

Patient's Copy

Please forward this copy to:
JOHN DOE

Test Type: BodyBio™ Nutrient Report

Patient: John Doe
Birth Date: 6/21/1963
Draw Date: 5/15/2008
Date Entered: 1/19/2009

Ordered by: John Smith MD

Dear John Doe

Attached you will find your personalized BioCell™ Report authorized by your practitioner. This Report has been prepared specifically for you through BodyBio's patented database program. We used the laboratory results of your recent blood draw and further analyzed that information to produce this comprehensive Report. The information contained herein is designed to provide you and your practitioner with in-depth analysis of your personal biochemistry. This unique BioCell™ Report, in conjunction with your practitioner's recommendations, can lead you down the road to optimal health.

If you have not done so, please contact your practitioner so that a consultation and thorough examination can be scheduled. By following all or just some of the recommendations in your Nutrient Report with your healthcare practitioner's approval, you have taken an important step in maintaining good health.

To your health,
The Staff at BodyBio Corporation.

** Maintaining a healthy body depends on how often you monitor the status of it. See your practitioner on a regular basis and schedule a BioCell™ Report each year, or as directed by your practitioner.*

Blood Chemistry

John Doe, Male / Age:45
Patient ID: 1012199992

Specimen Draw Date: 5/15/2008
Practitioner: John Smith

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

-100	-50	-25	0	+25	+50	+100	Name of Test	% Status	Result	Low	High	
							A/G Ratio	-34.82	L	1.31	1.10	2.50
							Albumin	-15.00		4.20	3.50	5.50
							Alkaline Phosphatase	-25.20	L	56.00	25.00	150.00
							Basophil Count	-50.00	L	0.00	0.00	200.00
							Bilirubin Total	-13.64		0.50	0.10	1.20
							Blood Urea Nitrogen (BUN)	-23.68		13.00	8.00	27.00
							BUN/Creatinine Ratio	-16.08		14.44	8.00	27.00
							Calcium	7.14		9.70	8.50	10.60
							Chloride	22.73		105.00	97.00	108.00
							Cholesterol	-37.78	L	156.00	145.00	235.00
							Creatinine	-10.00		0.90	0.50	1.50
							Eosinophil Count	-27.00	L	165.00	50.00	550.00
							Globulin	6.67		3.20	1.50	4.50
							Hematocrit (Hct)	-7.14		42.00	36.00	50.00
							Hemoglobin (Hgb)	-3.33		14.60	12.50	17.00
							High Density Lipids (HDL)	-52.22	L	34.00	35.00	80.00
							Low Density Lipids (LDL)	23.53		112.00	62.00	130.00
							Lymphocyte Count	-28.75	L	1650.0	800.00	4800.0
							Mean Cell Hemoglobin (MCH)	17.14		31.70	27.00	34.00
							Mean Corpuscular Hemoglobin (MCHC)	20.00		34.80	32.00	36.00
							Mean Corpuscular Volume (MCV)	11.11		91.00	80.00	98.00
							Monocyte Count	-23.33		440.00	200.00	1100.0
							Neutrophil Count	-26.69	L	3245.0	1800.0	8000.0
							Platelets	-22.00		217.00	140.00	415.00
							Potassium	20.59		4.70	3.50	5.20
							Protein Total	6.00		7.40	6.00	8.50
							RDW	-7.58		13.10	11.70	15.00
							Red Blood Cell Count	-16.00		4.61	4.10	5.60
							SGOT (AST) Aspartate aminotransferase	0.00		20.00	0.00	40.00
							SGPT (ALT) Alanine aminotransferase	-15.45		19.00	0.00	55.00
							Sodium	40.00	H	144.00	135.00	145.00
							Sodium Potassium Ratio	-11.35		30.64	26.00	38.00
							Triglycerides	-51.00	L	49.00	50.00	150.00
							White Blood Cell Count	-26.92	L	5.50	4.00	10.50

Your BodyBio Blood Chemistry Report: The data you entered (the Results, Low and High) is on the last three columns. The bar graphs on the left show how your results differ from what is considered "optimal" which is represented by the "0" line. Your lower results are to the left of "0", the higher results are to the right. The length of the bar represents how low or how high your results are, how far they are from the midpoint (the "O" line). The percentage of that difference also appears in the "% Status" column. The column right after "% Status" indicates if your results are high by a red "H", low by a red "L", or within a normal range by a green "Box".

Nutrient Report

John Doe, Male / Age:45
Patient ID: 10121999992








Specimen Draw Date: 5/15/2008
Practitioner: John Smith

Your Personal Nutrient List



This report lists the nutrients that the BodyBio program identified as potentially beneficial to your health based on your blood chemistry data. Below each nutrient is a general overview of that nutrient's activity in the maintaining good health. To the right of the name of each nutrient are stars *. The more stars that appear, the more important it may be for you to increase your total daily intake of that nutrient. To the right of the stars are abbreviates of the names of those tests that were either low or high which correlate to that nutrient. Below the nutrient's description is the amount of the nutrient recommended to you to increase in your daily diet and supplementation based on your blood chemistry data results.

