



Akshaya Shekhar

Your test results

Custom Health Check

Summary

Congratulations on taking the Custom Health Check which puts you in control of your health data!



i-screen

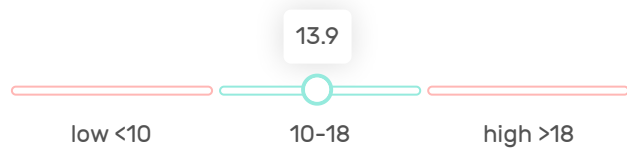
Collection Date: 08 Feb 2023

Zinc

Your zinc levels are within the normal range and don't show evidence of a deficiency.

Zinc 13.9 umol/L

Found in liver, eggs, seafood, red meats, oysters, certain seafood, milk products, eggs, beans, peas, lentils, nuts and whole grains. Needed for healthy skin, wound healing, and helps fight illnesses and infections.



Recommendations

Check in with your GP



As always, please visit your GP to discuss your results. Laboratory investigations are an important aspect of healthcare, however they must be viewed in the wider context of your medical history, current health and concerns, physical examination findings and other investigations. These results do not replace the need for face to face medical consultation or regular visits to your local GP. A copy of your lab report is attached for your reference.