

Biolab Medical Unit

9 Weymouth Street, London W1W 6DB, UK

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Biolab reference: **XXXX\XXXX\G19** Patient: **Sample Report**

Date: **26/07/2019**

Age: **33**

Clinician's reference:

Sex: **Male**

Clinician: **Sample report**

Health Risk Profile

<u>Vitamins and related antioxidants:</u>	<u>Results</u>	<u>Units</u>	<u>Reference range</u>
Serum vitamin A (retinol)	1.31	µmol/L	1.05 - 2.80
Serum vitamin C (ascorbic acid)	26	µmol/L	34 - 114
Serum vitamin E (alpha-tocopherol)	16	µmol/L	25 - 60
Serum β-carotene	0.67	µmol/L	0.40 - 3.00
Serum lycopene	0.25	µmol/L	0.30 - 4.50
Serum lutein	0.31	µmol/L	0.40 - 1.10

Minerals:

Plasma chromium	5.9	nmol/L	6.2 - 33.4
Plasma copper	14.2	µmol/L	12.5 - 25.0
Plasma manganese	13.2	nmol/L	9.0 - 40.0
Plasma selenium	1.26	µmol/L	1.00 - 1.90
Plasma zinc	10.7	µmol/L	11.5 - 20.0
Red cell magnesium	1.97	mmol/L	2.08 - 3.00

Essential fatty acids in red cells:

18:3n6 Gamma-Linolenic acid	14.8	µmol/L	9.0 - 42.0
20:3n6 Di homo gamma-linolenic acid	73	µmol/L	70 - 150
20:4n6 Arachidonic acid	1003	µmol/L	600 - 1270
20:5n3 Eicosapentaenoic acid	23	µmol/L	25 - 120
22:6n3 Docosahexaenoic acid	35	µmol/L	40 - 100

Results continued overleaf

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	<u>Results</u>	<u>Units</u>	<u>Reference range</u>
<u>Enzymes:</u>			
RBC glutathione peroxidase (GSHPx-1)	26	IU/gm Hb	25 - 50
Plasma glutathione peroxidase (GSHPx-3)	216	IU/L	115 - 400
RBC Superoxide dismutase	1824	u/gHb	1102 - 1601
Serum: Paraoxonase	250	IU/L	150 - 1000
Alkaline phosphatase - Total	100	IU/L	35 - 104
Acid phosphatase - prostatic	0.6	U/L	up to 0.9
Lactate dehydrogenase	400	U/L	135 - 214
Gamma-glutamyl transferase	63	U/L	6 - 42

Bile acids (serum):

Total bile acids	3.0	µmol/L	<6.4 fasting
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Proteins (serum):

Albumin	38	g/L	34 - 50
Globulin	28	g/L	19 - 35
C-Reactive protein	0.10	mg/dL	<0.30

Others:

Glycosylated haemoglobin (HbA1c)	6.7	%	up to 6.5
HbA1c (IFCC standardised units)	50	mmol/mol	up to 48

Interpretive comments overleaf

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Health Risk Profile

Comments:

Deficiencies of vitamins C and E.

Note low serum lutein and poor serum lycopene status, which confirms poor dietary intake of fresh vegetables

Zinc and chromium deficiencies.

Intracellular magnesium deficiency.

Omega-3 essential fatty acid deficiencies.

Elevated red cell superoxide dismutase activity (SOD) suggests a response to oxidative stress.

Elevated serum gamma-glutamyl transferase (GGT) activity suggests a degree of hepatocyte damage

IMPORTANT NOTE:

This nutrition-related profile is designed to identify biochemical abnormalities associated with an increased risk of disease. It does not replace routine biochemistry, haematology and clinical assessment.

Most of the tests relate to protective factors such as antioxidants, trace elements, vitamins and essential fatty acids. However, aware that the finding of several abnormalities could reflect an early stage of a disease, we have included some sensitive liver and biliary function tests and some proteins.

Normal results in this profile cannot completely exclude an underlying disease.

In order to keep the charges to a minimum, requests for this profile are accepted on a non-urgent basis. Every attempt has been made to have the results available within 10 working days.