

Referrer **Ms Pip Smith** Lab ID **862030047** DOB **14/01/1982 (39 Yrs FEMALE)**  
Address **PIP SMITH HLTH CONSULTING 64 SCENIC ROAD** Your ref. **862030047**  
YOUNG NSW 2594 Address **46 SUNSHINE ST**  
Phone **0439360092** MANLY VALE NSW 2093  
Phone **0404566722**

Copy to **Dr Alexandra Mole (0280420100)** Requested **22/06/2021**  
Clinical Notes **FASTING 8HRS** Collected **22/06/2021 07:47** Received **22/06/2021 07:47**

## Heavy Metals

Serum Copper 22 umol/L 12 - 22

NATA ACCREDITATION NO 2178

Reported on 29-06-2021 16:41

## Blood Metals

Zinc-plasma 10.7 umol/L 9.0 - 19.0

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

## Comments

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

NATA ACCREDITATION NO 2178

Reported on 24-06-2021 06:51

## Homocysteine

Homocysteine 3.3 L umol/L 5.0 - 12.0

NATA ACCREDITATION NO 2178

Reported on 23-06-2021 00:02

Referrer Ms Pip Smith

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Lab ID 862030047

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Requested 22/06/2021

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## Random Urine Iodine

R-U-Creatinine	3.6	mmol/L	
Urine iodine	96 L	ug/L	> 100

## 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

ug/L x 7.88 = 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

Reported on 24-06-2021 10:50