



P: 1300 688 522
E: info@nutripath.com.au
A: PO Box 442 Ashburton VIC 3142

Date of Birth : 16-May-1993
Sex : F
Collected : 10/May/2021
Received: 12-May-2021
12 HELMSLEY COURT
CARINDALE QLD 4152
Lab id : 3739786 UR#:

PERPETUAL WELLBEING NATURAL
HEALTH PTY LTD
Level 22, Pipe Networks House
127 CREEK ST
BRISBANE QLD 4000

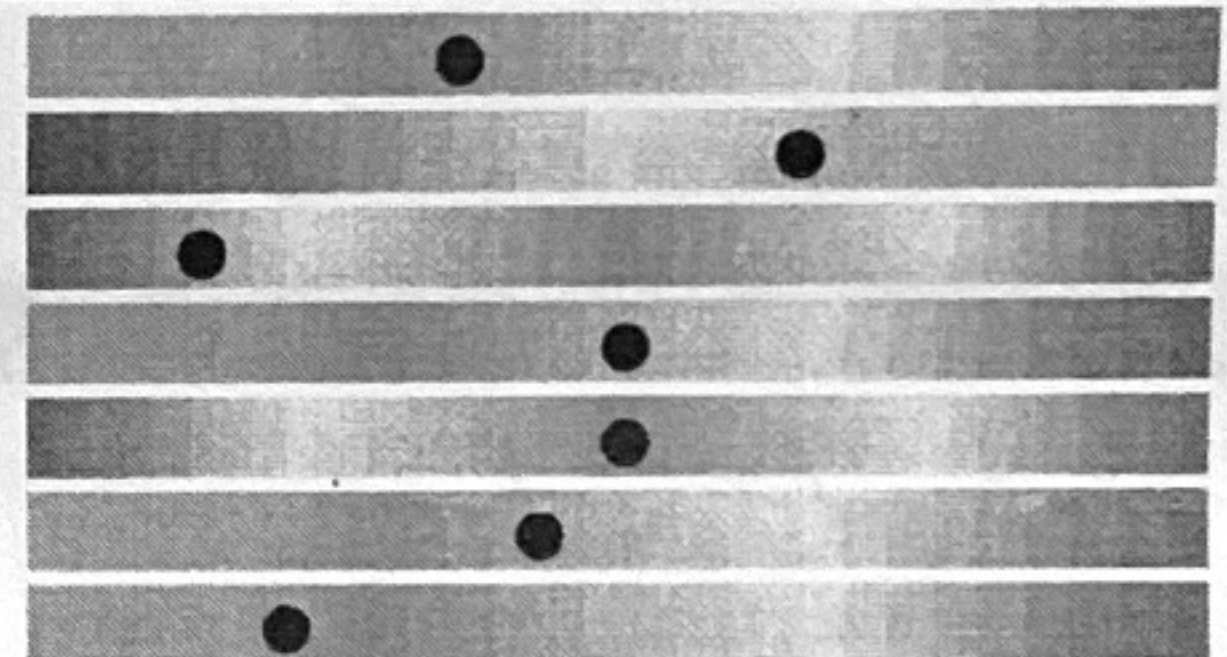
COMPLETE MICROBIOME MAPPING

General Macroscopic Description

	Result	Range	Markers
Stool Colour	Brown		Colour - Brown is the colour of normal stool. Other colours may indicate abnormal GIT conditions.
Stool Form	Unformed		Form - A formed stool is considered normal. Variations to this may indicate abnormal GIT conditions.
Mucous	NEG	< +	Mucous - Mucous production may indicate the presence of an infection, inflammation or malignancy.
Occult Blood	NEG	< +	Blood (Macro) - The presence of blood in the stool may indicate possible GIT ulcer, and must always be investigated immediately.

GIT Functional Markers

	Result	Range	Units
Calprotectin.	10.0	0.0 - 50.0	ug/g
Pancreatic Elastase	>500.0	> 200.0	ug/g
Faecal Secretory IgA	113.8 *L	510.0 - 2010.0	ug/g
Faecal Zonulin	48.8	0.0 - 107.0	ng/g
Faecal B-Glucuronidase	2186.9	337.0 - 4433.0	U/g
Steatocrit	6.0	0.0 - 15.0	%
anti-Gliadin IgA	<20	0.0 - 157.0	units/L



