



PATIENT: **Sample Report**

TEST REF: **###-##-####**

TEST NUMBER: #####  
 PATIENT NUMBER: #####  
 GENDER: Male  
 AGE: 29  
 DATE OF BIRTH: dd-mm-yyyy

COLLECTED: dd/mm/yyyy  
 RECEIVED: dd/mm/yyyy  
 TESTED: dd/mm/yyyy

PRACTITIONER: **Nordic Laboratories**  
 ADDRESS:

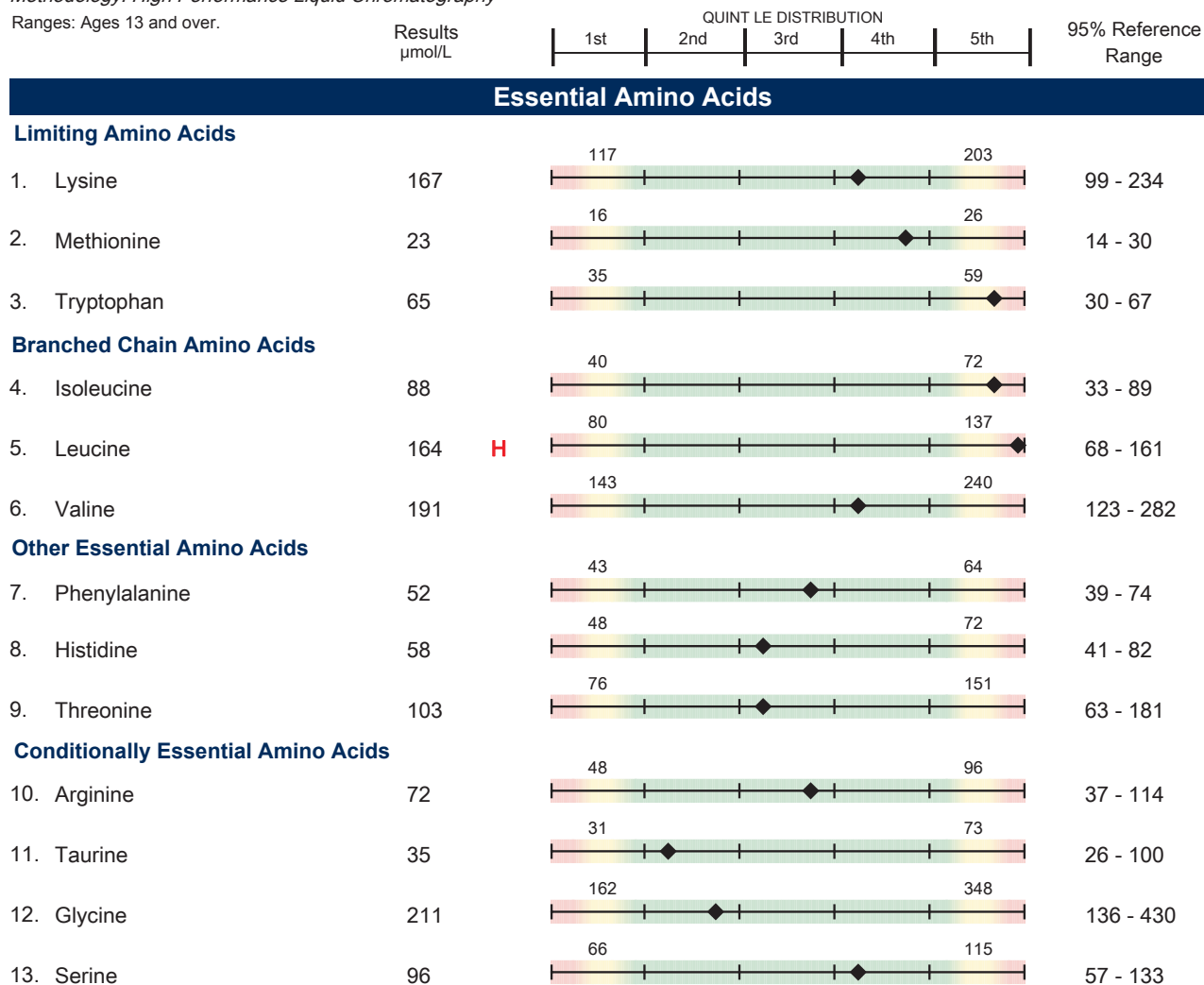
**TEST NAME: ION Profile - Blood & Urine**

**3100 ION® Profile - Blood / Urine**

**Amino Acids 20 Profile - Plasma**

Methodology: High Performance Liquid Chromatography

Ranges: Ages 13 and over.