Note: *Your chemistry provides an important view of your health but is a moving, adjusting picture. Please limit use of this information to one year from the date of blood draw. A yearly blood test is a good preventive health policy. Please do not attempt to supplement yourself without professional guidance.*

Vitamins

	<p>Folic Acid *</p> <p>Folic acid is a B-vitamin needed for growth, cellular division, carbon transfer, amino acid conversions, balanced dopamine response, detoxification, maturation of red blood cells, and control of homocysteine.</p> <p>400 mcg daily</p>	<u>Low</u>	<u>High</u>		<p>Vitamin A *</p> <p>Vitamin A manages photoreceptors in the eye, helps cells to mature, helps make steroid hormones and glycoproteins, and supports the reproductive and immune systems. It has anti-inflammatory properties.</p> <p>1000 mcg (3333 IU) daily</p>	<u>Low</u>	<u>High</u>
	<p>Vitamin B6 **</p> <p>PYRIDOXINE</p> <p>Vitamin B6 is involved in complex functions of protein and lipid metabolism. It helps immune modulation, fatty acid metabolism, steroid hormone synthesis and neurotransmission. It helps maintain healthy blood cells and skin.</p> <p>B6 may be substituted with a B-Complex.</p> <p>1.7 mg daily</p>	<u>Low</u>	<u>High</u>		<p>Vitamin B12 **</p> <p>METHYLCOBALAMIN</p> <p>Vitamin B 12 is essential for the metabolism of fatty and amino acids; for maintaining healthy nerves, blood cells, skin and hair; for production of genetic material; and for the metabolism of fats and the synthesis of protein.</p> <p>B12 may be substituted with a B-Complex.</p> <p>2.4 mcg daily (Dissolve under tongue)</p>	<u>Low</u>	<u>High</u>
	<p>Vitamin C **</p> <p>ASCORBIC ACID</p> <p>Vitamin C promotes synthesis of collagen and connective tissue, and aids in iron absorption. It may function to strengthen bone, as an antihistamine, as a vasodilator, and as an anticlotting agent. It maintains the adrenals.</p> <p>500-2000 mg daily</p>	<u>Low</u>	<u>High</u>		<p>Vitamin D3 *</p> <p>This fat-soluble vitamin is synthesized in skin by UV in sunlight. It regulates hormones and calcium and phosphorus for bone, and supports the central nervous system, membrane structure, cell differentiation, and cardiovascular health.</p> <p>400 IU daily</p>	<u>Low</u>	<u>High</u>
	<p>Vitamin B2 **</p> <p>RIBOFLAVIN</p> <p>Riboflavin is crucial to metabolism of carbohydrates, amino acids and lipids. It helps to metabolize neurotransmitters, and is involved with adrenal gland function.</p> <p>B2 may be substituted with a B-Complex.</p> <p>1.3 mg daily (Antibiotics & contraceptives may interfere with absorption.)</p>	<u>Low</u>	<u>High</u>				

Minerals

	<p>Chromium ****</p> <p>LIQUID TRACE MINERALS</p> <p>Chromium supports glucose tolerance factor. It functions in lipid and carbohydrate metabolism, and may help to control triglycerides, nitrogen balance, hemoglobin, nerves, bone/joint and cardiovascular health.</p> <p>Although minerals can be taken as a multi-mineral, Trace Minerals are best taken in a liquid form -- together.</p> <p>50 mcg daily</p>	<u>Low</u>	<u>High</u>		<p>Manganese **</p> <p>LIQUID TRACE MINERALS</p> <p>Manganese aids the synthesis of cholesterol, the oxidation of fatty acids, and has major enzyme activity. It improves glucose tolerance, neurotransmission, collagen and bone formation, and protein/DNA synthesis.</p> <p>Although minerals can be taken as a multi-mineral, Trace Minerals are best taken in a liquid form -- together.</p> <p>2.0 mg daily</p>	<u>Low</u>	<u>High</u>
-------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------	-------------	-------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------	-------------

Your Personal Nutrient List

This report lists the nutrients that the BodyBio program identified as potentially beneficial to your health based on your blood chemistry data. Below each nutrient is a general overview of that nutrient's activity in the maintaining good health. To the right of the name of each nutrient are stars *. The more stars that appear, the more important it may be for you to increase your total daily intake of that nutrient. To the right of the stars are abbreviations of the names of those tests that were either low or high which correlate to that nutrient. Below the nutrient's description is the amount of the nutrient recommended to you to increase in your daily diet and supplementation based on your blood chemistry data results.

Note: *Your chemistry provides an important view of your health but is a moving, adjusting picture. Please limit use of this information to one year from the date of blood draw. A yearly blood test is a good preventive health policy. Please do not attempt to supplement yourself without professional guidance.*



Zinc

Low

High

LIQUID TRACE MINERALS

Zinc is an activator in more than 200 key enzymes; helps formation of lipid membranes and genetic material; ensures healthy immune and reproductive systems; helps to use insulin; and helps control inflammation.