Microbiome Mapping Summary

Parasites & Worms

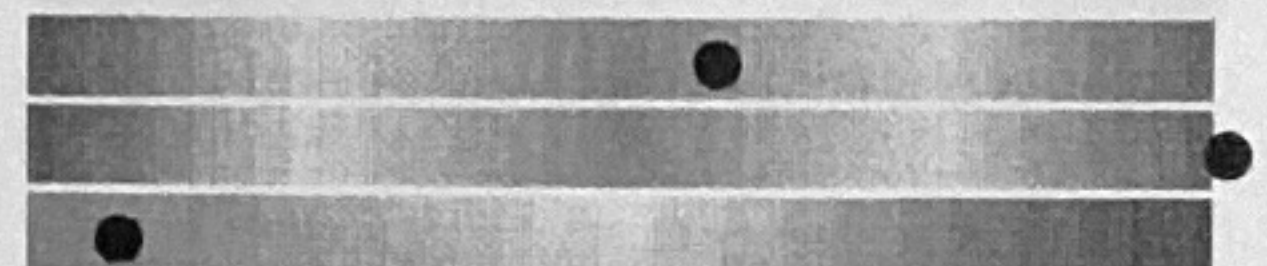
Bacteria & Viruses

Streptococcus species

Fungi and Yeasts

Key Phyla Microbiota

Bacteroidetes	23.20	8.61 - 33.10	x10 ¹¹ org/g
Firmicutes	47.17 *H	5.70 - 30.40	x10 ¹⁰ org/g
Firmicutes:Bacteroidetes Ratio	0.20	< 1.00	RATIO



CHANTEL KEOGH

-CARYN LEVICK



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Parasites and Worms.

Parasitic Organisms

Cryptosporidium.	<dl	< 1.0	x10 ⁶ org/g
Entamoeba histolytica.	<dl	< 1.0	x10 ⁴ org/g
Giardia lamblia.	<dl	< 5.0	x10 ³ org/g
Blastocystis hominis.	<dl	< 2.0	x10 ³ org/g
Dientamoeba fragilis.	<dl	< 1.0	x10 ⁵ org/g
Endolimax nana	<dl	< 1.0	x10 ⁴ org/g
Entamoeba coli.	<dl	< 5.0	x10 ⁶ org/g
Pentatrichomonas hominis	<dl	< 1.0	x10 ² org/g

Worms

Ancylostoma duodenale, Roundworm	Not Detected
Ascaris lumbricoides, Roundworm	Not Detected
Necator americanus, Hookworm	Not Detected
Trichuris trichiura, Whipworm	Not Detected
Taenia species, Tapeworm	Not Detected
Enterobius vermicularis, Pinworm	Not Detected

Comment: Not Detected results indicate the absence of detectable DNA in this sample for the worms reported.

Opportunistic Bacteria/Overgr

Bacillus species.	0.2	< 1.5	x10 ⁵ org/g
Enterococcus faecalis	0.4	< 1.0	x10 ⁴ org/g
Enterococcus faecium	<dl	< 1.0	x10 ⁴ org/g
Morganella species	<dl	< 1.0	x10 ³ org/g
Pseudomonas species	<dl	< 1.0	x10 ⁴ org/g
Pseudomonas aeruginosa.	<dl	< 5.0	x10 ² org/g
Staphylococcus species	<dl	< 1.0	x10 ⁴ org/g
Staphylococcus aureus	4.5	< 5.0	x10 ² org/g
Streptococcus species	10.3 *H	< 1.0	x10 ³ org/g
Methanobacteriaceae	0.36	< 5.00	x10 ⁹ org/g
Desulfovibrio piger	<dl	0.0 - 18.0	x10 ⁷ org/g
Oxalobacter formigenes	303.6	> 15.0	x10 ⁷ org/g

Potential Autoimmune Triggers

Citrobacter species.	<dl	< 5.0	x10 ⁵ org/g
Citrobacter freundii.	2.6	< 5.0	x10 ⁵ org/g
Klebsiella species	<dl	< 5.0	x10 ³ org/g
Klebsiella pneumoniae.	<dl	< 5.0	x10 ⁴ org/g
Prevotella copri	<dl	< 1.0	x10 ⁷ org/g
Proteus species	<dl	< 5.0	x10 ⁴ org/g
Proteus mirabilis.	<dl	< 1.0	x10 ³ org/g
Fusobacterium species	<dl	< 10.00	x10 ⁷ org/g

Fungi & Yeast

Candida species.	<dl	< 5.0	x10 ³ org/g
Candida albicans.	<dl	< 5.0	x10 ² org/g
Geotrichum species.	<dl	< 3.0	x10 ² org/g
Microsporidium species	<dl	< 5.0	x10 ³ org/g
Rhodotorula species.	<dl	< 1.0	x10 ³ org/g



