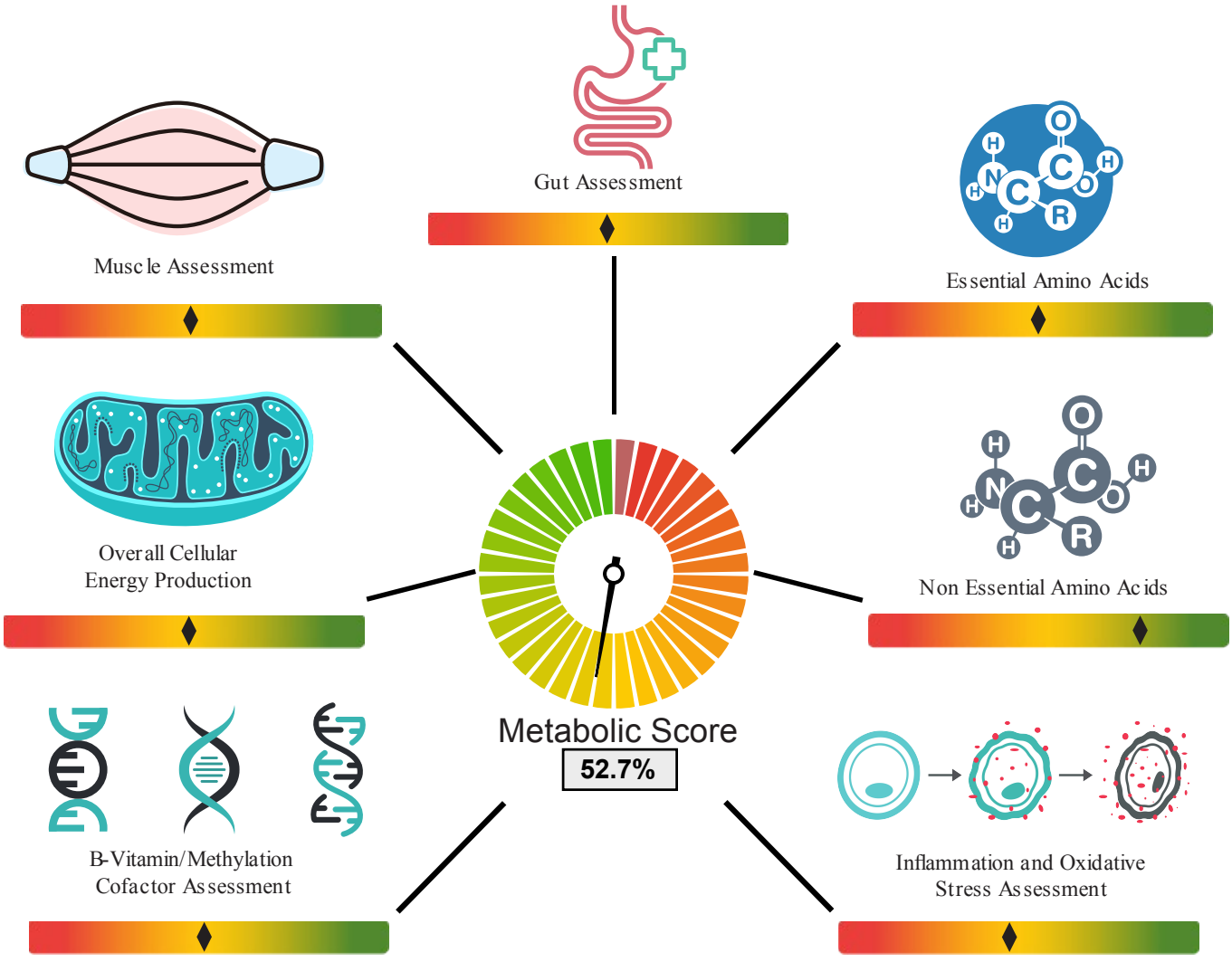
Female Comprehensive Metabolic Performance Profile (Urine)

Patient Information	Clinician/Order Information	Sample Information
2021 Test Female 12	**Gregg Sargent**	**Accession# 0223-0001535**
	Phyl Test Facility	Collected: 2/2/2023
DOB: 1/1/1988 **Age: 36**	+18773168686	Received: 2/7/2023
Gender: Female	Order date: 2/7/2023	Reported: 6/28/2024 1:23:07 PM
Phone: +18773168686		Collection time: **1st**
Patient ID: 3feb8d91		7:04 AM
Height: N/A Weight: N/A		



The Metabolic Score is a calculated average of the patient's combined results of each category. The median Metabolic Score is 50%, which represents the healthy and non-diseased population. The Metabolic score indicates how far above or below the patient's results are compared to the population median of 50%.