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**Amino Acids 20 Profile - Plasma**
*Methodology: High Performance Liquid Chromatography*

Ranges: Ages 13 and over.

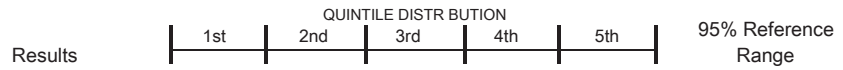
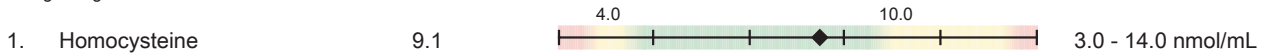
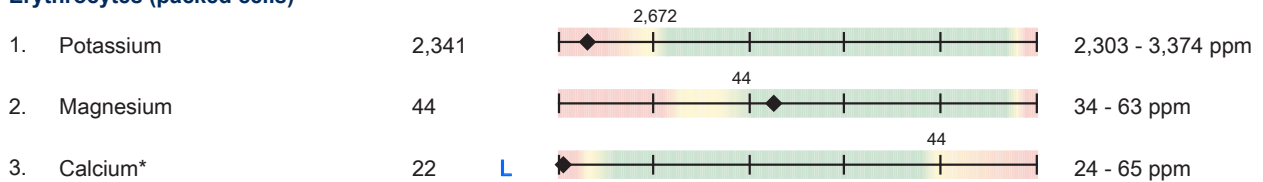
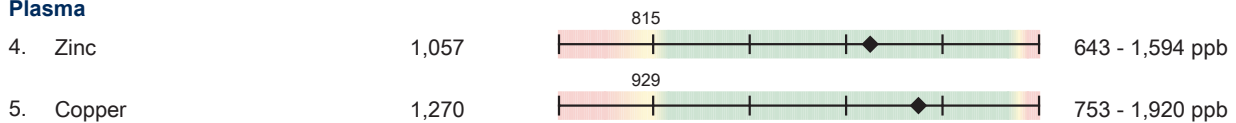
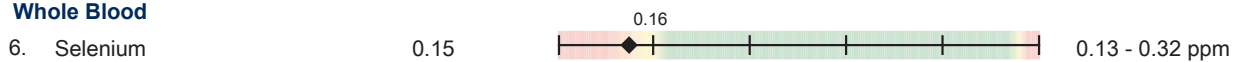
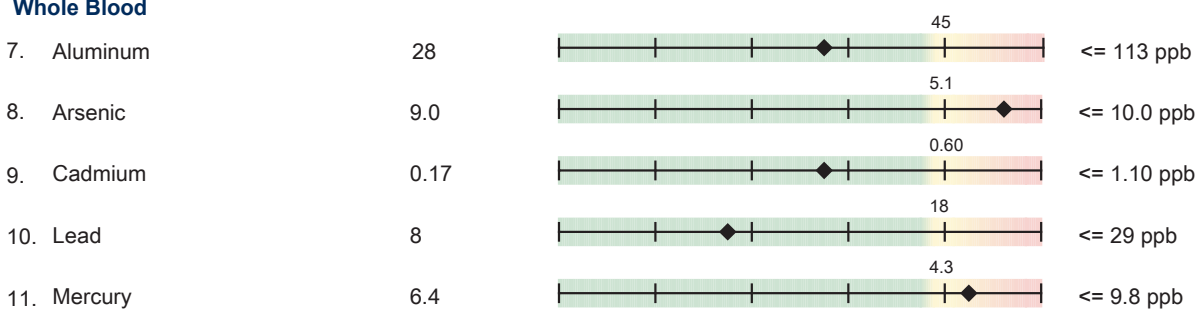


\*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)

NR = Not Reportable

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**Homocysteine Assay - Plasma**
*Methodology: Enzymatic Assay*  
 Ranges: Ages 13 and over.

