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## Sample report

Date:  
(Accession #

Next Test Due:

# ***LabAssist™ Organic Acids & Environmental Pollutants Report***

## ***Practitioner***

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## Basic Status High/Low - Environmental Pollutants Exposure

The % Status is the weighted deviation of the laboratory result.

### Low Results

-80      -60      -40      -20      0			% Status	Result	Low	High
-25%			-50.00 L	0.00	0.00	0.01
			-50.00 L	0.00	0.00	6.86
			-43.29 L	0.01	0.00	0.15
			-38.24 L	0.02	0.00	0.17
			-33.33 L	0.03	0.00	0.18
			-33.33 L	0.01	0.00	0.06
			-32.30 L	136.00	0.00	768.53
			-30.00 L	0.02	0.00	0.10

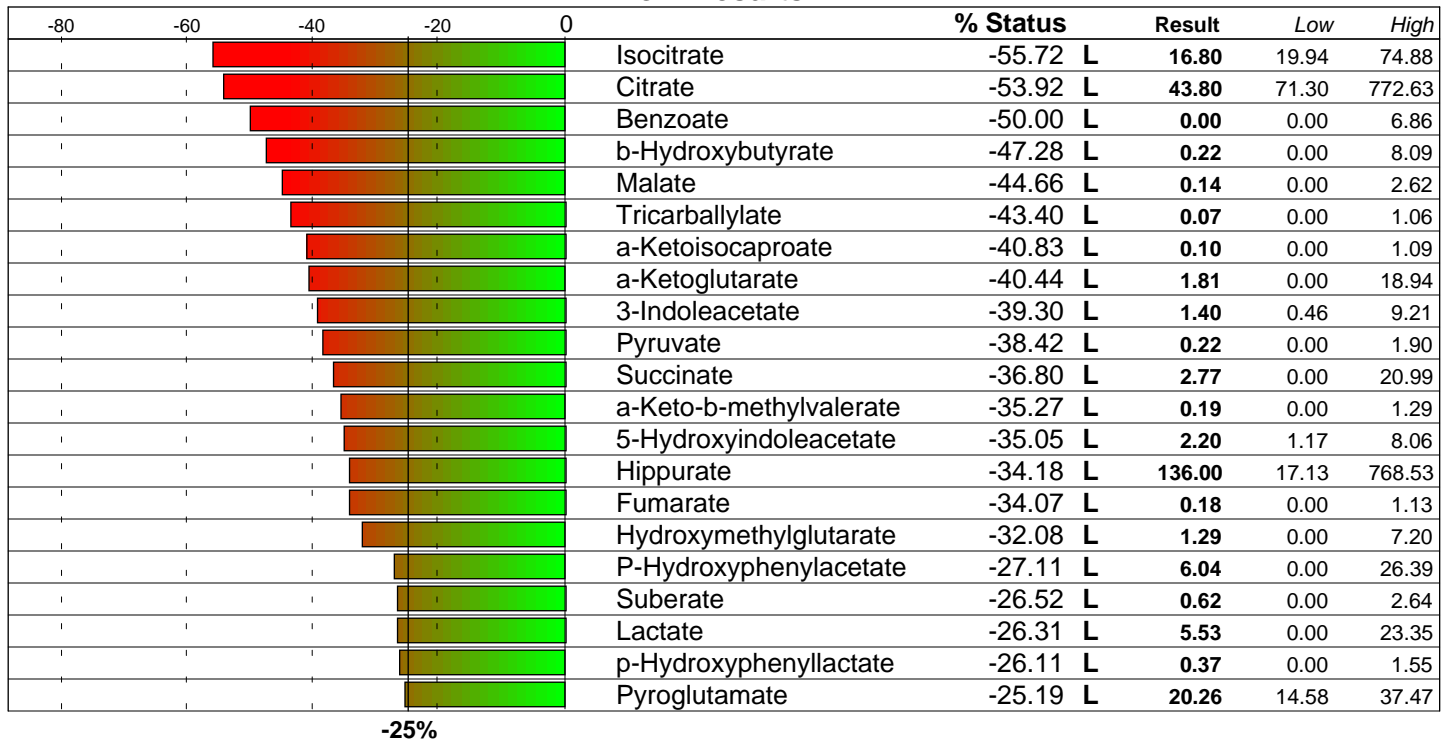
### High Results

-40      -20      0      20      40			% Status	Result	Low	High
-25%	25%		38.89 H	5.64	0.00	6.34

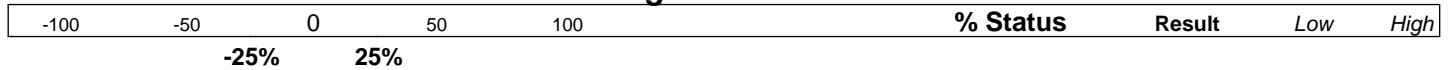
## Basic Status High/Low - Urine Organic Acids

The % Status is the weighted deviation of the laboratory result.

