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# CLIENT OPTIMIZATION REPORT

Sample Client

UNLOCK YOUR PEAK POTENTIAL

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# Message from Your team at Me Bioscience

## Unlocking Your Peak Potential: Our Tailored Approach to Your Well-being

Welcome! We're excited to guide you on your path to achieving peak physical and cognitive performance.

Our approach combines a deep analysis of your lab work, an understanding of your lifestyle through your health questionnaire, and insights from your genetic reports.

The result? A uniquely tailored strategy designed to unlock your full potential.

In this report, you'll find a summary detailing your goals, our top priorities based on the data we've collected, and our targeted plan for achieving these goals. We break down the 'why' and 'how' behind our strategy to ensure you understand the steps we're taking together on this journey.

After you've absorbed the information in this report, it's time for action! We outline clear next steps for you to follow, simplifying your path to peak performance.

And remember, our AI coach is with you every step of the way, offering weekly check-ins to discuss progress and refine your plan as needed.

We're thrilled to be part of your transformation. Here's to unlocking your peak potential!

Best,

Me Biosciences



From Insight to  
Action - Your  
Journey to Peak  
Performance  
Begins Here.

# SUMMARY

## Unlocking Your Peak Potential

Dive into a comprehensive snapshot of your current health status and future goals in this section. From insights derived from your lab and genetic reports, to understanding your aspirations via your health questionnaire, we distill all this information into a concise summary. Here, we define your key health goals, top priorities for action, and reveal critical lab and genetic insights, providing a clear and focused path to your peak potential.



### YOUR STATED GOAL(S)

Creating a plan that will help me stay healthy as I age while also fitting into my busy lifestyle. Also interested in more energy, motivation and focus.

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### TOP PRIORITIES

1. Reduce Blood Sugar Levels
  2. Upregulate the low functioning Immune System
  3. Focus on addressing GI function and nutrient absorption
- 



### KEY FINDINGS: LABS / BIOMARKERS

**Blood Sugar Levels:** Glucose , LDH , Insulin - Fasting , Cholesterol - Total , DHEA-S, Female

**Immune System:** Total WBCs , Globulin, total , Alk Phos , Iron - Serum

**GI Function:** Protein, total , Globulin, total , Alk Phos , Eosinophils , Iron - Serum , Anion gap , Calcium , Total WBCs

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### KEY FINDINGS: GENETICS / EPIGENETICS

Insulin Sensitivity risk with carbs, low carb diet recommended  
Main Fat source for optimization should be MUFA (limit Saturated, and PUFA's)

Low Methylation status with a need for supplementing Methyl donors in the Foundational Supplement.

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# Next Steps

## From Strategy to Action: Your Path to Peak Performance

In this section, we convert priorities into action. For each of the top targets identified, we've prepared three concrete action steps you can take to begin your journey towards achieving your goals. These actions serve as your immediate roadmap, translating the insights and strategies we've discussed into tangible, achievable tasks. Embark on your journey to peak performance, knowing exactly what to do and what is expected, with clarity and confidence.

01

### Me Bio+ Protocol

Take the Me Bio Foundational daily as directed.

Take Omega 3's (high DHA levels)

Take BPC-157 for 30 days as directed to heal GI system

02

### Nutrition Strategy

Follow Tailored Nutrition Guide

Use AI Coach to create meal plan

Drink 3 liters of water daily

Average Protein, Low Carbs, Higher Fat (MUFA focused with Omega 3's)

03

### Fitness/Recovery Strategies

Add Conditioning to your current training program 2-3 x weekly.

Zone 2 training twice a week for 30-45 minutes a session.

Continue to monitor Sleep & HRV

# Blood Test Results Report



The Blood Test Results Report lists the results of your Blood Chemistry Screen and CBC Test and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range.