**Nutrient & Toxic Elements Profile - Blood**
*Methodology: Inductively Coupled Plasma/Mass Spectrometry*
**Nutrient Elements**
**Erythrocytes (packed cells)**

**Plasma**

**Whole Blood**

**Toxic Elements**
**Whole Blood**


\*Relevant to membrane permeability, not nutritional status.

Results for whole blood toxic elements that are within normal limits do not rule out metal accumulation in other tissues.

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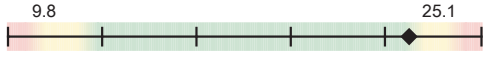
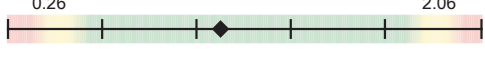

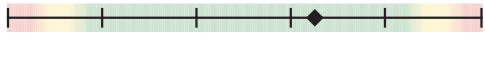
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**TEST NAME: ION Profile - Blood & Urine**

QUINTILE DISTRIBUTION

	1st	2nd	3rd	4th	5th	
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95% Reference Range

**Coenzyme Q10 Plus Vitamins Profile - Serum**
*Methodology: High Performance Liquid Chromatography*  
 Ranges: Ages 13 and over.

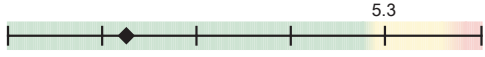
		Results mg/L		95% Reference Range
1.	Coenzyme Q10	2.03		0.48 - 3.04
2.	alpha-Tocopherol	23.3		6.8 - 31.7
3.	gamma-Tocopherol	0.75		0.06 - 2.99
4.	Vitamin A (Retinol)	0.70		0.29 - 1.05
5.	β-Carotene	0.69		0.10 - 2.71

**Lipid Peroxides Assay - Serum**
*Methodology: High Performance Liquid Chromatography*

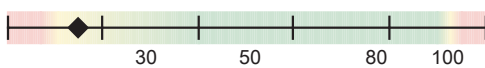
		Results nmol/mL		
6.	Lipid Peroxides	1.64		<= 2.60

**DNA/Oxidative Stress Marker (8-OHdG) Assay - Urine**
*Methodology: LC/Tandem Mass Spectrometry, Colorimetric*

Ranges: Ages 13 and over.

		Results ng/mg creatinine		
7.	8-Hydroxy-2-deoxyguanosine	2.2		<= 7.6

**Vitamin D Profile - Serum**
*Methodology: LC/Tandem Mass Spectrometry*

		Results ng/mL		Reference Range
8.	25-Hydroxyvitamin D	16.6 <b>L</b>		30.0 - 100.0
9.	25-Hydroxyvitamin D2	<0.1		
10.	25-Hydroxyvitamin D3	16.5		

Total 25-Hydroxyvitamin D is considered the best assessment of vitamin D status. The test reflects vitamin D from all sources (diet, supplements, and sun exposure).

Conversion factors: nmol/L = ng/mL x 2.5 | ng/mL = nmol/L x 0.4

<DL = less than detection limit

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**PRACTITIONER: Nordic Laboratories**  
**ADDRESS:**
**TEST NAME: ION Profile - Blood & Urine**
**Fatty Acids Profile - Plasma**
*Methodology: Capillary Gas Chromatography/Mass Spectrometry*

Ranges: Ages 13 and over

	Results µmol/L	QUINTILE DISTRIBUTION					95% Reference Range
		1st	2nd	3rd	4th	5th	

**Polyunsaturated Omega-3**

1. Alpha Linolenic (18:3n3)	21	20					13 - 80
2. Eicosapentaenoic (20:5n3)	61	17					5 - 210
3. Docosapentaenoic (22:5n3)	39	16					11 - 50
4. Docosahexaenoic (22:6n3)	151	59					31 - 213

**Polyunsaturated Omega-6**

5. Linoleic (18:2n6)	1,474	930				1,669	821 - 2,032
6. Gamma Linolenic (18:3n6)	117	7	H			33	5 - 46
7. Eicosadienoic (20:2n6)	17.8	6.4				15.3	5.2 - 22.5
8. Dihomogamma Linolenic (20:3n6)	88	34				102	27 - 140
9. Arachidonic (20:4n6)	462	201				451	158 - 521
10. Docosadienoic (22:2n6)	8.6		H			0.9	<= 2.0
11. Docosatetraenoic (22:4n6)	14.0	3.7				13.8	2.6 - 18.1