### Low Results



### High Results







## Client Summary Review

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### Nutritional Support

The following supplements may help to balance your biochemistry. Consult your practitioner.

**1-Amino Acid Complex**  
8-10 grams daily

**1-Amino Acid Complex**  
8-10 grams daily

**2-5-Hydroxytryptophan**  
100 mg

## Practitioner Summary Review

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### Out-Of-Balance Panel Values

The following panels have a PSD of greater than 25% indicating need for further review. PSD is the Panel Status Deviation, or the average imbalance of that subset of results. The PSS is the Panel Status Skew, or the direction, negative (deficiency) or positive (excess), of that subset of results.

Panel Name	PSD	PSS
Energy Production	39.82%	-39.82%
Carbohydrate Metabolism	32.84%	-32.84%
CAC Cycle Ratios	30.86%	-3.02%
Personal Care Products	28.14%	-28.14%
BCAA Catabolism	27.59%	-23.14%
Water Sources	26.98%	-15.66%

### Lab Reported out-of-range Values

The following results are out-of-range (as reported by the lab), and should be carefully reviewed.

#### CA Cycle Phase 3 ( 66.02%)

A high result may be indicative of the lack B-complex nutrients and/or an array of amino acids especially aspartic acid. Supplementing a balanced amino acid blend with a B-complex may help bring a surge of energy. This phase of the citric acid cycle is the movement from Isocitrate to a-ketoglutarate.

#### CA Cycle Phase 6 (-60.31%)

The last phase of the citric acid cycle, this stage marks the conversion of Fumarate into Malate. When the ratio is low, this may signify that the body is not refilling its losses along the entire cycle. Supplementing with a broad spectrum amino acid along with niacin may help restore balance.

#### Isocitrate (-55.72%)

Low levels of isocitrate in urine may be indicative of inadequate supplies of amino acids.

#### Citrate (-53.92%)

Citrate (citric acid) is a weak organic acid within the citric acid cycle. A low reading of this organic acid may be indicative of an amino acid deficiency or a problem with metabolism. Also, a low level is linked to an increased risk of kidney stones, both the calcium and cysteine related stones. Potassium citrate supplementation may be helpful.

#### 3,4-Dimethylhippurate (-50.00%)

A low reading such as this is desirable for this marker although it may indicate an inability to excrete the solvent trimethylbenzene.

#### Benzoate (-50.00%)

A low reading in today's environmentally toxic world may indicate a poor phase I detoxification capability.

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A low reading in today's environmentally toxic world may indicate a poor phase I detoxification capability.

## Nutrition - Detail

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of your qualified health care professional.

### **1-Amino Acid Complex** 8-10 grams daily

Imbalanced levels of these organic acids may indicate poor amino acid levels. The addition of a balanced amino acid supplement is helpful in resolving this deficiency.

Decreased

Citrate  
Succinate

### ***Rationale***

Normal

Increased

### **1-Amino Acid Complex** 8-10 grams daily

A pattern suggesting amino acid insufficiency may be due to inadequate protein intake, chronic illness or malabsorption. Review dietary intake, assess bacterial flora for adequate balance and the presence of pathogens, and evaluate digestive/pancreatic function. Intake of an individualized free-form amino acid supplement with appropriate nutrient cofactors is advised.

Decreased

Normal

Increased

CA Cycle Return

### **2-5-Hydroxytryptophan** 100 mg

Serotonin is an important neurotransmitter made from the amino acid Tryptophan. 5-Hydroxyindoleacetate is a metabolite of serotonin so a low result of this organic acid may indicate a tryptophan deficiency.

Decreased

5-Hydroxyindoleacetate

Normal

Increased



## Drug Interactions

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Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The (#) after each drug denotes the number of times that drug is flagged as being potentially harmful.