<b>Above Optimal Range</b> 10 Current 0 Previous <span style="float: right;">↑</span>	<b>Above Standard Range</b> 3 Current 0 Previous <span style="float: right;">↑</span>	<b>Alarm High</b> 0 Current 0 Previous
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<b>Below Optimal Range</b> 11 Current 0 Previous <span style="float: right;">↓</span>	<b>Below Standard Range</b> 1 Current 0 Previous <span style="float: right;">↓</span>	<b>Alarm Low</b> 0 Current 0 Previous
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Element	Current	Previous	Impr	Optimal Range	Standard Range	Units
	Jul 20 2023	Not Available				
Glucose	96.00 ↑			72.00 - 90.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.30			5.00 - 5.50	0.00 - 5.60	%
Insulin - Fasting	5.20 ↑			2.00 - 5.00	2.00 - 19.00	µIU/ml
BUN	14.00			10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine	0.96			0.80 - 1.10	0.40 - 1.35	mg/dL
BUN/Creatinine Ratio	14.58			10.00 - 16.00	6.00 - 22.00	Ratio
eGFR	76.00 ↓			90.00 - 120.00	60.00 - 90.00	mL/min/1.73m2
Sodium	138.00			135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	4.10			4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium/Potassium Ratio	33.65			30.00 - 35.00	30.00 - 35.00	ratio
Chloride	101.00			100.00 - 106.00	98.00 - 110.00	mEq/L
CO2	25.00			25.00 - 30.00	19.00 - 30.00	mEq/L
Anion gap	16.10 ↑			7.00 - 12.00	6.00 - 16.00	mEq/L
Uric Acid, female	4.20			3.00 - 5.50	2.50 - 7.00	mg/dL
Protein, total	6.70 ↓			6.90 - 7.40	6.10 - 8.10	g/dL
Albumin	4.60			4.00 - 5.00	3.60 - 5.10	g/dL
Globulin, total	2.10 ↓			2.40 - 2.80	2.00 - 3.50	g/dL
Albumin/Globulin Ratio	2.19 ↑			1.40 - 2.10	1.00 - 2.50	ratio
Calcium	9.10 ↓			9.40 - 10.10	8.60 - 10.40	mg/dL
Calcium/Albumin Ratio	1.97			0.00 - 2.60	0.00 - 2.70	ratio
Phosphorus	3.60			3.50 - 4.00	2.50 - 4.50	mg/dL
Calcium/Phosphorous Ratio	2.52			2.30 - 2.80	1.90 - 4.20	ratio
Magnesium	2.10 ↓			2.20 - 2.50	1.50 - 2.50	mg/dl
Alk Phos	47.00 ↓			70.00 - 100.00	35.00 - 115.00	IU/L
AST (SGOT)	22.00			10.00 - 26.00	10.00 - 35.00	IU/L
ALT (SGPT)	28.00 ↑			10.00 - 26.00	6.00 - 29.00	IU/L
LDH	128.00 ↓			140.00 - 200.00	120.00 - 250.00	IU/L
Bilirubin - Total	0.20			0.10 - 0.90	0.20 - 1.20	mg/dL
GGT	19.00			10.00 - 30.00	3.00 - 70.00	IU/L

Iron - Serum	60.00 ↓		85.00 - 130.00	40.00 - 160.00	µg/dL
Ferritin	122.00		40.00 - 150.00	10.00 - 232.00	ng/mL
TIBC	251.00		250.00 - 350.00	250.00 - 425.00	µg/dL
Cholesterol - Total	200.00 ↑		155.00 - 190.00	125.00 - 200.00	mg/dL
Triglycerides	59.00		50.00 - 100.00	0.00 - 150.00	mg/dL
LDL Cholesterol	105.00		0.00 - 120.00	0.00 - 100.00	mg/dL
HDL Cholesterol	84.00 ↑		55.00 - 70.00	46.00 - 100.00	mg/dL
Cholesterol/HDL Ratio	2.40		0.00 - 3.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	0.70		0.00 - 2.00	0.00 - 3.30	ratio
TSH	3.52 ↑		1.00 - 3.00	0.40 - 4.50	µU/mL
Total T3	83.00 ↓		90.00 - 168.00	76.00 - 181.00	ng/dL
Total T4	6.50		6.00 - 11.90	4.50 - 12.00	µg/dL
T3 Uptake	29.00		27.00 - 35.00	22.00 - 35.00	%
Free Thyroxine Index (T7)	1.88		1.70 - 4.60	1.40 - 3.80	Index
Hs CRP, Female	0.26		0.00 - 0.99	0.00 - 2.90	mg/L
Homocysteine	8.90 ↑		0.00 - 6.00	0.00 - 10.30	µmol/L
Vitamin D (25-OH)	25.70 ↓		50.00 - 90.00	30.00 - 100.00	ng/ml
DHEA-S, Female	108.00 ↓		275.00 - 400.00	35.00 - 325.00	µg/dl
Total WBCs	4.70 ↓		5.30 - 7.50	3.80 - 10.80	k/cumm
RBC, Female	4.95 ↑		3.90 - 4.50	3.80 - 5.10	m/cumm
Hemoglobin, Female	14.90 ↑		13.50 - 14.50	11.70 - 15.50	g/dl
Hematocrit, Female	45.20 ↑		37.00 - 44.00	35.00 - 45.00	%
MCV	91.00		85.00 - 92.00	80.00 - 100.00	fL
MCH	30.10		27.00 - 31.90	27.00 - 33.00	pg
MCHC	33.00		32.00 - 35.00	32.00 - 36.00	g/dL
Platelets	278.00		150.00 - 400.00	140.00 - 400.00	k/cumm
RDW	12.00		11.70 - 13.00	11.00 - 15.00	%
Neutrophils	52.00		40.00 - 60.00	38.00 - 74.00	%
Lymphocytes	35.00		25.00 - 40.00	14.00 - 46.00	%
Monocytes	6.00		0.00 - 7.00	0.00 - 7.00	%
Eosinophils	5.00 ↑		0.00 - 3.00	0.00 - 3.00	%
Basophils	1.00		0.00 - 1.00	0.00 - 1.00	%