**Polyunsaturated Omega-9**

12. Mead (20:3n9)	18.9		H			5.3	<= 8.3
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**Monounsaturated**

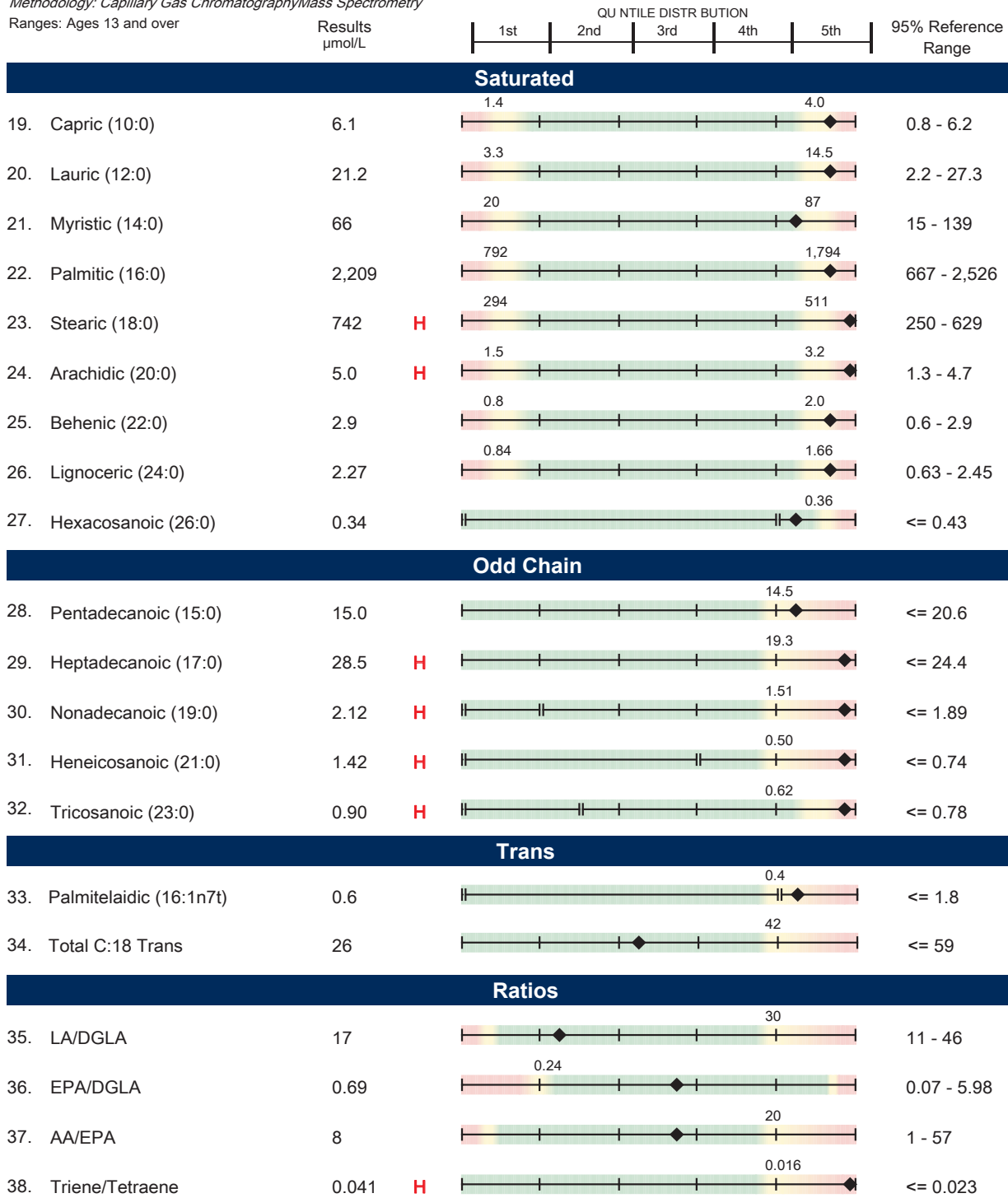
13. Myristoleic (14:1n5)	7.5	1.2				6.1	0.8 - 9.7
14. Palmitoleic (16:1n7)	231	40				155	30 - 256
15. Vaccenic (18:1n7)	102	48				93	40 - 122
16. Oleic (18:1n9)	1,638	555	H			1,182	466 - 1,470
17. 11-Eicosenoic (20:1n9)	8.3	4.6				10.3	3.7 - 18.1
18. Nervonic (24:1n9)	1.3	1.1				2.2	1.1 - 2.7

