricted while using your customized formula. If enhanced energy levels prevent sleep, avoid bedtime use.

This formula is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.

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