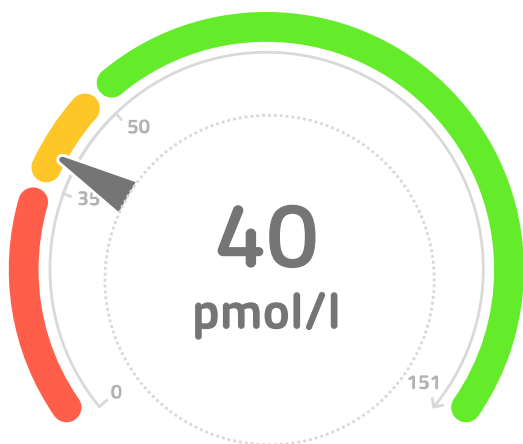


Test for **B12-vitamin**
TESTRESULTAT



Dit testresultat

Din målte vitamin B12 værdi er: **40 pmol/l**

Til din information: Den aktive vitamin B12 – også kendt som, holotranscobalamin - blev målt. Denne form for vitamin B12 er den eneste som kan absorberes af kroppens celler, der indikerer en tom vitamin B12 lager endda selv før symptomerne fremkommer.

● < 35 pmol/l vitamin B12 reserver er udtømt

● 35-50 pmol/l vitamin B12 reserver er næsten udtømt

● > 50 pmol/l Tilstrækkelig forsyning af vitamin B12

Analyse

Dine vitamin B12 reserver er næsten udtømt. Du bør prøve at opnå den normale værdi af >50 pmol/l med din holotranscobalamin værdi for at kunne opnå en tilstrækkelig værdi af cobalamin.

* Bemærk venligst at referenceværdien angivet henviser til voksne.

Optimer B12-vitaminniveauer

Baseret på din nuværende holotranscobalaminkoncentration i blodet på% {value} pmol/l, skal den øges permanent for at opnå en tilstrækkelig tilførsel af B12-vitamin og for at genopbygge cobalaminreserverne i leveren og musklerne.

Du kan øge dit B12-vitaminniveau ved at gøre følgende:

** ENTEN **

Oral (via munden) administration af cobalamin i fast eller flydende form ifølge følgende skema:

1. The first step in the process of identifying a problem is to recognize that a problem exists. This is often done by comparing current performance with a desired state or goal. Once a problem is identified, the next step is to define the problem more precisely. This involves determining the scope of the problem, the resources available, and the constraints that may be affecting the problem. The final step in this process is to determine the cause of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root cause of the problem.

2.

3. The next step in the process of identifying a problem is to define the problem more precisely.

4. The final step in this process is to determine the cause of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root cause of the problem.

5. The next step is to define the problem more precisely.

6. The final step in this process is to determine the cause of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root cause of the problem.

7. The next step is to define the problem more precisely.

8. The final step in this process is to determine the cause of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root cause of the problem.

9. The next step is to define the problem more precisely.

10. The final step in this process is to determine the cause of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root cause of the problem.

1. The first step in the process of identifying a problem is to recognize that a problem exists. This is often done by comparing current performance with a desired state or goal. Once a problem is identified, the next step is to define the problem more precisely. This involves determining the scope of the problem, the resources available, and the constraints that may be affecting the problem. The final step in this process is to identify the causes of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root causes of the problem.

2. The second step in the process of identifying a problem is to define the problem more precisely. This involves determining the scope of the problem, the resources available, and the constraints that may be affecting the problem. The final step in this process is to identify the causes of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root causes of the problem.

3. The third step in the process of identifying a problem is to identify the causes of the problem. This is often done by using a process of elimination or by using a fishbone diagram to identify the root causes of the problem. Once the causes of the problem have been identified, the next step is to develop a plan to address the problem. This involves determining the actions that need to be taken to address the problem and the resources that will be needed to implement the plan.

4. The fourth step in the process of identifying a problem is to develop a plan to address the problem. This involves determining the actions that need to be taken to address the problem and the resources that will be needed to implement the plan. Once a plan has been developed, the next step is to implement the plan. This involves putting the plan into action and monitoring the progress of the plan to ensure that it is being implemented effectively.

5. The fifth step in the process of identifying a problem is to implement the plan. This involves putting the plan into action and monitoring the progress of the plan to ensure that it is being implemented effectively. Once the plan has been implemented, the next step is to evaluate the results of the plan. This involves comparing the current performance with the desired state or goal to determine if the problem has been resolved.

6. The sixth step in the process of identifying a problem is to evaluate the results of the plan. This involves comparing the current performance with the desired state or goal to determine if the problem has been resolved. If the problem has not been resolved, the next step is to identify the causes of the problem and develop a new plan to address the problem. If the problem has been resolved, the next step is to monitor the performance to ensure that the problem does not recur.



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