# Functional Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

**Score Guide:** 90% - 100% - Dysfunction Highly Likely, 70% - 90% - Dysfunction Likely, 50% - 70% - Dysfunction Possible, < 50% - Dysfunction Less Likely.

Functional Index	0%	100%
Blood Sugar Index		82%
Allergy Index		80%
Immune Function Index		68%
GI Function Index		65%
Acid-Base Index		60%
Cardiovascular Risk Index		57%
Inflammation Index		46%
Electrolyte Index		33%
Gallbladder Function Index		33%
Liver Function Index		30%
Lipid Panel Index		27%
Sex Hormone Index - Female		25%
Bone Health Index		24%
Adrenal Function Index		21%
Thyroid Function Index		21%
Kidney Function Index		9%
Oxidative Stress Index		8%
Toxicity Index	0%	
Heavy Metal Index	0%	
Red Blood Cell Index	0%	

## Blood Sugar Index

The Blood Sugar index tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes. For your blood test, your Blood Sugar Index is:

**[ 82% ] - Dysfunction Likely. Improvement required.**

### Rationale:

Glucose ↑, LDH ↓, Insulin - Fasting ↑, Cholesterol - Total ↑, DHEA-S, Female ↓



### Allergy Index

The Allergy Index reflects the degree of food or environmental sensitivities/allergies you may be dealing with. A number of elements on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy Index may indicate the need for further assessment or evaluation of food or environmental sensitivities/allergies. For your blood test, your Allergy Index is:

**[ 80% ] - Dysfunction Likely. Improvement required.**

#### Rationale:

Eosinophils ↑

### Immune Function Index

The Immune Function Index allows us to assess the state of function in your immune system. When the immune system is in a state of balance we are able to cope and deal with infections with little or no lasting negative side-effects. Elements on a blood test allow us to check and see if the immune system is in a state of balance or not. Some of the factors to consider include a low functioning immune system ( a condition called immune insufficiency), bacterial or viral infections or GI dysfunction associated with decreased immune function: abnormal immunity in the gut lining, a decrease in immune cell function in the gut or an increase in abnormal bacteria, etc. in the gut (a condition called dysbiosis). For your blood test, your Immune Function Index is:

**[ 68% ] - Dysfunction Possible. There may be improvement needed in certain areas.**

#### Rationale:

Total WBCs ↓, Globulin, total ↓, Alk Phos ↓, Iron - Serum ↓

### GI Function Index

The GI Function Index reflects the degree of function in your gastrointestinal (GI) system. The gastrointestinal system is responsible for the digestion and breakdown of macro nutrients (proteins, fats and carbohydrates) into small particles so they can be easily absorbed and utilized. The GI systems is also responsible for the excretion and elimination of waste from the body. Your body's nutritional status is directly affected by your ability to digest macronutrients and also to absorb key vitamins, minerals, amino acids, essential fatty acids and accessory nutrients such as bioflavonoids, CoQ10, etc. Factors affecting the GI function include inadequate chewing, eating when stressed or in a hurry, lack of appropriate stomach acid (a condition called hypochlorhydria), inflammation in the stomach lining (a condition called gastritis), a decrease in digestive enzymes (a condition called pancreatic insufficiency), an overgrowth of non-beneficial bacteria in your digestive system (a condition called dysbiosis) and/or a condition called Leaky Gut Syndrome. For your blood test, your Functional GI Index is:

