



Referrer **Ms Alexandra Middleton**
Address NUTRITIONIST NUTRITIONIST 50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023
Phone 0410503376

Your ref. **267940966**
Address 26 WARRINGAH ST
NORTH BALGOWLAH NSW 2093
Phone 0417541720

Copy to Dr Jessica Wilson (0293895811)

Requested 18/12/2017
Collected 18/12/2017 14:30 AEDT
Received 18/12/2017 22:39 AEDT

Reproductive Hormones

(Abbott Architect Method)

Test Name	Result	Units	Reference Interval
DHEAS	4.0	umol/L	2.4 - 13

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Heavy Metals

Serum Copper	18	umol/L	12 - 22
Serum Zinc	11	umol/L	10 - 18

Supervising Pathologist: GC, NT

NATA ACCREDITATION NO 2178

Random Urine Iodine

R-U-Creatinine	14.1	mmol/L
Urine iodine	92	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.

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PLEASE NOTE:

The following specimens were not received:

DEDICATED EDTA FOR MTHFR

If testing is still required, please organise a recollection and submit with a new request form or call the Troubleshooting Department on 98 555 586.

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