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Date of Birth : 30-Oct-1990
Sex : F
Collected : 29/May/2020
Received: 03/Jun/2020
40 RITA CIRCUIT
ATHERTON QLD 4883
Lab id : **3670500** UR#: 6051987

8 SWALLOW ST
MOOROOBOOL QLD 4870

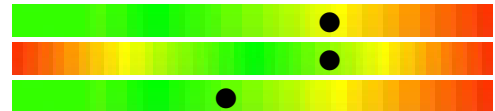
INTEGRATIVE MEDICINE

URINE, 6 HOUR

Result Range Units

INTESTINAL PERMEABILITY

Urine Volume, 6 hrs	750		mL
Lactulose Recovery	0.24	0.00 - 0.30	%
Mannitol Recovery	22.00	9.50 - 25.00	%
Lactulose/Mannitol Ratio	0.011	0.000 - 0.035	RATIO



Int. Perm. Comment

NORMAL-HIGH MANNITOL LEVEL:

Result suggests possible intestinal hyperpermeability (leaky gut). Interpret in conjunction with Lactulose Recovery result. If Lactulose result is elevated or high-normal, intestinal hyperpermeability is indicated.

Consider identifying and removing causative agents (Alcohol, Chemotherapy treatment, Exposure to allergenic foods, Gastroenteritis, Hypochlorrhydria, Intestinal dysbiosis, Maldigestion & malabsorption, Nonsteroidal anti-inflammatory drugs (NSAIDs), Pancreatic insufficiency, Pancreatitis, Parasitic infection, Sepsis, sIgA deficiency, Stress (corticotropin-releasing hormone), Trauma; burns, head injury).

Replace: Supplement hydrochloride, digestive enzymes or other digestive aids

Reinoculate: Prebiotic and probiotic supplementation

Repair: Use nutraceutical agents that will help heal the intestinal lining and lower inflammation. e.g. L-glutamine, aloe vera, zinc, slippery elm, omega 3, antioxidants, Nutrients e.g. EFAs, zinc, pantothenic acid, vitamins C, E, and A, beta carotene, N-acetyl glucosamine, gamma oryzanol, selenium, carotenoids, glutathione, N-acetyl cysteine. Enhance good bacterial growth e.g. Oligosaccharides and Inulin

Follow-up Testing:

Perform a follow-up test 3 months after initiation of therapy to ensure adequate treatment/improvement.

Ensure patient followed a Mannitol-free diet during the test. Dietary sources include beetroot, onion, kelp, mushrooms, pumpkins, artificial sweeteners in chewing gum and confectionery.

NORMAL LACT/MAN RATIO

Repeat challenge test after a challenge meal and if increased lactulose excretion is observed, check for food allergies and use elimination/rotation diet.