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Bacterial Pathogens	Result	Range	Units	
Aeromonas species.	<dl	< 1.0	x10 ³ CFU/g	●
Campylobacter.	<dl	< 1.0	x10 ³ CFU/g	●
C. difficile, Toxin A	<dl	< 1.0	x10 ³ CFU/g	●
C. difficile, Toxin B	<dl	< 1.0	x10 ³ CFU/g	●
Enterohemorrhagic E. coli	<dl	< 1.0	x10 ³ CFU/g	●
E. coli O157	<dl	< 1.0	x10 ² CFU/g	●
Enteroinvasive E. coli/Shigella	<dl	< 1.0	x10 ³ CFU/g	●
Enterotoxigenic E. coli LT/ST	<dl	< 1.0	x10 ³ CFU/g	●
Shiga-like Toxin E. coli stx1	<dl	< 1.0	x10 ³ CFU/g	●
Shiga-like Toxin E. coli stx2	<dl	< 1.0	x10 ³ CFU/g	●
Salmonella.	<dl	< 1.0	x10 ⁴ CFU/g	●
Vibrio cholerae	<dl	< 1.0	x10 ⁵ CFU/g	●
Yersinia enterocolitica.	<dl	< 1.0	x10 ⁵ CFU/g	●
Helicobacter pylori	<dl	< 1.0	x10 ³ CFU/g	●

Comment: Helico Pylori virulence factors will be listed below if detected POSITIVE

H.pylori Virulence Factor, babA	Not Detected	H.pylori Virulence Factor, cagA	Not Detected
H.pylori Virulence Factor, dupA	Not Detected	H.pylori Virulence Factor, iceA	Not Detected
H.pylori Virulence Factor, oipA	Not Detected	H.pylori Virulence Factor, vacA	Not Detected
H.pylori Virulence Factor, virB	Not Detected	H.pylori Virulence Factor, virD	Not Detected

Viral Pathogens	Result	Range	Units	
Adenovirus 40/41	<dl	< 1.0	x10 ¹⁰ CFU/g	●
Norovirus GI/II	<dl	< 1.0	x10 ⁷ CFU/g	●
Bocavirus	<dl	< 1.0	x10 ¹⁰ CFU/g	●

Normal Bacterial GUT Flora	Result	Range	Units	
Bacteroides fragilis	2.5	1.6 - 250.0	x10 ⁹ CFU/g	●
Bifidobacterium species	3.6 *L	> 6.7	x10 ⁷ CFU/g	●
Bifidobacterium longum	1.2 *L	> 5.2	x10 ⁶ CFU/g	●
Enterococcus species	4.0	1.9 - 2000.0	x10 ⁵ CFU/g	●
Escherichia species	6373.1 *H	3.7 - 3800.0	x10 ⁶ CFU/g	●
Lactobacillus species	43.4	8.6 - 6200.0	x10 ⁵ CFU/g	●
Lactobacillus Rhamnosus	13.0	8.3 - 885.0	x10 ⁴ CFU/g	●
Clostridium species	54.9 *H	5.0 - 50.0	x10 ⁶ CFU/g	●
Enterobacter species	3.1	1.0 - 50.0	x10 ⁶ CFU/g	●
Akkermansia muciniphila	2.93	0.01 - 50.00	x10 ³ CFU/g	●
Faecalibacterium prausnitzii	988.1	1.0 - 500000	x10 ³ CFU/g	●

Short Chain Fatty Acids	Result	Range	Units	
Short Chain Fatty Acids, Beneficial	97.2	> 13.6	umol/g	●
Butyrate	14.5	10.8 - 33.5	%	●
Acetate	69.0	44.5 - 72.4	%	●
Propionate	14.1	0.0 - 32.0	%	●
Valerate	2.4	0.5 - 7.0	%	●

