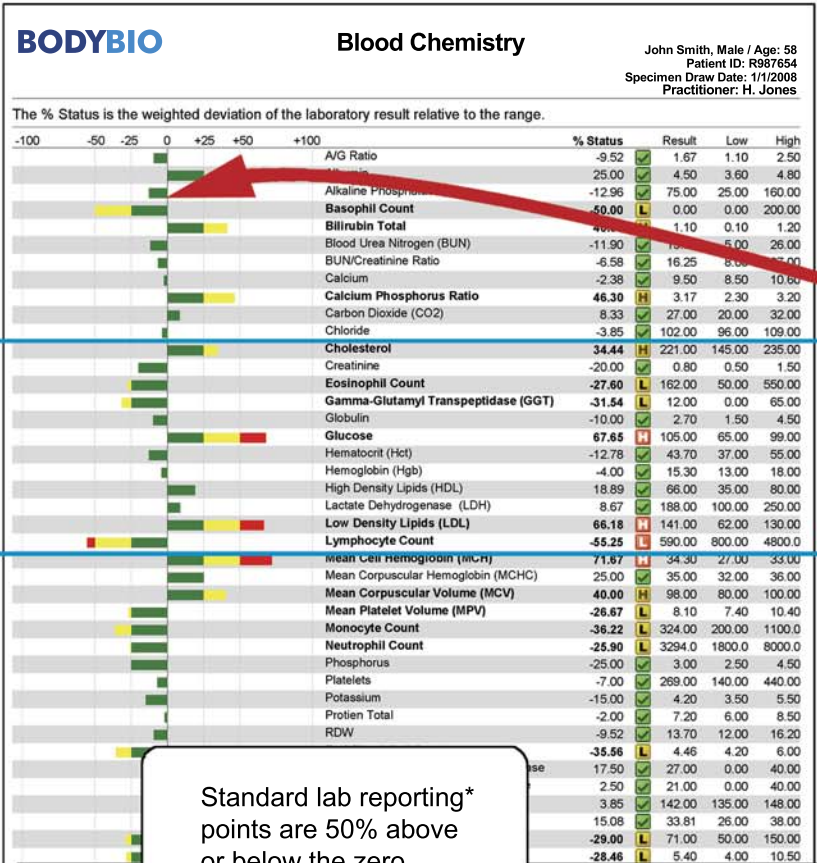


BODYBIO Report

The Chemistry Page



BODYBIO Report
 The *Report* turns the row of numbers on your blood test into a series of easy-to-understand graphs so you can quickly see what's low and what's high. The graph dramatically helps to convert a group of numbers into a visual image of the person's health at a glance. It also aids in evaluating changes from one test to the other, year after year.

Standard lab reporting* points are 50% above or below the zero mid-point for the Low **L** and High **H**.