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**Fatty Acid Profile - Plasma**
*Methodology: Capillary Gas Chromatography/Mass Spectrometry*

Ranges: Ages 13 and over



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**PRACTITIONER: Nordic Laboratories**  
**ADDRESS:**
**TEST NAME: ION Profile - Blood & Urine**
**Organix® Comprehensive Profile - Urine**
*Methodology: LC/Tandem Mass Spectrometry, Colorimetric*

This report is not intended for the diagnosis of neonatal inborn errors of metabolism.

Ranges: Ages 13 and over

Results mcg/mg creatinine	QUANTILE DISTRIBUTION	95% Reference Range
	1st   2nd   3rd   4th   5th	

**Nutrient Markers**
**Fatty Acid Metabolism**
*(Carnitine & B2)*

1. Adipate	2.1	6.2	<= 11.1
2. Suberate	2.3	2.1	<= 4.6
3. Ethylmalonate	2.2	3.6	<= 6.3

**Carbohydrate Metabolism**
*(B1, B3, Cr, Lipoic Acid, CoQ10)*

4. Pyruvate	<DL	3.9	<= 6.4
5. L-Lactate	6.2	8.5	0.6 - 16.4
6. β-Hydroxybutyrate	<DL	2.1	<= 9.9

**Energy Production (Citric Acid Cycle)**
*(B comp., CoQ10, Amino Acids, Mg)*

7. Citrate	150	601	56 - 987
8. Cis-Aconitate	30	51	18 - 78
9. Isocitrate	54	98	39 - 143
10. α-Ketoglutarate	<DL	19.0	<= 35.0
11. Succinate	3.3	11.6	<= 20.9
12. Fumarate	<DL	0.59	<= 1.35
13. Malate	0.5	1.4	<= 3.1
14. Hydroxymethylglutarate	2.6	3.6	<= 5.1

**B-Complex Vitamin Markers**
*(B1, B2, B3, B5, B6, Biotin)*

15. α-Ketoisovalerate	<DL	0.25	<= 0.49
16. α-Ketoisocaproate	<DL	0.34	<= 0.52
17. α-Keto-β-Methylvalerate	0.74	0.38	<= 1.10
18. Xanthurenate	0.09	0.34	<= 0.46
19. β-Hydroxyisovalerate	20.6	7.6	<= 11.5

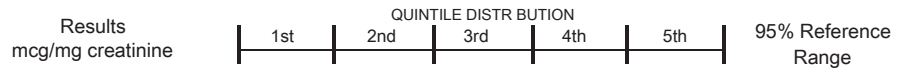
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**Nutrient Markers**
**Methylation Cofactor Markers**
*(B12, Folate)*

20. Methylmalonate	0.8		1.7	<= 2.3
21. Formiminoglutamate	0.8		1.2	<= 2.2

**Cell Regulation Markers**
**Neurotransmitter Metabolism Markers**
*(Tyrosine, Tryptophan, B6, Antioxidants)*

22. Vanilmandelate	0.8	L		1.6	3.9	1.2 - 5.3
23. Homovanillate	1.2	L		1.9	5.7	1.4 - 7.6
24. 5-Hydroxyindoleacetate	3.2			2.1	5.6	1.6 - 9.8
25. Kynurenate	0.8			1.0		<= 1.5
26. Quinolinate	1.1			4.0		<= 5.8
27. Picolinate	<DL	L		8.0		2.8 - 13.5

**Oxidative Damage and Antioxidant Markers**
*(Vitamin C and Other Antioxidants)*

28. p-Hydroxyphenyllactate	0.19			0.39		<= 0.66
29. 8-Hydroxy-2-deoxyguanosine	2.2			5.3		<= 7.6

(Units for 8-hydroxy-2-dexoyguanosine are ng/mg creatinine)