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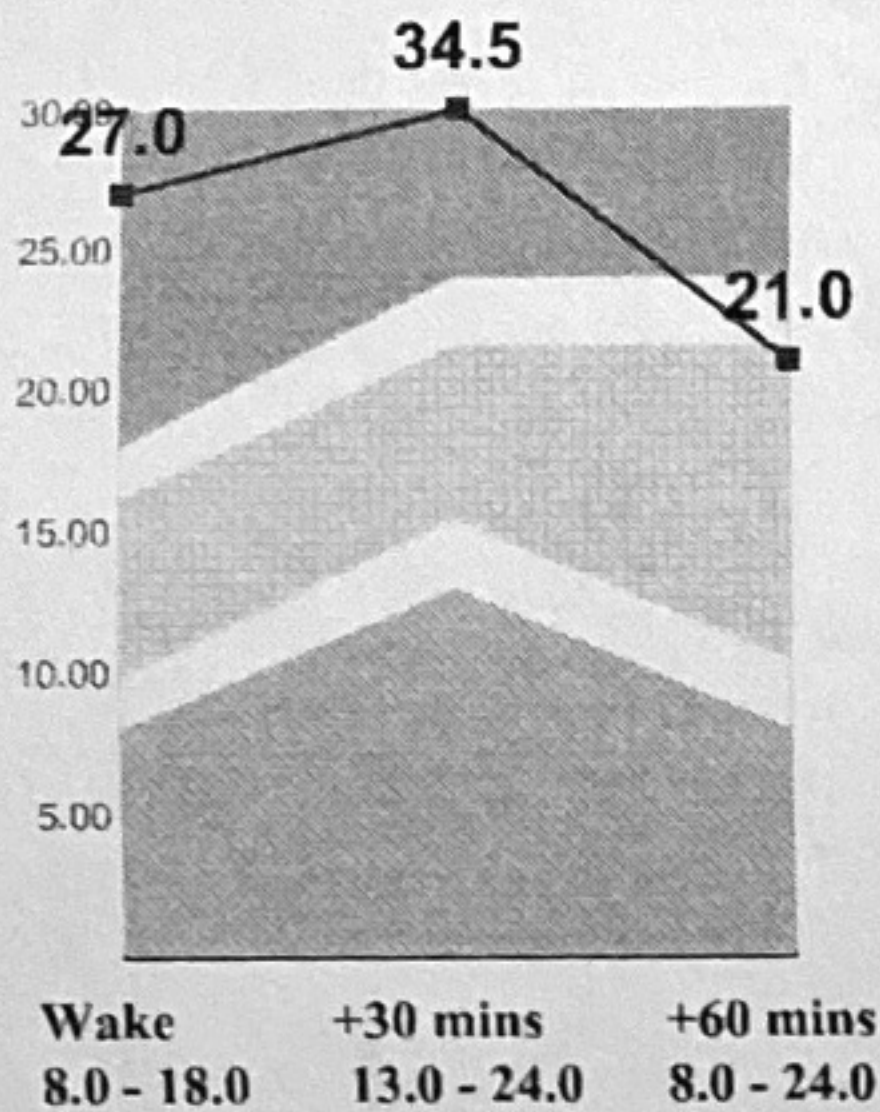
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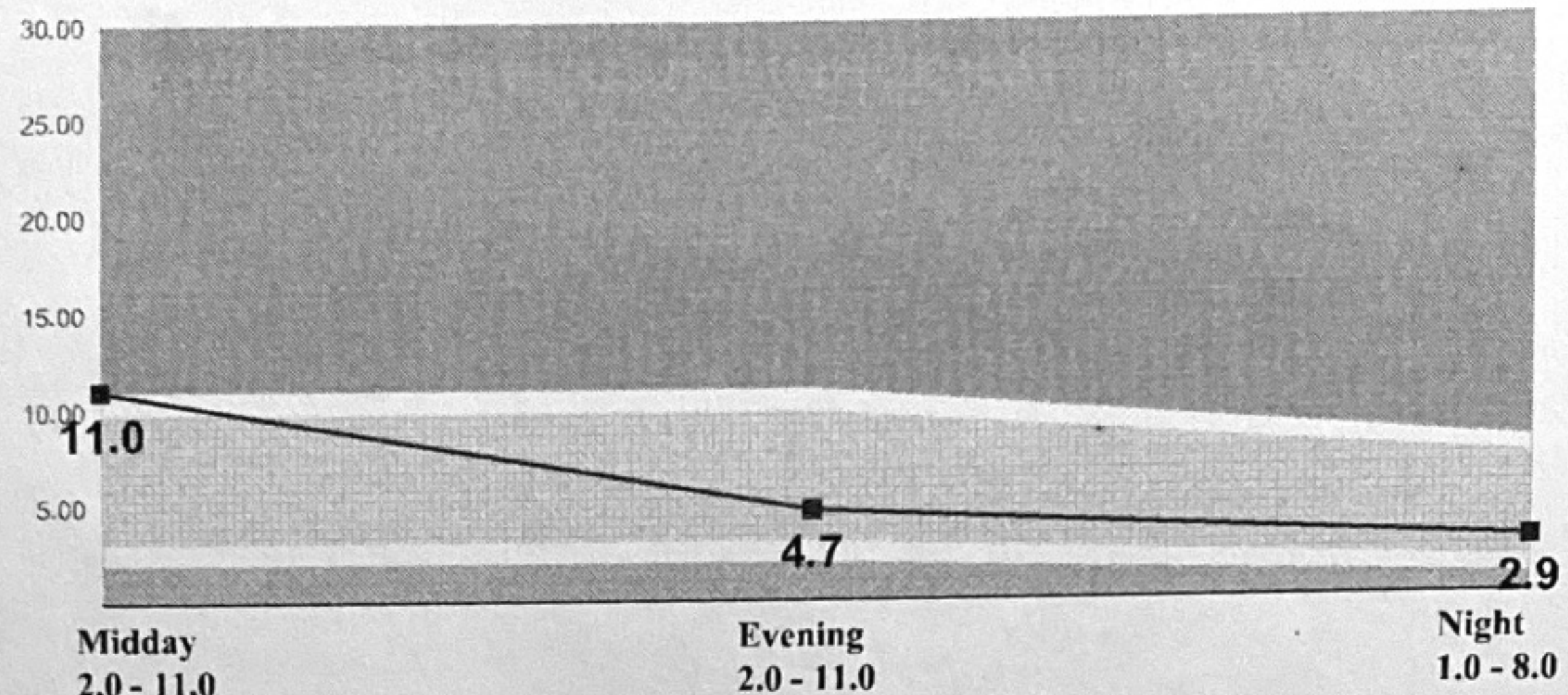
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CORTISOL AWAKENING RESPONSE (CAR)

