

Referrer **Ms Amy Phillips** Lab ID **880512923** DOB **27/02/1992 (30 Yrs FEMALE)**
Address **AIM NATURAL HEALTHCARE SHOP 1 132 WILLOUGHBY ROAD** Your ref. **880512923**
CROWS NEST NSW 2065 Address **2E/11 RIVER RD**
Phone **0488519589** WOLLSTONECRAFT NSW 2065
Phone **0421870772**

Copy to Requested **02/08/2022**
Clinical Notes **NO HISTORY** Collected **02/08/2022 09:14** Received **02/08/2022 09:22**

Zinc

Zinc-plasma	15.2	umol/L	9.0 - 19.0
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Comments

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Reported on 04-08-2022 15:24

Heavy Metals

Serum Copper	18	umol/L	12 - 22
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NATA ACCREDITATION NO 2178

Reported on 04-08-2022 17:12

Homocysteine

Homocysteine	7.9	umol/L	5.0 - 12.0
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NATA ACCREDITATION NO 2178

Reported on 02-08-2022 23:06

Referrer Ms Amy Phillips

Address AIM NATURAL HEALTHCARE SHOP 1 132 WILLOUGHBY ROAD
CROWS NEST NSW 2065

Phone 0488519589

Lab ID 880512923

DOB 27/02/1992 (30 Yrs FEMALE)

Your ref. 880512923

Address 2E/11 RIVER RD
WOLLSTONECRAFT NSW 2065

Phone 0421870772

Copy to

Requested 02/08/2022

Clinical Notes NO HISTORY

Collected 02/08/2022 09:14

Received 02/08/2022 09:22

Random Urine Iodine

R-U-Creatinine	12.9	mmol/L	
Urine iodine	106	ug/L	> 100
Creat Corr. Iodine	70 L	ug/L	> 100

Comments

Iodine levels are interpreted using the WHO criteria. However, the creatinine-corrected iodine level allows for iodine assessment in urine samples which are more dilute or concentrated than usual.

WHO classification of iodine deficiency - Urine Iodine levels:

Not Iodine deficient:	> 100 ug/L	urine
Mild Iodine deficiency:	50 - 100 ug/L	urine
Moderate Iodine deficiency:	20 - 49 ug/L	urine
Severe Iodine deficiency:	< 20	ug/L urine

To convert Iodine ug/L to Iodine nmol/L
 $\text{ug/L} \times 7.88 = \text{nmol/L}$

HMRC recommends supplementation of 150ug/day of Iodine to ensure that all women who are pregnant, breastfeeding or considering pregnancy have adequate iodine status. Women should not take kelp (seaweed) supplements or kelp based products because they may contain varying levels of iodine and may be contaminated with heavy metals such as mercury.

Reported by Sullivan and Nicolaides Pathology, a member of the Sonic Healthcare Group.

NATA ACCREDITATION NO 2178

Reported on 05-08-2022 06:36