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ANALYTE		RECOMMENDATIONS	POTENTIAL CAUSES
Gut Assessment			
Benzoic Acid	Above Detection Limit	Vitamin B5 Glycine	Elevated from GI bacterial overgrowth, poor convertion of hippuric acid by cofactors glycine and B5 deficiencies.
Lactic Acid	Above Detection Limit	Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B5 Lipoic Acid	Elevated from anaerobic environment, lack of cofactors B1, B2, B3, B5.
Essential Amino Acids			
Valine	High	Vitamin B6	Elevated from deficit in cofactors B6, thiamin, thiamin pyrophosphate, riboflavin, niacin, pantothenic acid and lipoic acid.
Non-Essential Amino Acids			
Alanine	High	Vitamin B6	Elevated from B6 deficiency.
Proline	High	Vitamin C Vitamin B3	When elevated check proline:hydroxyproline ratio to determine if vitamin C and Iron are needed for conversion.
Taurine	Low	Vitamin B6 Taurine	Low from B6 deficiency and vegetarian diets.
Inflammation and Oxidative Stress			
Benzoic Acid	Above Detection Limit	Vitamin B5 Glycine	Elevated from GI bacterial overgrowth, poor convertion of hippuric acid by cofactors glycine and B5 deficiencies.
Pyroglutamic Acid	Above Detection Limit	NAC Methionine Taurine Glycine	Elevated from a loss of glutathione pool due to oxidative stress.
B-Vitamin/Methylation Cofactor Assessment			
Homovanillic Acid	Low	Tyrosine Vitamin B2 Vitamin B3 Vitamin B6 Methylation support	Low from dopamine or B-vitamin deficiency, poor methylation.
S-Adenosylhomocysteine	Below Detection Limit	Methylation support SAMe	Low from SAM or methyl donor deficiency.
Vanillylmandelic Acid	Above Detection Limit	Reduce phenylalanine, tyrosine, quercetine intake. Methylation support	Elevated from stress, nor/epinephrine overproduction. Intake of L-DOPA or antidepressants. Potential neuroblastoma.
Cellular Energy Production			
Lactic Acid	Above Detection Limit	Vitamin B1 Vitamin B2 Vitamin B3 Vitamin B5 Lipoic Acid	Elevated from anaerobic environment, lack of cofactors B1, B2, B3, B5.
Succinic Acid	Above Detection Limit	CoQ10 Magnesium Vitamin B2	Elevated from lack of riboflavin (B2) and/or magnesium, toxic chemical exposure.
Muscle Assessment			
Citrulline	High	Magnesium Alpha-KG Aspartic Acid	Elevated from hyperammonemia, muscle damage and sarcopenia, high-arginine diets.
Proline	High	Vitamin C Vitamin B3	When elevated check proline:hydroxyproline ratio to determine if vitamin C and Iron are needed for conversion.

