

Pathology Analysis Summary Report

Test Date: 5/10/2023

Key Nutrients:	Deficient	Good	High	N/A	Result
Iron - intake			High		30.50
Iron - absorbed			High		45.00
Iron - stores (male)				N/A	
Iron - stores (female)	Deficient				21.00
Vitamin B12 (active)		Good			128.00
Vitamin B12 (serum)	Deficient				248.00
Folate	Deficient				33.80
Protein			High		76.00
Zinc (Serum)	Deficient				13.00
Copper				N/A	
Vitamin D	Deficient				70.00
Calcium				N/A	
Potassium	Deficient				3.80
Phosphorus				N/A	
Cholesterol		Good			5.80
Carbohydrates/sugar			High		1.80
Sodium		Good			137.00
Chloride		Good			104.00
Anaemia risk:	Low	Good	High	N/A	Result
Haemoglobin (male)				N/A	
Haemoglobin (female)		Good			142.00
Vitamin B12 (active)		Good			128.00
Vitamin B12 (serum)	Low				248.00
Folate	Low				33.80
Zinc (Serum)	Low				13.00
Digestive system:				N/A	
Stomach acid	Low				
Leaky gut					
Dysbiosis	Yes				
Lifestyle:	Deficient	Good	High	N/A	Result
Stress - Cortisol				N/A	
Stress - ACTH				N/A	
DHEAS - male				N/A	
DHEAS - female			High		5.40
Liver function:	Low	Good	High	N/A	Result
Cholesterol		Good			5.80
Triglycerides			High		1.80
Bilirubin			High		19.00
Liver enzymes - ALP	Low				68.00
Liver enzymes - ALT		Good			15.00
Liver enzymes - AST		Good			23.00
Liver enzymes - GGT		Good			15.00
Kidney function:	Low	Good	High	N/A	Result
Urea	Low				4.00
Creatinine	Low				60.00
Urate (Uric acid)				N/A	
Estimated Kidney %		Good			90
Thyroid function:	Low	Good	High	N/A	Result

TSH	Good				1.37			
T4 - Inactive hormone	N/A							
T3 - Active hormone	N/A							
T4-T3 ratio	N/A							
Thyroid antibodies								
Zinc (Serum)	Low				13.00			
Vitamin D	Low				70.00			
Immune function:	Low	Good	High	N/A	Result			
White blood cells	Good				6.80			
Neutrophils	Low				4.39			
Lymphocytes	Low				1.91			
Neut/Lymph ratio	Good				2.30			
Globulins	Good				28.00			
Vitamin D	Low				70.00			
Zinc (Serum)	Low				13.00			
Inflammation:	Low	Good	High	N/A	Result			
Short term - CRP	N/A							
Long term - ESR	N/A							
Homocysteine	N/A							
Vitamin D	Low				70.00			
Oxidative stress:	Low	Good	High	N/A	Result			
Urate (Uric acid)	N/A							
Homocysteine	N/A							
Heart health:	Low	Good	High	N/A	Result			
Triglycerides	High				1.80			
Triglyceride : HDL ratio	Some risk				1.29			
Albumin	Good				48.00			
eGFR	Good				90.00			
Homocysteine	N/A							
Stomach function:	Low	Good	High	N/A	Result			
Zinc (Serum)	Low				13.00			
Vitamin B12 (active)	Good				128.00			
Vitamin B12 (serum)	Low				248.00			
Folate (serum)	Low				33.80			
Total protein	High				76.00			
Transferrin sat %	High				45.00			
Energy production:	Low	Good	High	N/A	Result			
Thyroid function (TSH)	Good				1.37			
Cholesterol	Good				5.80			
Vitamin B12 (active)	Good				128.00			
Vitamin B12 (serum)	Low				248.00			
Folate (serum)	Low				33.80			
Haemoglobin (male)	N/A							
Haemoglobin (female)	Good				142.00			
Transferrin sat %	High				45.00			
Phosphate	N/A							

Mental Health:	Low	Good	High	N/A	Result
Thyroid function (TSH)	Good				1.37

Cholesterol	Good	5.80
Vitamin B12 (active)	Good	128.00
Vitamin B12 (serum)	Low	248.00
Folate (serum)	Low	33.80
Zinc (Serum)	Low	13.00
Vitamin D	Low	70.00

Analysis Summary

There is iron hyperabsorption, but your iron stores are low. This is unusual. Recommend testing for Thalassemia. B12, Folate, Zinc and vitamin D are all too low. Deficiencies in these nutrients can effect thyroid, immune and stomach function, energy production, as well as increase inflammation. - supplementation recommended. Triglycerides are a bit high - do have a high sugar intake? Potassium is a bit low and this can be a sign of dehydration. Your stomach acid is low and I recommend taking some digestive enzymes to help