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Date of Birth : 06-Jul-1985
Sex : F
Collected : 26/Oct/2018
Received: 26-Oct-2018
22/173-179 BRONTE ROAD
QUEENS PARK NSW 2022
Lab id : **3566868** UR#: 6535727

12/50 BELLEVUE ROAD
BELLEVUE HILL NSW 2023

BIOCHEMISTRY

BLOOD - SERUM

25 OH VITAMIN D

Result **74** Range 50 - 250 Units nmol/L

Vitamin D Comment

The Working Group of the Australian and New Zealand Bone and Mineral Society, Endocrine Society of Australia and Osteoporosis Australia have recommended that the Vitamin D level should be greater than 50 nmol/L.

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

4.0 *L 5.0 - 12.0 umol/L

INTEGRATIVE MEDICINE

BLOOD - SERUM

Free Copper Index

COPPER

Result **15.9** Range 11.0 - 22.0 Units umol/L

CAERULOPLASMIN

Result **0.25** Range 0.18 - 0.40 Units g/L

% Free Copper

Result **25** Range 5 - 25 Units %

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.

BLOOD - LI HEPA

HISTAMINE

Result **29.0** Range 28.0 - 51.0 Units ug/L

Histamine Comment

Histamine level is within range.

BLOOD - NA HEP

ZINC

Result **12.7** Range 9.0 - 19.0 Units umol/L

(*) Result outside normal reference range

(L) Result is below lower limit of reference range





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Copper/Zinc Ratio

1.25 *H 0.80 - 1.00

RATIO



Tests ordered: HIAM,ZN,SRCOM,HOMO,IMPEI,VITD,CFee,SAMe,SAHe,SAM/SAH,Cu/Zn,FCuInd

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range