



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

Your ref. **861566592**
Address 6/65 PACIFIC PDE
DEE WHY NSW 2099
Phone 0406125902

Copy to Dr Emma Scott (0289695000)

Requested 29/05/2021
Collected 29/05/2021 10:43 AEDT
Received 29/05/2021 10:46 AEDT

Red Cell Zinc

Red Cell Zinc	195	umol/L	145 - 245
---------------	-----	--------	-----------

Comments

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

NATA ACCREDITATION NO 2178

Random Urine Iodine

R-U-Creatinine	4.7	mmol/L
Urine iodine	74	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

$\text{ug/L} \times 7.88 = \text{nmol/L}$

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