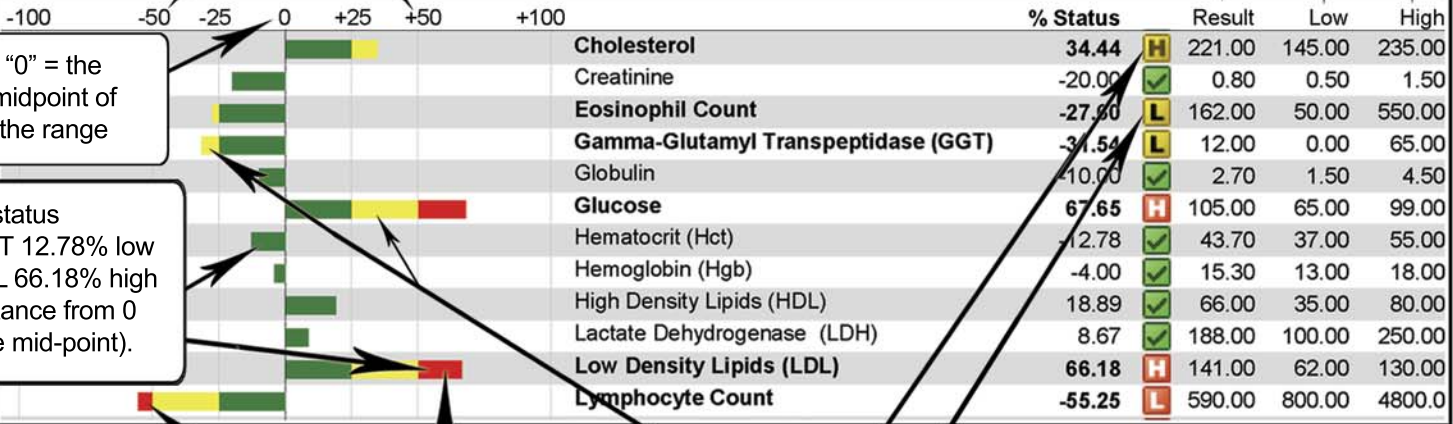
Your Lab Results

The Lab Ranges

John Smith, Male / Age: 58
 Patient ID: R987654
 Specimen Draw Date: 1/1/2008
 Practitioner: H. Jones

Blood Chemistry

The % Status is the weighted deviation of the laboratory result relative to the range.



"0" = the midpoint of the range

% status HCT 12.78% low LDL 66.18% high distance from 0 (the mid-point).

A Red **L** or **H** is indicated when the analyte has exceeded 2 standard deviations,* the normal Lab reporting points for L and H and the point at which medical attention is suggested.

A Yellow **L** or **H** is one-half the distance, or 25% from the midpoint* establishing an earlier point for nutritional intervention.

BODYBIO Your List of Supplements John Smith, Male / Age: 58 Patient ID: 8387654
page 1 Specimen Draw Date: 1/1/2008 Practitioner: H. Jones

Your Personal Nutrient List

The following nutrients are specific to your chemistry and includes additional information to help you better understand your blood chemistry. You will notice that each nutrient is presented by stars and the dimensions (Low or High) that you may want to improve your health. A general design is suggested, although, it is recommended that you consult your Health Care Practitioner before taking any nutrient since dose varies by age, weight, sex and health.

Vitamins

Biotin **** Low High
Functions as CO2 carrier for ATP enzymes, essential for the metabolism of lipids especially the omega 6 fats DGLA to prostaglandin E1. Essential to metabolism of carbs and some amino acids, aids in cellular growth.
QD 30-300 mcg (QD 3000 mcg for brittle nails)

Vitamin A * Low High
Involved in photoreceptors, cell differentiation, steroid hormones, glycoprotein synthesis, reproduction, immune, anti-inflammatory, bone and membrane metabolism.
QD 1000 mcg (3333 IU)

Folic Acid *** Low High
B vit for growth, cellular division, carbon transfer, purine and pyrimidine biosynthesis, amino acid conversions, balanced dopamine response, detoxification, maturation of red blood cells.
QD 400 mcg

Vitamin B1 *** Low High
Contributes to nervous system function, energy, biosynthesis of lipids, maintenance of cardiac, muscular, nervous and GI.
B1 may be substituted with a B-Complex.

Vitamin B5 *** Low High
A B complex component and is vital in numerous functions of metabolism, predominantly, and synthesis of amino, steroid hormones and prostaglandin.
QD 5 mcg

Vitamin B6 *** Low High
Essential in many complex functions of protein and lipid metabolism, neurotransmitter, DNA metabolism, steroid hormones, neurotransmitters, neurotransmitter synthesis.
QD 10 mcg

Vitamin B12 **** Low High
Essential for DNA synthesis, myelin sheath, and methylation.
QD 2.4 mcg (Cyanocobalamin 1000 mcg)

Vitamin C *** Low High
Supports immune system, antioxidant, collagen synthesis, neurotransmitter, neurotransmitter synthesis.
QD 500-2000 mg

Methylcobalamin *** Low High
Essential for DNA synthesis, myelin sheath, and methylation.
QD 500-2000 mg

BODYBIO Your List of Supplements John Smith, Male / Age: 58 Patient ID: 8387654
page 2

Your Personal Nutrient List

The following nutrients are specific to your chemistry and includes additional information to help you better understand your blood chemistry. You will notice that each nutrient is presented by stars and the dimensions (Low or High) that you may want to improve your health. A general design is suggested, although, it is recommended that you consult your Health Care Practitioner before taking any nutrient since dose varies by age, weight, sex and health.