Imipramine

Lithium Carbonate

MAO Inhibitors

Methyldopa

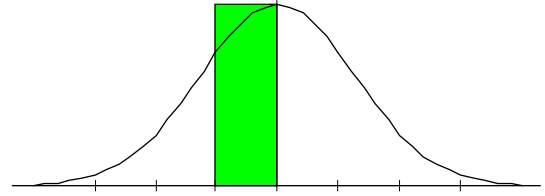
# Panel/Subset Report

## Automotive Sources

2-Methylhippurate[L], 3-Methylhippurate[L], Mandelate, Phenylglyoxylate, M + P, t,t-Muconic Acid[L], a-Hydroxyisobutyrate[H].

**PSD: 24.60**  
**PSS: -13.28**

This panel ascertains the level of automotive-sourced toxins within your cells. The leading source is car exhaust. Other sources include: jogging on busy streets next to traffic, commuting in heavy traffic, and living in large urban areas. This profile shows a percent imbalance below 25%, so no abnormalities were found.

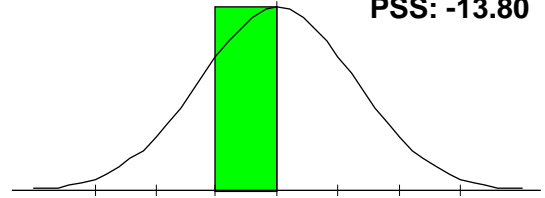


## Paint and Solvents

3-Methylhippurate[L], Mandelate, Phenylglyoxylate, M + P.

**PSD: 14.18**  
**PSS: -13.80**

This panel ascertains the level of paint and solvent toxins within your cells. Paints and solvents are often found with styrene and xylene. Airing out a newly painted house is advisable. When using paints and solvents, always ensure the work space is well-ventilated and wear an appropriate mask. This profile shows a percent imbalance below 25%, so no abnormalities were found.

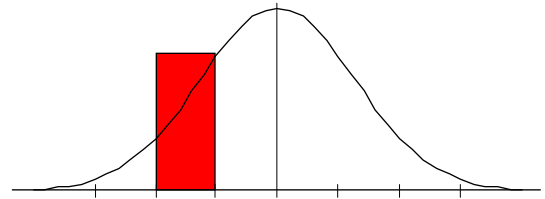


## Personal Care Products

Phthalate[L], Monoethyl Phthalate[L], p-Hydroxybenzoate, t,t-Muconic Acid[L].

**PSD: 28.14**  
**PSS: -28.14**

This panel ascertains the intracellular toxins from cosmetic sources. Common toxins include: parabens, phthalates and benzene derivatives. To learn more about this topic, visit the Environmental Working Group, ([www.ewg.org](http://www.ewg.org)) and read their report "Skin Deep." This profile may indicate a low exposure to toxins or poor excretion of cosmetic toxins. If your hippurate is low, it's likely poor excretion. Consider appropriate detoxification protocol.

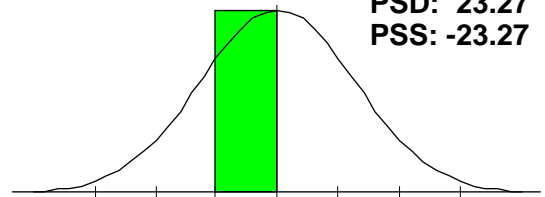


## Phthalates

Phthalate[L], Monoethyl Phthalate[L], Quinolate.

**PSD: 23.27**  
**PSS: -23.27**

Phthalates are a commonly found in everyday things including: plastic items, scented items like air fresheners & candles, and personal care products. Phthalates disrupt the endocrine system and lowers testosterone in fetuses. This profile shows a percent imbalance below 25%, so no abnormalities were found.

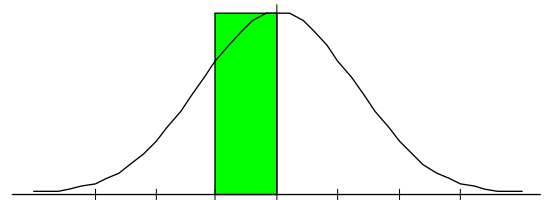


## Plastic Sources

Phthalate[L], Monoethyl Phthalate[L], Mandelate, Phenylglyoxylate, M + P.