**Toxicants and Detoxification**
**Detoxification Indicators**
*(Arg, NAC, Met, Mg, Antioxidants)*

30. 2-Methylhippurate	0.054			0.084		<= 0.192
31. Orotate	0.18			0.69		<= 1.01
32. Glucarate	1.0			6.3		<= 10.7
33. α-Hydroxybutyrate	<DL			0.3		<= 0.9
34. Pyroglutamate	35			59		28 - 88
35. Sulfate	1,550			958	2,347	690 - 2,988



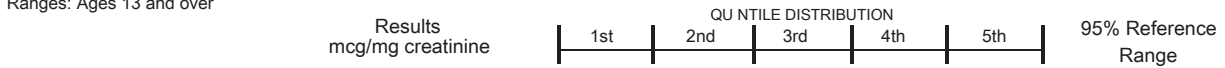
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**Compounds of Bacterial or Yeast/Fungal Origin**
**Bacterial - General**

Item	Result	Reference Range
36. Benzoate	<DL	0.6 (95% Reference Range: <= 9.3)
37. Hippurate	232	548 (95% Reference Range: <= 1,070)
38. Phenylacetate	0.05	0.11 (95% Reference Range: <= 0.18)
39. Phenylpropionate	<DL	<= 0.06
40. p-Hydroxybenzoate	0.3	1.1 (95% Reference Range: <= 1.8)
41. p-Hydroxyphenylacetate	5	19 (95% Reference Range: <= 34)
42. Indican	20	64 (95% Reference Range: <= 90)
43. Tricarballic acid	0.22	0.73 (95% Reference Range: <= 1.41)

**L. acidophilus / General Bacterial**

44. D-Lactate	1.8	2.0 (95% Reference Range: <= 4.1)
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**Clostridial Species**

45. 3,4-Dihydroxyphenylpropionate	<DL	<= 0.05
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**Yeast / Fungal**

46. D-Arabinitol	21	36 (95% Reference Range: <= 73)
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Creatinine = 192 mg/dL

&lt;DL = less than detection limit

&gt;UL = greater than upper linearity limit

NR = Not reportable



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**Commentary**

*Lab Comments*

*Fatty acid plasma confirmed by repeat analysis. PXP mm-dd-yyyy*

This test has been developed and its performance characteristics determined by Genova Diagnostics, Inc. It has not been cleared by the U.S. Food and Drug Administration.

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**ION Analyte Pattern Analysis**

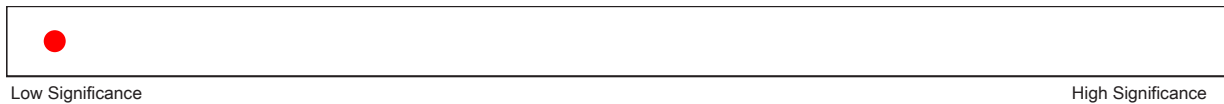
A multi-analyte report can provide greater insight about health risks and special nutrient needs. Patterns of abnormalities can reinforce the degree of significance indicated by a single measurement. Analytes from the various profiles in the ION report are combined below into categories associated with clinical/metabolic conditions.

The categories included cover the most common areas of concern relevant to these profiles. Above each thermometer are listed the analytes used to calculate the degree of significance. An **↑** or **↓** appears when the patient result is outside the fourth quintile of the population.

The thermometer advances to the right as the number and severity of relevant abnormalities increases. The longer the filled bar, the greater the degree of significance or likelihood that a health threat may exist in that category. The preceding laboratory results provide the detail upon which these thermometers are based.

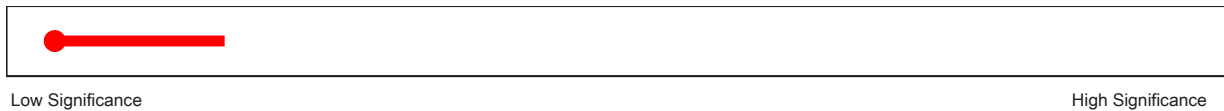
**Cardiovascular System**

Arginine	Homocysteine	Calcium	Magnesium
Coenzyme Q10	alpha-Tocopherol	gamma-Tocopherol	Lipid Peroxides
8-OHdG*	AA/EPA		