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Patient Result History

Please Note: New Reference Ranges effective 11/06/2023

Analyte	Unit	6/28/2024 | (0223-0001535)		
		Observation	Results	Reference Range
Creatinine	mg/dL		100.0	30.00 - 300.00
Gut Assessment				
3-Hydroxy-3-methylglutaric Acid (HMG)	ng/mg CR		6658.3	<=8548.60
Allantoin	ug/mg CR		8	2.70 - 16.40
Benzoic Acid	ug/mg CR	Above Detection Limit	-	<=409.20
Glutamine	ug/mg CR		9.5	5.20 - 48.90
Histidine	ug/mg CR		87.8	24.20 - 129.40
Lactic Acid	ug/mg CR	Above Detection Limit	-	2.50 - 7175.30
Pyruvic Acid	ng/mg CR		2045.4	355.20 - 6118.10
Tryptophan	ug/mg CR		4.4	2.50 - 3290.50
Essential Amino Acids				
Histidine	ug/mg CR		87.8	24.20 - 129.40
Isoleucine	ng/mg CR		332.6	122.20 - 1454.50
Leucine	ng/mg CR		277.2	128.50 - 3349.40
Methionine	ng/mg CR		388.4	55.80 - 1505.10
Phenylalanine	ng/mg CR		2910.3	1449.10 - 6631.60
Threonine	ug/mg CR		1	.80 - 14.00
Tryptophan	ug/mg CR		4.4	2.50 - 3290.50
Valine	ng/mg CR	High	6103.4	377.00 - 3738.80
Non-Essential Amino Acids				
Alanine	ug/mg CR	High	38.2	7.00 - 35.00
Asparagine	ug/mg CR		9.3	2.40 - 2844.50
GABA	ng/mg CR		112.6	<=547.30
Glutamine	ug/mg CR		9.5	5.20 - 48.90
Proline	ng/mg CR	High	1486.6	181.20 - 1470.60
Tyrosine	ug/mg CR		5.3	.50 - 964.00
Taurine	ug/mg CR	Low	3.8	5.10 - 90.20
Inflammation and Oxidative Stress				
3-Aminoisobutyric Acid	ug/mg CR	Low	1.3	2.30 - 3528.40
6-Sulfatoxymelatonin	ng/mg CR		14.4	7.70 - 595.90
8-OH-dG	ng/mg CR		5	<=10.70
Allantoin	ug/mg CR		8	2.70 - 16.40
Benzoic Acid	ug/mg CR	Above Detection Limit	-	<=409.20
Pyroglutamic Acid	ug/mg CR	Above Detection Limit	-	21.60 - 27468.30
B-Vitamin/Methylation Cofactor Assessment				
2-Amino butyric Acid	ng/mg CR		1973.8	560.50 - 2474.60
Glycine	ug/mg CR		105.9	26.80 - 169.50
Kynurenic Acid	ng/mg CR		1364	<=2179.60
Methylmalonic Acid	ng/mg CR		934.5	<=2239.20
Sarcosine	ng/mg CR		210.4	<=262.80
Serine	ug/mg CR		0.4	.30 - 4875.80
Homovanillic Acid	ng/mg CR	Low	805.4	1177.70 - 4675.40
S-Adenosylhomocysteine	ng/mg CR	Below Detection Limit	-	<=533.40
Vanillylmandelic Acid	ng/mg CR	Above Detection Limit	-	933.50 - 6510.80
Xanthurenic Acid	ng/mg CR		475.3	<=5037.50
Cellular Energy Production				
Adipic Acid	ng/mg CR		1245.8	<=4290.00
Carnitine	ug/mg CR		5.3	1.20 - 32.50
Suberic Acid	ng/mg CR		887.3	<=2524.20
3-Hydroxybutyric Acid	ng/mg CR		120	<=3771.90
Pyruvic Acid	ng/mg CR		2045.4	355.20 - 6118.10
3-Hydroxy-3-methylglutaric Acid (HMG)	ng/mg CR		6658.3	<=8548.60
Lactic Acid	ug/mg CR	Above Detection Limit	-	2.50 - 7175.30
Succinic Acid	ug/mg CR	Above Detection Limit	-	2.00 - 4938.70

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Analyte	Unit	6/28/2024 | (0223-0001535)		
		Observation	Results	Reference Range
Muscle Assessment				
1-Methyl-Histidine	ug/mg CR		123.3	47.20 - 165.30
3-Aminoisobutyric Acid	ug/mg CR	Low	1.3	2.30 - 3528.40
3-Methyl-Histidine	ug/mg CR	Low	13.2	21.20 - 403.70
Beta-Alanine	ng/mg CR		261	<=2406.00
Citrulline	ng/mg CR	High	1126.6	96.00 - 853.90
Hydroxyproline	ng/mg CR		1700	876.20 - 3606.70
Proline	ng/mg CR	High	1486.6	181.20 - 1470.60

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