CAR



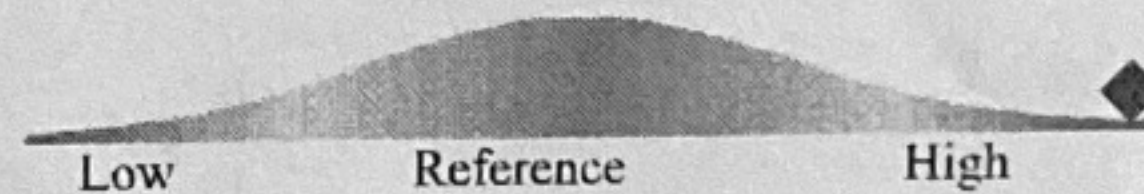
Cortisol Diurnal Rhythm



Above
Borderline
Normal
Below

Cortisol Profile, Waking

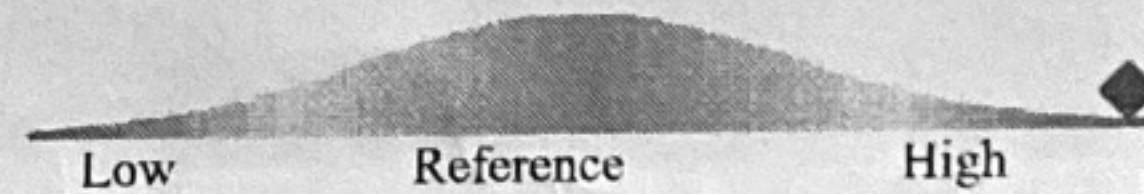
27.0^H



8.0 - 18.0 nmol/L

Cortisol Profile, Waking+30min

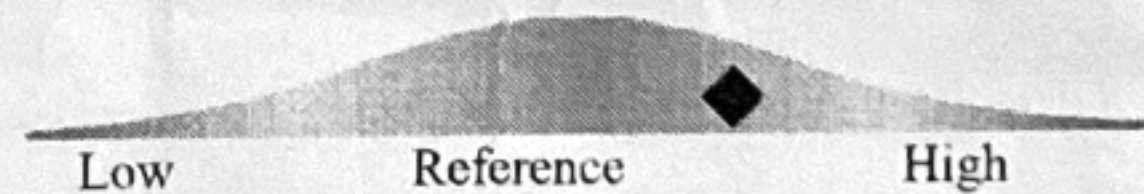
34.5^H



13.0 - 24.0 nmol/L

Cortisol Profile, Waking+60min

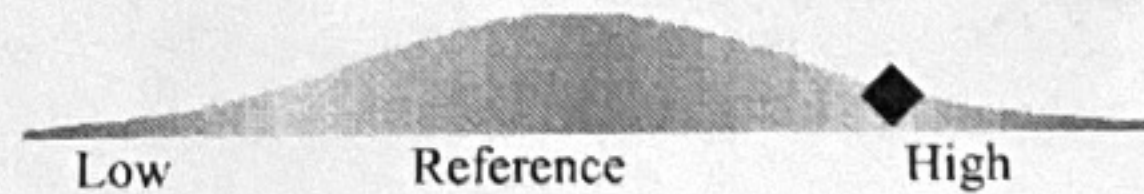
21.0



8.0 - 24.0 nmol/L

Cortisol Profile, Midday

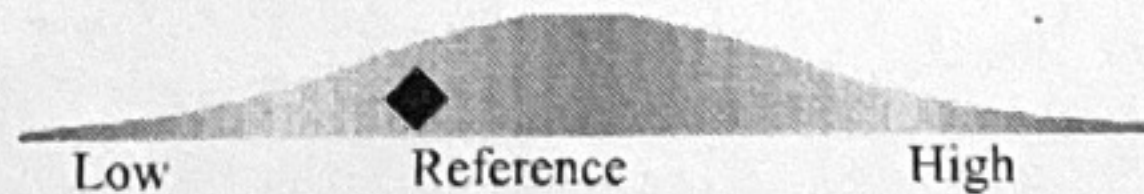
11.0



2.0 - 11.0 nmol/L

Cortisol Profile, Afternoon

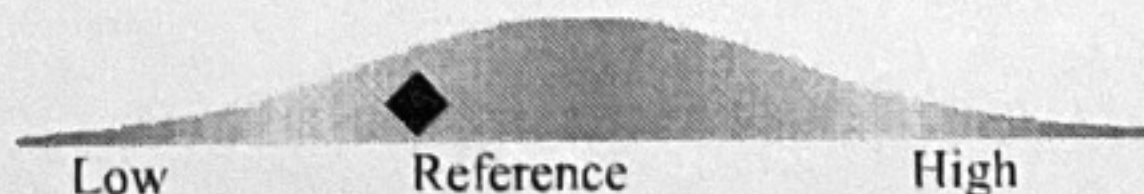
4.7



2.0 - 11.0 nmol/L