**PSD: 18.32**  
**PSS: -18.02**

Plastics are made with styrene and phthalates. This panel ascertains the level of intracellular toxins sourced from plastics. Common sources include: microwaving in plastic containers, drinking from plastic bottles, drinking hot liquids from styrofoam cups, etc. This profile shows a percent imbalance below 25%, so no abnormalities were found.



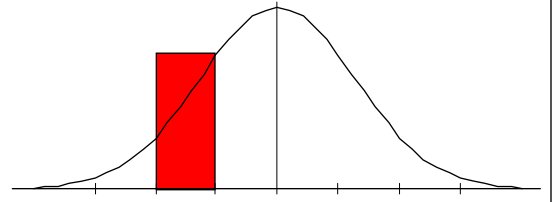
# Panel/Subset Report

## **Water Sources**

t,t-Muconic Acid[L], Mandelate, Phenylglyoxylate, M + P,  
2-Methylhippurate[L], 3,4-Dimethylhippurate[L],  
a-Hydroxyisobutyrate[H].

**PSD: 26.98**  
**PSS: -15.66**

This panel ascertains the level of intracellular toxins sourced from water. Research shows most water supplies worldwide are tainted with a number of petrochemicals including: trimethylbenzene, toluene, styrene, and benzene. This profile may indicate low exposure to toxins or poor excretion of toxins. If your hippurate is low, it's likely poor excretion. Consider a detoxification protocol.

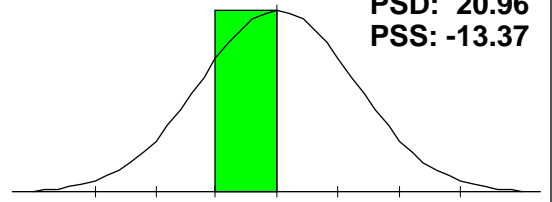


## **B-Complex Markers**

b-Hydroxyisovalerate, a-Ketoisovalerate, a-Ketoisocaproate[L],  
a-Keto-b-methylvalerate[L], Methylmalonate.

**PSD: 20.96**  
**PSS: -13.37**

This panel assesses adequate intake of B-complex vitamins. This profile shows a percent imbalance below 25%, so no abnormalities were found.

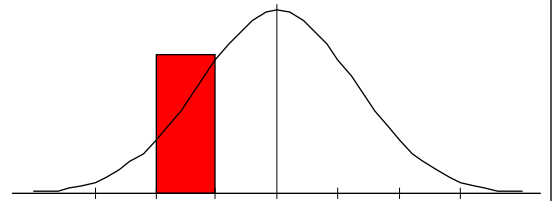


## **BCAA Catabolism**

a-Ketoisovalerate, a-Ketoisocaproate[L], a-Keto-b-methylvalerate[L].

**PSD: 27.59**  
**PSS: -23.14**

BCAA's are essential in building muscle and you can only get them from your diet or supplements. This panel assess your BCAA levels and how they're being used. This profile may indicate an inadequate supply of BCAAs. Consider supplementation. Note: supplementing with single branch chain amino acids is highly not recommended. All 3 branch chain amino acids (Isoleucine, Leucine and Valine) must be taken together.

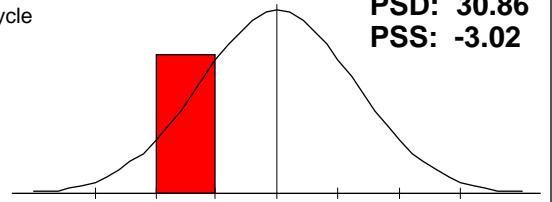


## **CAC Cycle Ratios**

CA Cycle Phase 1, CA Cycle Phase 2, CA Cycle Phase 3[H], CA Cycle  
Phase 4, CA Cycle Phase 5, CA Cycle Phase 6[L], CA Cycle  
Return[H].

**PSD: 30.86**  
**PSS: -3.02**

This panel reviews cellular energy producing cycles to maintain health and weight. This profile may indicate poor energy production and/or vitamin, mineral and amino acid deficiencies.

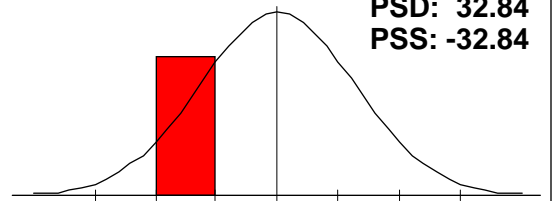


## **Carbohydrate Metabolism**

Lactate[L], Pyruvate[L], a-Hydroxybutyrate, b-Hydroxybutyrate[L].