Essential Fatty Acids

EFA 4:1 Oil **** Low High
Essential fatty acids (EFA) are vital for cell membrane structure, hormone production, and immune system function. EFA are essential for the metabolism of cholesterol, triglycerides, and phospholipids.
QD 2 Teaspoons (Diluted in 1/2 cup of oil)

Evening Primrose Oil **** Low High
Evening Primrose Oil, T.E.S. derived from black currant seed oil, contains GLA, which is essential for the metabolism of cholesterol, triglycerides, and phospholipids.
QD 100 mcg

L-Carnitine **** Low High
Essential for transport of long chain fatty acids to the mitochondria.
QD 2g

Phosphatidylcholine **** Low High
Phosphatidylcholine (PC) is 95% of most membranes. It is essential for the metabolism of cholesterol, triglycerides, and phospholipids. It is also essential for the metabolism of acetylcholine, a neurotransmitter.
QD 10-50 mcg

Fish Oil **** Low High
Essential fatty acids (EFA) are vital for cell membrane structure, hormone production, and immune system function. EFA are essential for the metabolism of cholesterol, triglycerides, and phospholipids. Fish oil is a source of EFA and is essential for the metabolism of cholesterol, triglycerides, and phospholipids.
QD 2 g

Policosanol ** Low High
Fatty alcohol derived from white pine needles that is essential for the metabolism of cholesterol, triglycerides, and phospholipids.
QD 30 mg



Vitamins

Biotin **** Low High
Functions as CO2 carrier for ATP enzymes, essential for the metabolism of lipids especially the omega 6 fats DGLA to prostaglandin E1. Essential to metabolism of carbs and some amino acids, aids in cellular growth.
QD 30-300 mcg (QD 3000 mcg for brittle nails)

Vitamin A * Low High
Involved in photoreceptors, cell differentiation, steroid hormones, glycoprotein synthesis, reproduction, immune, anti-inflammatory, bone and membrane metabolism.
QD 1000 mcg (3333 IU)

Folic Acid *** Low High
B vit for growth, cellular division, carbon transfer, purine and pyrimidine biosynthesis, amino acid conversions, balanced dopamine response, detoxification, maturation of red blood cells.
QD 400 mcg

Vitamin B1 *** Low High
Contributes to nervous system function, energy, biosynthesis of lipids, maintenance of cardiac, muscular, nervous and GI.
B1 may be substituted with a B-Complex.

WBC -28 [Low High]

BodyBio Report References

References

Vitamin A
LOW: W.B.C.

Arch Surg. 1984 Feb;119(2):161-5.
Effects of vitamin A and beta carotene on intra-abdominal sepsis.
Demetriou AA, Franco I, Bark S, Rettura G, Seifter E, Levenson SM.

Vitamin A may play a role systemically and locally in controlling intra-abdominal sepsis. Adult male rats were divided into three groups. Group 1 ate a standard rat laboratory chow (not vitamin A deficient), group 2 ate the same chow supplemented with vitamin A, and group 3 ate the chow supplemented with beta carotene. All animals underwent cecal ligation, and the cecum was perforated either with a 27-gauge or an 18-gauge needle. **Vitamin A dietary supplementation had a significant protective effect**, which was manifested by improved survival in the animals whose cecum was perforated with an 18-gauge needle, prevention of postoperative hypothermia, maintenance of peripheral WBC counts at normal or above-normal values, and better localization of the intra-abdominal inflammatory process. Dietary supplementation with beta carotene had a lesser protective effect.

Click here ... Hyperlink to 22 abstracts supporting vitamin A for low WBC.

Scroll Down for the 22 abstracts.

*The lab range for each analyte is calculated at 2 standard deviations (95.48% of the group), a complicated statistical method of analysis. It's difficult to describe and equally difficult to use. Each analyte is either inside the range or it's not. If it's inside the Low or High points, you're presumed to be OK (?). However, there is a large difference between an analyte that is near the midpoint of the range and one at the extremes, yet still inside the range. **It's much healthier being near the middle.** So...BodyBio created a simple math system showing **the best number to have --- is 0**, and the point where medical attention becomes advisable is at 50% either side of that 0 midpoint, the **Low** or the **High**. Now, we can more easily view our health with the graph and a number for each analyte (The % Deviation System).