Cortisol Profile, Evening

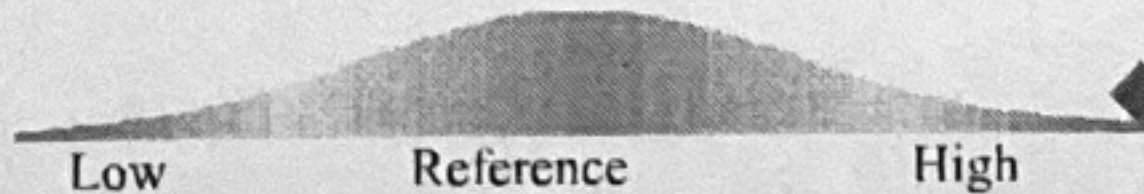
2.9



1.0 - 8.0 nmol/L

Cortisol Profile, Total CAR

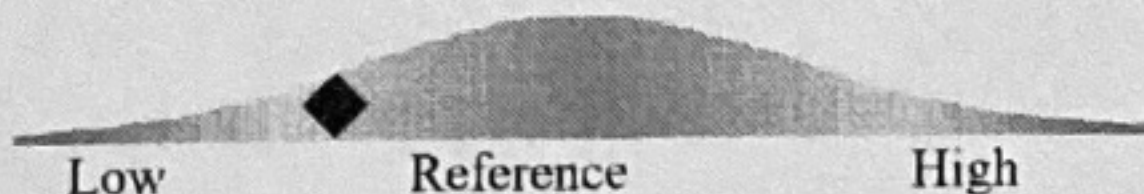
53.1^H



23.0 - 42.0 nmol/L

DHEAS Profile, Waking+30min

6.8



5.0 - 30.0 nmol/L

Cortisol/DHEAS Ratio CAR

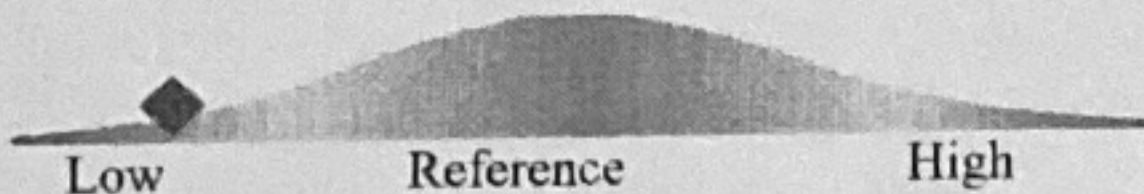
5.1



4.0 - 6.0 RATIO

CAR Rise Response

27.8^L



35.0 - 60.0 %

CAR Decline Response

-22.2

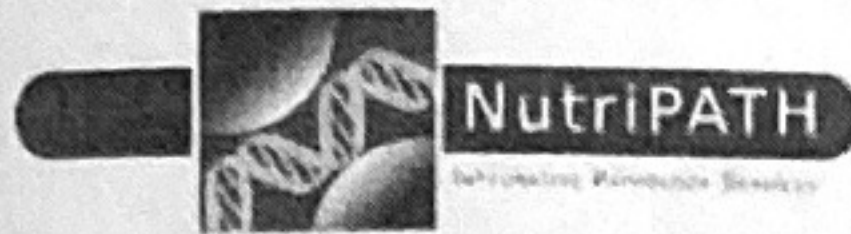


< 0.0 %



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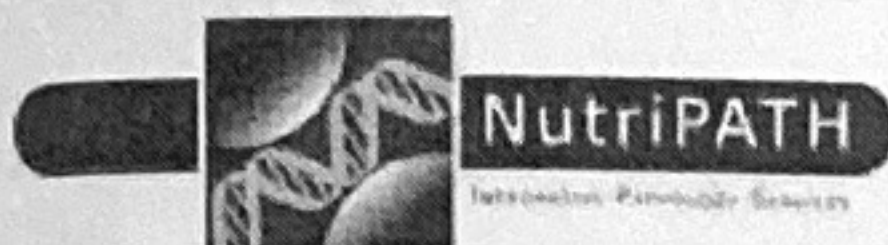
ENVIRONMENTAL ANALYSIS

