



BIOCHEMISTRY

BLOOD - SERUM

25 OH VITAMIN D

Result	Range	Units
60	50 - 250	nmol/L



Vitamin D Comment

VITAMIN D Comment:

Vitamin D levels should ideally be above 50 nmol/l in winter and 70 nmol/L in summer. Levels above 75 nmol/L may be desirable in people with osteoporosis or falls.

25-hydroxy Vitamin represents the body's stores/reserves level. Where levels are deemed sub-optimal, consider assessing 1-25-dihydroxy Vitamin D3 (the active form of the molecule). This may be tested off the existing specimen at the laboratory within 7 days. If you wish to proceed with this test, please forward a new request form for this patient or contact 1300 688 522 to add on the request.

Recommended Target Range: 125 - 200 nmol/l

Deficient Level:	< 50	nmol/l
Insufficient Level:	50 - 74	nmol/l
Sufficient Level:	75 - 250	nmol/l
Excessive Level:	> 250	nmol/l

BLOOD - PLASMA

HOMOCYSTEINE

Result	Range	Units
6.5	3.0 - 12.0	umol/L



INTEGRATIVE MEDICINE

BLOOD - SERUM

Free Copper Index

COPPER

Result	Range	Units
18.0	11.0 - 22.0	umol/L



CAERULOPLASMIN

Result	Range	Units
0.27	0.18 - 0.36	g/L



% Free Copper

Result	Range	Units
30 *H	5 - 25	%



Integrative Medicine Comments

Plasma Copper Reference Ranges (Additional):

Female on Contraceptives: 20.8 - 34.8 umol/L

ELEVATED Cu/Zn RATIO:

The ratio of copper to zinc is clinically more important than the individual levels of each analyte.

Elevated copper/Zinc ratios can be particularly serious for persons with low blood histamine (over methylation). This combination of imbalances has been associated with anxiety, panic disorders, paranoia and hallucinations.

ELEVATED FREE COPPER:

Consider chelation therapy, Vit C, Zinc, Molybdenum, Glutamine, Histidine and threonine.

Optimal free Copper of 5-25% is recommended by Dr B Walsh.

Retesting Zinc and Copper levels after 3 months of treatment is recommended.

Signs of Cu overload include hyperactivity, skin sensitivity to metals. Skin tags, estrogen dominance, emotional meltdowns, tinnitus, abnormal periods.



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JAN BENSON-SATTOUT
28-Apr-1962 Female

38 MCMILLIAN CIRCUIT
KELLYVILLE NSW 2155

LAB ID : 3817138
UR NO. : 6607340
Collection Date : 18-May-2022
Received Date:20-May-2022



3817138

INTEGRATIVE MEDICINE

BLOOD - Li HEPA

HISTAMINE

Histamine Comment

Result Range Units

42.0 28.0 - 51.0 ug/L

Whole Blood Histamine level is within range.

BLOOD - NA HEP

ZINC

Copper/Zinc Ratio

11.4 9.0 - 19.0 umol/L

1.58 *H 0.80 - 1.00 RATIO

Tests ordered: HIAM,ZN,HOMO,IMPEI,VITD,CFee,Cu/Zn,FCuInd,PfeifeeB

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang