

PATIENT INFORMATION

Name: John Doe
 Gender: Male
 DOB: 1/13/1991 (27 yrs)

BMI: 37.2
 Height: 6 ft 2 in
 Weight: 290 lbs
 Waist: 33 in

Samples Collected:
 Blood Spot: 04/04/18 07:15

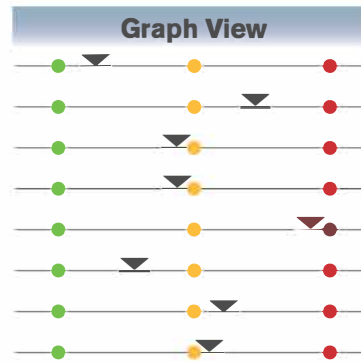
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TEST RESULTS

Blood Spot CardioMetabolic Markers

Test Name	Result	Range
Insulin	5.8	1-15 μ IU/mL (optimal 2-6)
Hemoglobin A1c	5.4	<6%
Triglycerides	108	<150 mg/dL
Cholesterol	150	<200 mg/dL
HDL	41	40 mg/dL or higher
LDL Cholesterol	87	<130 mg/dL (optimal <100)
Cortisol	7.6	3.7-9.5 ng/mL (morning)
GH	5	< 10 ng/mL



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The above results and comments are for informational purposes only and are not to be construed as medical advice. Please consult your healthcare practitioner for diagnosis and treatment.

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PATIENT INFORMATION

Name: Jane Doe
Gender: Female
DOB: 1/1/1966 (52 yrs)

BMI: 27.45
Height: 5 ft 3 in
Weight: 155 lbs

Samples Collected:
Saliva: 01/01/18
Morning: 01/01/18 - 6:00
Noon: 01/01/18 - 12:00
Evening: 01/01/18 - 18:00
Night: 01/01/18 - 21:00

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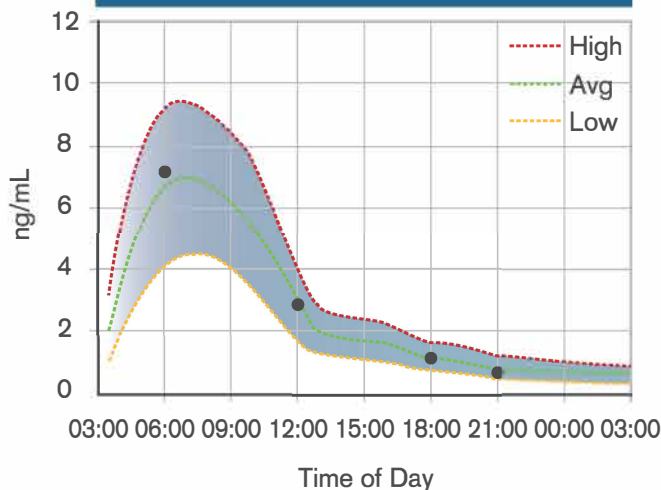


TEST RESULTS

Saliva Stress & Coping Markers

Test Name	Result	Range
Cortisol Morning	0.67	3.7 - 9.5 ng/mL
Cortisol Noon	1.3	1.2 - 3.0 ng/mL
Cortisol Evening	0.46	0.6 - 1.9 ng/mL
Cortisol Night	1.1	0.4 - 1.0 ng/mL

Cortisol Curve - Normal



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YOUR MATCHING DIET

Matching Diet Type	●	Low Carb Diet
Response to Monounsaturated Fats	●	Neutral
Response to Polyunsaturated Fats	●	Increased Benefits
Omega-6 and Omega-3 Levels	●	Typical

EATING BEHAVIORS

Snacking	●	Typical
Hunger	●	Increased
Satiety - Feeling Full	●	Typical
Eating Disinhibition	●	Less Likely
Food Desire	●	Typical
Sweet Tooth	●	Typical

FOOD REACTIONS

Caffein Metabolism	●	Fast Metabolizer
Bitter Taste	●	Taster
Sweet Taste	●	Typical
Lactose Intolerance	●	Less Likely
Alcohol Flush	●	Less Likely

NUTRITIONAL NEEDS

Vitamin B2	●	Stay Balanced
Vitamin B6	●	Optimize Intake
Vitamin B12	●	Optimize Intake
Folate - Folic Acid	●	Optimize Intake
Vitamin A	●	Optimize Intake
Vitamin C	●	Stay Balanced
Vitamin D	●	Stay Balanced
Vitamin E	●	Stay Balanced

EXERCISE

Endurance Training	●	Enhanced Benefit
Strength Training	●	Less Beneficial
Aerobic Capacity (VO2max)	●	Typical
Muscle Power	●	Enhanced Muscle Power
Achilles Tendinopathy	●	Typical
Weight Loss Response to Exercise	●	Exercise Strongly Recommended
Blood Pressure Response to Exercise	●	Exercise Strongly Recommended
HDL (Good) Cholesterol Response to Exercise	●	Normal Benefit
Loss of Body Fat Response to Exercise	●	Normal Benefit
Insulin Sensitivity Response to Exercise	●	Enhanced Benefit

YOUR BODY & WEIGHT

Obesity	●	Average
Weight Loss Program	●	More Likely to Gain Weight Back
Metabolism	●	Normal
Adiponectin Levels	●	Possibly Low

METABOLIC HEALTH FACTORS

Elevated LDL Cholesterol	●	Above Average
Decreased HDL Cholesterol	●	Above Average
Elevated Triglycerides	●	Above Average
Elevated Blood Sugar	●	Average

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