HAIR	Result	Range	Units	
Hair Mineral Analysis			ppm	
Hair Description	BROWN			
Nutrient Mineral Levels			ppm	
Chromium (hair)	0.023	0.020 - 0.210	ppm	
Copper (hair)	37.563	10.000 - 41.00	ppm	
Iron (Hair)	5.483	4.600 - 17.700	ppm	
Manganese (hair)	0.196	0.050 - 0.920	ppm	
Selenium (hair)	0.994	0.400 - 1.700	ppm	
Zinc (hair)	334.776 *H	150.000 - 272.	ppm	
Calcium (Hair)	991.899	220.000 - 1600	ppm	
Magnesium (hair)	110.732	20.000 - 130.0	ppm	
Toxic Mineral Levels			ppm	
- Aluminium (hair)	5.138	0.000 - 8.000	ppm	
Arsenic (hair)	0.031	0.000 - 0.200	ppm	
Cadmium (hair)	0.017	0.000 - 0.200	ppm	
- Lead (hair)	1.024	0.000 - 3.000	ppm	
- Mercury (Hair)	0.416	0.000 - 0.600	ppm	
Nickel (hair)	0.178	0.000 - 1.000	ppm	
Silver, Hair	0.226	0.000 - 1.000	ppm	
Tin, Hair	0.581	0.000 - 0.700	ppm	
Hair Mineral Ratios			ppm	
Calcium/Copper Ratio	26.41	5.50 - 292.00	RATIO	
Calcium/Iron Ratio	180.9	16.1 - 293.0	RATIO	
Calcium/Magnesium Ratio	9.0	4.9 - 26.1	RATIO	
Calcium/Zinc Ratio	3.0	0.9 - 11.3	RATIO	
Iron/Copper Ratio	0.1 *L	0.1 - 2.5	RATIO	
Iron/Manganese Ratio	28.0	5.5 - 195.0	RATIO	
Zinc/Chromium Ratio	14555.5 *H	383.00 - 2254.	RATIO	
Zinc/Copper Ratio	8.9	8.2 - 13.2	RATIO	
Zinc/Iron Ratio	61.1 *H	10.4 - 45.4	RATIO	
Zinc/Magnesium Ratio	3.02	1.09 - 12.40	RATIO	
Zinc/Manganese Ratio	1708.04	142.00 - 3542.	RATIO	

(*) Result outside normal reference range

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





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Hair Minerals Analysis Comments

The measured hair analysis results never reveal exactly how much to supplement when a level is abnormal. What we are measuring is the tissue (hair) saturation of each particular mineral.

When nutritionally essential elements are low or deficient, the Reference Daily Intake (RDI) levels provide guidance for supplementation. The RDI's for elements or minerals are the daily intakes recommended for essential body functions.

ELEMENT	RDI**
Calcium	1000 milligrams***
Chromium	120 micrograms
Copper	2 milligrams
Magnesium	400 milligrams
Manganese	2 milligrams
Selenium	70 micrograms
Zinc	15 Milligrams

ALUMINIUM (Al):

Despite being a recognized neurotoxin, Aluminium is used widely in everyday living.
COMMON SOURCES:

Orally from water appears to be about 0.3%; from food it hasn't been adequately determined.

Industrial/medicinal exposure/antiperspirant use, can markedly increase absorption. Inhalation of airborne Al is about 1.5% in the industrial environment but may be much higher in the area of bauxite mines.

Other sources include cookware, cosmetics, antacids, baking powder, drinking water clarified by "alum", calcium citrate/fluoride-treated municipal water.

Whilst GIT absorption is minimal, absorption is decreased by dietary phosphates (from animal protein sources), or increased by citric or malic acids (carboxylic acids) present in foods or drink.

Deposition in brain tissue is implicated as contributing to various neurodegenerative conditions including Alzheimer's disease. Al causes a chronic, low-grade inflammation contributing to the pathogenesis of glutamate-induced excitotoxicity.

Al-based phosphate buffers prescribed for chronic renal failure are also known to contribute to fragile bones (osteodystrophy) as well as a microcytic anaemia. This may be confused with an iron-deficiency anaemia or the anaemia of chronic disease. Al deposits in bone tissue have elimination half-lives of several years. Al elimination is primarily renal.

TOXICITY SYMPTOMS include muscular coordination issues, colic and gastric irritation.
THERAPEUTIC CONSIDERATION:

To decrease uptake and increase elimination, support digestive and kidney function and check calcium balance. Chelation treatments support the binding/elimination of Al. Comparing pre and post urine levels is a direct reflection on the chelating agents binding capacity and the body's ability to detoxify.