**PSD: 32.84**  
**PSS: -32.84**

This panel assesses your body's ability to metabolize dietary carbohydrates. This profile could indicate a low carbohydrate intake. Symptoms include low energy and poor blood sugar control.



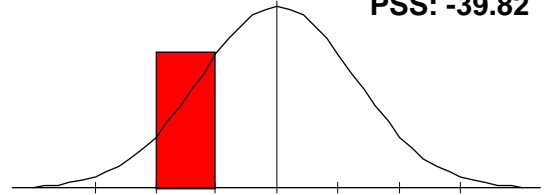
# Panel/Subset Report

## Energy Production

Citrate[L], cis-Aconitate, Isocitrate[L], a-Ketoglutarate[L], Succinate[L], Fumarate[L], Malate[L], Hydroxymethylglutarate[L].

This panel reviews cellular energy producing cycles to maintain health and weight. This profile may indicate an amino acid deficiency. Low readings are typically desirable, but if the CAC Cycle Ratios are abnormal, consider adding a broad spectrum amino acid supplement.

**PSD: 39.82**  
**PSS: -39.82**

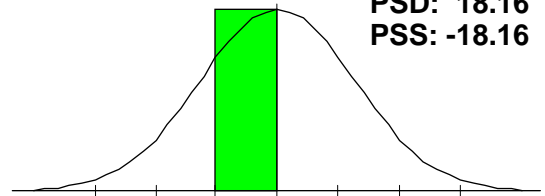


## Fatty Acid Metabolism

Adipate, Suberate[L], Ethylmalonate.

This panel assesses how fats are being broken down and utilized by the body. This profile shows a percent imbalance below 25%, so no abnormalities were found.

**PSD: 18.16**  
**PSS: -18.16**

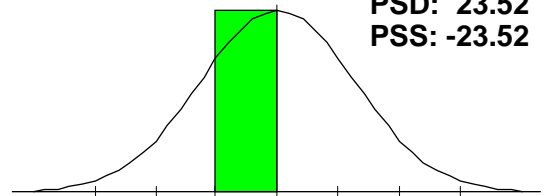


## Intestinal Dysbiosis

p-Hydroxyphenyllactate[L], Tricarballylate[L], p-Hydroxybenzoate.

Dysbiosis is an overgrowth of bad bacteria in the gut. It is indicative of gut health. This profile shows a percent imbalance below 25%, so no abnormalities were found.

**PSD: 23.52**  
**PSS: -23.52**

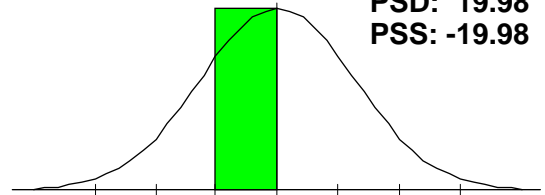


## Liver Detox Indicators

Orotate, Pyroglutamate[L], a-Hydroxybutyrate.

This panel assesses how well your liver removes toxins from your system. This profile shows a percent imbalance below 25%, so no abnormalities were found.

**PSD: 19.98**  
**PSS: -19.98**

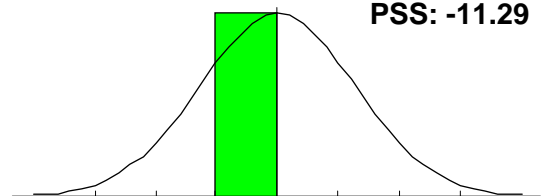


## Neurotransmitters

Vanilmandelate, Homovanillate, 5-Hydroxyindoleacetate[L], Kynurenate, Quinolinate.

Neurotransmitters are chemicals the brain uses to make the entire neurological system function - including all body functions. This panel assesses neurotransmitter production. This profile shows a percent imbalance below 25%, so no abnormalities were found.

**PSD: 14.80**  
**PSS: -11.29**



## Clinical Correlation

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This report "MATCHES" clinical observations with the lab test. Elements shown, normal and abnormal, tend to characterize the observation. Highlighted elements are those reported to "MATCH" the characteristics of the clinical observation. Others are NOT matches but are elements in the observation.

**No disease pattern matches > 66.0%**