



Referrer **Ms Alexandra Middleton**
Address NUTRITIONIST 6 EDWARDS BAY ROAD
MOSMAN NSW 2088
Phone 0410503376

Your ref. **849306008**
Address 26 WARRINGAH ST
NORTH BALGOWLAH NSW 2093
Phone 0417541720

Copy to Dr Ratna Neville (0299691633)

Requested 06/04/2021
Collected 06/04/2021 09:20 AEDT
Received 06/04/2021 09:21 AEDT

Red Cell Zinc

Red Cell Zinc	190	umol/L	145 - 245
---------------	-----	--------	-----------

Comments

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

NATA ACCREDITATION NO 2178

Heavy Metals

Serum Copper	17	umol/L	12 - 22
--------------	----	--------	---------

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Random Urine Iodine

R-U-Creatinine	19.3	mmol/L
Urine iodine	235	ug/L

Comments

WHO classification of iodine deficiency: Urine Iodine levels

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

To convert Iodine ug/L to Iodine nmol/L

ug/L x 7.88 = nmol/L

NHMRC 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