Although minerals can be taken as a multi-mineral, Trace Minerals are best taken in a liquid form -- together.

15 mg daily (Use with Liquid Trace Mineral Set)

AlkPhs -25
 WBC -27
 HDL -52



Sodium Bicarbonate

*

Low

High

BAKING SODA

Sodium bicarbonate is taken 1 to 2 hours AFTER meals to support digestion, and to support the pancreas.

2 capsules (1000 mg) 2 times a day (1 Hr after meals)

ALB -15
 CREAT -10
 K 21
 CI 23

Essential Fatty Acids



EFA 4:1 Oil

Low

High

ESSENTIAL FATTY ACIDS

Oil with 4:1 ratio of omega-6 (linoleic) to omega 3 (alpha linolenic) fatty acids. It is crucial to raise and balance lipid content. EFAs are powerful hormones, and is a vital raw material for all cells including the brain.

2 Tablespoons 2 times a day (Sunflower/Flax oil (4:1 w6:w3 ratio))

Mono -23
 Neut -27
 WBC -27
 HDL -52
 CI 23
 LDL 24



Phosphatidylcholine

Low

High

PC

Phosphatidylcholine (PC) constitutes 50% of cell membrane phospholipids, holding the high energy lipids. Stores decline with age and disease. PC regulates cholesterol and protects the liver

3 gm daily

AlkPhs -25
 HDL -52
 LDL 24



Evening Primrose Oil

Low

High

EPO

Evening primrose oil is an omega 6 fatty acid, rich in gamma linolenic acid (GLA). It is metabolized into anti-inflammatory prostaglandins.

320 mg daily

Lymph -29
 HDL -52
 LDL 24



Fish Oil

Low

High

HIGH EPA

Fish oil contains EPA and DHA. It is anti-inflammatory, reduces platelet aggregation, helps decrease triglycerides. EPA and DHA, concentrated in the eyes and brain, are precursors for regulatory prostaglandins.

3 gms daily

WBC -27
 HDL -52
 LDL 24



Coconut Oil

Low

High

Coconut Oil (coconut butter), is 90% saturated fat, predominantly medium-chain triglyceride oils. Combined with essential fatty acids, it makes an excellent food. It is a source of antimicrobial lipids, and is a good cooking oil with long shelf life.

no dose established

CHOL -38

Additional Supplements



L Carnitine

*

Low

High

Carnitine is essential for transport of long chain fatty acids into mitochondria, where they are burned for energy. It may possess anti-oxidant properties.

500 mg 2-3 times a day (not > 3 gm a day)

WBC -27
 LDL 24



Water

Low

High

Water is a vital fluid, and the most overlooked nutrient. It is important to make a conscious effort to drink 6-8 glasses of pure water. Coffee, tea, sodas, and milk do not count.

8 cups daily

Na 40



Increase Protein Intake

**

Low

High

Nitrogen- rich broth from beans & protein foods (meat, fish, and especially eggs, chicken, turkey, duck, & organ meats) to support protein balance. Needs are about 0.8 gm per kilogram of body weight.

Eggs, Poultry, Legumes, Meat, Wild Fish

LDL 24



Bile Salts

Low

High

Bile salts are produced from cholesterol, and are vital for digestion of fats. They are recommended after meals that contain fats.

100 mg 3 times a day (1 Hr After Meals Containing Fat)

CHOL -38

Nutrient List

Specimen Draw Date: 5/15/2008

John Doe, Male / Age:45

Patient ID: 10121999992

Practitioner: John Smith

BodyBio List of Supplements for John Doe

The following List of Nutrients are listed in Star order.



Chromium

Liquid Trace Minerals
50 mcg daily



EFA 4.1 Oil

Essential Fatty Acids
2 Tablespoons 2 times a day (Sunflower/Flax oil (4:1 w6:w3 ratio))



Phosphatidylcholine

PC
3 gm daily



Evening Primrose Oil

EPO
320 mg daily



Zinc

Liquid Trace Minerals
15 mg daily (Use with Liquid Trace Mineral Set)



Fish Oil

High EPA
3 gms daily



Coconut Oil

no dose established



Water

8 cups daily



Bile Salts

100 mg 3 times a day (1 Hr After Meals Containing Fat)

**



Vitamin B6

Pyridoxine
1.7 mg daily



Vitamin B12

Methylcobalamin
2.4 mcg daily (Dissolve under tongue)



Vitamin C

Ascorbic Acid
500-2000 mg daily



Vitamin B2

Riboflavin
1.3 mg daily (Antibiotics & contraceptives may interfere with absorption.)



Manganese

Liquid Trace Minerals
2.0 mg daily



Increase Protein Intake

Eggs, Poultry, Legumes, Meat, Wild Fish

**** = Most Needed

* = Least Needed

Nutrients tend to have multiple cellular functions. An essential mineral like Zinc participates in ~100 different cellular enzymes and may appear in your BodyBio Report several times. In addition, an analyte like cholesterol, if high, may suggest several nutrients. It is not necessary to employ each one, however, best to seek competent Health Care advice before attempting corrections on your own.