(*) Result outside normal reference range

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Nutrient Minerals Comment

HIGH Zinc (Hair) Comment:

Elevated levels of Zinc in hair is almost always an indication of a prolonged zinc deficiency.

Zinc - is necessary for metabolism, RNA polymerases and CuZnSOD. Because it has a fixed outer electron valence of +2 it can inhibit many iron based free radical reactions by displacing iron from its binding site. Zinc can be toxic at high levels.



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Toxic Hair Metals Comment

Mercury (Hair) Comment:

Mercury is a well-known neuro-toxin that has no known human need. Circulating metals in blood 'feed' the hair root. Therefore, hair reflects longterm or chronic exposure. Early symptoms of mercury overexposure include insomnia, dizziness, fatigue, drowsiness, weakness, depression, tremors loss of appetite, loss of memory, nervousness, headache, dermatitis, numbness, and tingling of lips and feet, emotional instability and kidney damage. Symptoms of acute toxicity: loss of teeth, extreme tremor, mental and emotional disorders, kidney failure.

Chronic mercury ingestion may be a risk factor for cardiovascular disease. This increased risk has been proposed to be due to the promotion of lipid peroxidation by mercury. Elevated levels of mercury in hair have been associated with inducement of autoimmune diseases, multiple sclerosis.

Sources: Shellfish, large fish, dental amalgams, electrical relays, fungicides, mining, paints, explosives, batteries, mercurial diuretics, fungicides, fluorescent lamps, cosmetics, hair dyes, and petroleum products. Vaccines containing thimerosal are another source of exposure. Improper disposal of broken mercury thermometers and other apparatuses that use mercury including button cells and tube lights may also result in mercury exposure.

Physiological Interactions: Accumulates in kidney, liver. Organic mercury has a ½ life of 2 months & binds to enzymes, proteins, and glutathione. MAO, catalase, P-450, and mitochondrial functions are affected.

Symptoms of excessive exposure: Headache, fine tremor, increased salivation, excitability, poor mental concentration, metallic taste, fatigue, anorexia, psychoses, hypertension with renal dysfunction.

Synergistic for Uptake/Retention: Selenium Deficiency.

Tests ordered: HAIR,IMPEI

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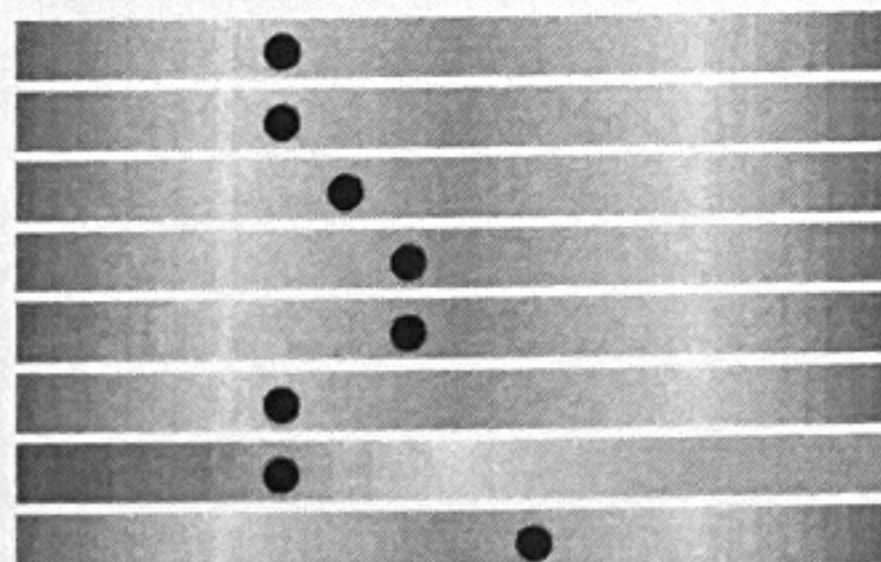
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ENDOCRINOLOGY SALIVA

SALIVA

Female Hormone Profile-Basic

	Result	Range	Units
Progesterone (P4)	534.6	320.0 - 1998.0	pmol/L
DHEAS.	6.5	2.5 - 25.0	nmol/L
Testosterone.	67.1	25.0 - 190.0	pmol/L
Estradiol (E2)	7.3	2.0 - 18.0	pmol/L
Estrone (E1)	21.4	9.5 - 40.0	pmol/L
Estriol (E3)	10.6	7.7 - 49.0	pmol/L
E3/[E2+E1]	0.37 *L	> 1.00	RATIO
P4/E2 Ratio (Saliva)	73.4	4.0 - 108.0	RATIO



(*) Result outside normal reference range

(L) Result is below lower limit of reference range