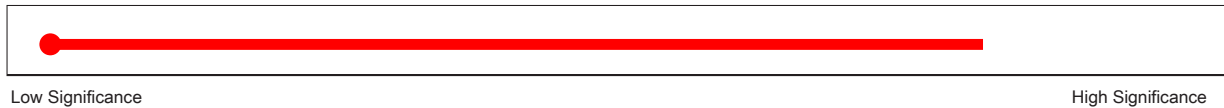
**Fatigue**

Isoleucine	<b>↑</b>	Leucine	<b>↑</b>	Phenylalanine	Valine
Magnesium		Coenzyme Q10		Adipate	Suberate <b>↑</b>
α-Ketoglutarate		Succinate		Malate	Xanthurenate
Methylmalonate		Formiminoglutamate			



**Metabolic Syndrome (Syndrome X)**

Magnesium	Palmitic (16:0)	<b>↑</b>	Stearic (18:0)	<b>↑</b>	α-Hydroxybutyrate
β-Hydroxybutyrate	β-Hydroxyisovalerate	<b>↑</b>			



\*8-OHdG = 8-Hydroxy-2-deoxyguanosine



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**Mental/Emotional**

Tryptophan	Tyrosine	Magnesium	Eicosapentanoic
Docosahexaenoic	Xanthurenate	Methylmalonate	Formiminoglutamate
Vanilmandelate	↓ 5-Hydroxyindoleacetate		



Low Significance

High Significance

**Intestinal/Bacterial Metabolites**

Phenylacetate	Phenylpropionate	p-Hydroxybenzoate	p-Hydroxyphenylacetate
Indican	Tricarballic acid	D-Lactate	3,4-DHPP*



Low Significance

High Significance

**Intestinal Yeasts/Fungal Metabolites**

D-Arabinitol



Low Significance

High Significance

**Digestion/Absorption**

Arginine	Histidine	Isoleucine	↑ Leucine	↑
Lysine	Methionine	Phenylalanine	Threonine	
Tryptophan	Valine	Selenium	↓	



Low Significance

High Significance

\*3,4-DHPP = 3,4-Dihydroxyphenylpropionate



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**Toxic Exposure**

Aluminum	Arsenic	Cadmium	Lead
Mercury	Palmitelaidic (16:1n7t) ↑	Total C:18 Trans	Citrate
Cis-Aconitate	Isocitrate	Quinolate	2-Methylhippurate
Orotate	Glucarate		



Low Significance

High Significance

**Detoxification Impairment**

Methionine	Glycine	Serine	Taurine
Glutamine	Pyroglutamate	Sulfate	Benzoate



Low Significance

High Significance

**Oxidative Stress/Antioxidant Insufficiency**

Taurine	Selenium ↓	Lead	Mercury
alpha-Tocopherol	gamma-Tocopherol	Vitamin A (Retinol)	β-Carotene
Lipid Peroxides	8-OHdG*	p-Hydroxyphenyllactate	Sulfate



Low Significance

High Significance

**Mitochondrial Functional Impairment**

Magnesium	Coenzyme Q10	Adipate	Suberate ↑
Ethylmalonate	Pyruvate	L-Lactate	α-Hydroxybutyrate
β-Hydroxybutyrate	Succinate	Fumarate	Malate



Low Significance

High Significance

\*8-OHdG = 8-Hydroxy-2-deoxyguanosine



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**Amino Acid Insufficiency**

Arginine	Histidine	Isoleucine	↑	Leucine	↑
Lysine	Methionine	Phenylalanine		Threonine	
Tryptophan	Valine	Sulfate			



Low Significance

High Significance

**Essential Fatty Acid Insufficiency**

Arachidonic	Alpha Linoleic	Eicosapentaenoic	Docosahexaenoic
Linoleic	Gamma Linolenic	Dihomogamma Linolenic	Palmitoleic
Triene/Tetraene	↑		↑



Low Significance

High Significance

**Disordered Methyl Group (Single Carbon) Transfer**

Homocysteine	Pentadecanoic	↑	Heptadecanoic	↑	Nonadecanoic	↑
Tricosanoic	Xanthurenate		Methylmalonate		Formiminoglutamate	
Kynurenate						



Low Significance

High Significance

**Disordered Tryptophan Metabolism**

Tryptophan	Xanthurenate	5-Hydroxyindoleacetate	Kynurenate
Quinolate	Indican		



Low Significance

High Significance



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TEST NUMBER: #####

COLLECTED: dd/mm/yyyy

PRACTITIONER: **Nordic Laboratories**

PATIENT NUMBER: #####

RECEIVED: dd/mm/yyyy

GENDER: Male

TESTED: dd/mm/yyyy

AGE: 29

DATE OF BIRTH: dd-mm-yyyy

ADDRESS:

## TEST NAME: ION Profile - Blood & Urine

### 3100 ION® Profile - Blood / Urine

#### Additional Considerations

This page is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.

