

Ordering Physician:

Metamatrix

3425 Corporate Way
 Duluth, GA 30096

0013 Amino Acid Analysis - Bloodspot

Methodology: High Pressure Liquid Chromatography

Ranges: Ages 13 and over

Results
 umol/L



**95%
 Reference
 Interval**

Essential Amino Acids

Limiting Amino Acids

Rank	Amino Acid	Result (umol/L)	Quintile Ranking	95% Reference Interval
1	Lysine	124	Between 3rd and 4th	63 - 220
2	Methionine	10 L	Between 1st and 2nd	10 - 33
3	Tryptophan	43	Between 4th and 5th	24 - 52

Branched Chain Amino Acids

Rank	Amino Acid	Result (umol/L)	Quintile Ranking	95% Reference Interval
4	Isoleucine	51	Between 3rd and 4th	28 - 96
5	Leucine	126	Between 4th and 5th	59 - 162
6	Valine	175	Between 3rd and 4th	105 - 266

Other Essential Amino Acids

Rank	Amino Acid	Result (umol/L)	Quintile Ranking	95% Reference Interval
7	Phenylalanine	40 L	Between 1st and 2nd	37 - 86
8	Histidine	67	Between 4th and 5th	22 - 99
9	Threonine	101	Between 3rd and 4th	54 - 169

Conditionally Essential Amino Acids

Rank	Amino Acid	Result (umol/L)	Quintile Ranking	95% Reference Interval
10	Arginine	66	Between 4th and 5th	17 - 91
11	Taurine	165	Between 1st and 2nd	124 - 282

Ratios

Rank	Ratio	Result	Quintile Ranking	95% Reference Interval
12	Tryptophan/LNAA*	0.082	Between 4th and 5th	0.050 - 0.105

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

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.

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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	9.08	726
L-Histidine HCl (74% active)	0	10.55	780
L-Isoleucine	0	7.26	726
L-Leucine	0	9.97	997
L-Lysine HCl (80% active)	1	9.41	753
L-Methionine	28	15.28	1,528
L-Phenylalanine	13	14.30	1,430
Taurine	2	0.67	67
L-Threonine	0	6.25	625
L-Tryptophan	0	1.71	171
L-Valine	0	8.73	873
Pyridoxal-5-phosphate	0	0.27	23
Alpha-ketoglutaric acid	0	7.69	656

Total grams added	44
Base Formula amount	256
Total Weight	300

<input checked="" type="checkbox"/>	L-5-Hydroxytryptophan	0	0.57	34
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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.