Nutrient	Nutrient Need
Vitamin D	High
Vitamin B-2 (Riboflavin)	Low
Vitamin B-6 (Pyridoxine)	Low
Biotin	High
Magnesium	Low

Various conditionally essential nutrients and other potentially beneficial interventions appear in this section only if relevant abnormalities are present.

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[info@nordic-labs.com](mailto:info@nordic-labs.com)



PATIENT: **Sample Report**

TEST REF: **###-##-####**

TEST NUMBER: #####

COLLECTED: dd/mm/yyyy

PRACTITIONER: **Nordic Laboratories**

PATIENT NUMBER: #####

RECEIVED: dd/mm/yyyy

GENDER: Male

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AGE: 29

DATE OF BIRTH: dd-mm-yyyy

ADDRESS:

## TEST NAME: ION Profile - Blood & Urine

### 3100 ION® Profile - Blood / Urine

#### Additional Amino Acid Considerations

This page is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.

Nutrient	Nutrient Need
L-Asparagine	Moderate

Various amino acids appear in this section only if relevant abnormalities are present. Amino acids appearing on this page result from low levels of amino acids directly measured in the plasma.

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**PATIENT: Sample Report**

TEST REF: ###-##-#####

TEST NUMBER: #####  
PATIENT NUMBER: #####  
GENDER: Male  
AGE: 29  
DATE OF BIRTH: dd-mm-yyyyCOLLECTED: dd/mm/yyyy  
RECEIVED: dd/mm/yyyy  
TESTED: dd/mm/yyyyPRACTITIONER: **Nordic Laboratories**  
ADDRESS:**TEST NAME: ION Profile - Blood & Urine****3100 ION® Profile - Blood / Urine****General Supplement Ranges****These supplement ranges are not adjusted for age, sex, or gender.**

Nutrient supplementation is at the discretion of the treating clinician. The supplement dose ranges provided below are meant for educational purposes only. These dosage ranges relate to findings commonly found on Genova's nutritional panels and do not apply to specific disease conditions where different dosages may be warranted.

Nutrient	Adult Dosage Range*
Vitamin A	0-5000 IU
Vitamin C	0-1000 mg
Vitamin D	0-2000 IU
Vitamin E (mixed tocopherols)	0-400 IU
Vitamin B-1 (Thiamin)	0-50 mg
Vitamin B-2 (Riboflavin)	0-50 mg
Vitamin B-3 (Niacin)	0-50 mg
Vitamin B-5 (Pantothenic Acid)	0-100 mg
Vitamin B-6 (Pyridoxine)	0-50 mg
Vitamin B-12 (Cobalamin)	0-1000 mcg
Folic Acid	0-1000 mcg
Biotin	0-400 mcg
Magnesium	0-400 mg
Zinc	0-25 mg
Selenium	0-200 mcg
Omega-3	0-3 gms
Carnitine	0-1000 mg
Coenzyme Q10	0-200 mg
Lipoic Acid	0-200 mg
N-Acetylcysteine	0-1000 mg
L-Arginine	0-1000 mg
Glycine	0-3000 mg
L-Glutamine	0-3000 mg
L-Isoleucine	0-500 mg
L-Leucine	0-1000 mg
L-Lysine	0-1000 mg
L-Methionine	0-500 mg
L-Phenylalanine	0-500 mg
Taurine	0-1000 mg
L-Tyrosine	0-1000 mg
L-Threonine	0-500 mg
L-Tryptophan	0-200 mg
L-Valine	0-500 mg

\*Dosage ranges are adapted from the textbook *Nutritional Medicine* by Alan Gaby, M.D.<sup>1</sup>

1. Gaby AR. *Nutritional Medicine*. Vol 265: Fritz Perlberg Publishing; 2011.

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