**[ 65% ] - Dysfunction Possible. There may be improvement needed in certain areas.**

#### Rationale:

Protein, total ↓, Globulin, total ↓, Alk Phos ↓, Eosinophils ↑, Iron - Serum ↓, Anion gap ↑, Calcium ↓, Total WBCs ↓

### Acid-Base Index

The Acid-Base Index can help us pinpoint imbalances in the body's pH (acid-alkaline) regulation system. There are a number of elements in the blood that will go out of balance when the body gets too acidic (a condition called metabolic acidosis) or too alkaline (a condition called metabolic alkalosis). For your blood test, your Acid-Alkaline Index is:

**[ 60% ] - Dysfunction Possible. There may be improvement needed in certain areas.**

#### Rationale:

Anion gap ↑, Calcium ↓

### Cardiovascular Risk Index

The Cardiovascular Risk Index looks at 15 elements on a blood test to assess for your risk of cardiovascular dysfunction. A high Cardiovascular Risk Index indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Risk index will be used along with information from an examination of your diet, lifestyle, exercise, body mass index and family history to give us a more complete picture of what is going on. For your blood test, your Cardiovascular Risk Index is:

**[ 57% ] - Dysfunction Possible. There may be improvement needed in certain areas.**

#### Rationale:

Glucose ↑, Cholesterol - Total ↑, Homocysteine ↑, Insulin - Fasting ↑, Vitamin D (25-OH) ↓

# Nutrient Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Nutrient Assessment Report based on our latest research. This report gives me an indication of your nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

**Score Guide:** 90% - 100% - Nutrient Status is Poor, 75% - 90% - Nutrient Status is Low, 50% - 75% - Moderate Nutrient Status, < 50% - Optimum Nutrient Status

Nutrient Index	0%	100%
Vitamin Index		100%
Mineral Index		75%
Carbohydrate Index		50%
Hydration Index		30%
Protein Index		29%
Fat Index	0%	

## Vitamin Index

The Vitamin Index gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and breakdown individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves. For your blood test, your Vitamin Index is:

**[ 100% ] - Nutrient Status is Poor. Much improvement required.**

### Rationale:

Anion gap ↑, Homocysteine ↑, Vitamin D (25-OH) ↓

## Mineral Index

The Mineral Index gives us a general indication of the balance of certain minerals in your body based on the results of this blood test. Mineral levels in the body are closely regulated and deficiency in one or more minerals may be due to a number of factors such as the amount in your diet, the ability to digest and breakdown individual minerals from the food or supplements you consume, and the ability of those minerals to be absorbed, transported and ultimately taken up by the cells themselves. For your blood test, the Mineral Index is:

**[ 75% ] - Nutrient Status is Low. Improvement required.**

### Rationale:

Calcium ↓, Alk Phos ↓, Iron - Serum ↓, Total T3 ↓, Magnesium ↓

## Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and

blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

**[ 50% ] - Moderate Nutrient Status. There may be improvement needed in certain areas.**

**Rationale:**

Glucose ↑, LDH ↓, Total WBCs ↓

## Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

**Score Guide:** 90% - 100% - Deficiency Highly Likely, 70% - 90% - Deficiency Likely, 50% - 70% - Deficiency Possible, < 50% - Deficiency Less Likely.

Individual Nutrients	0%	100%
Zinc Need		100%
Vitamin D Need		100%
DHEA Need		90%
Calcium Need		71%
Thiamine Need		70%
Magnesium Need		50%
Vitamin B12/Folate Need		35%
Selenium Need		33%
Iron Deficiency		15%
Vitamin B6 Need	0%	
Iodine Need	0%	
Vitamin C Need	0%	
Molybdenum Need	0%	
Glutathione Need	0%	

### Zinc Need

The results of your blood test indicate that your Zinc levels might be lower than optimal.

**[ 100% ] - Dysfunction Highly Likely. Much improvement required.**

**Rationale:**

Alk Phos ↓

### Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

**[ 100% ] - Dysfunction Highly Likely. Much improvement required.**

**Rationale:**

Vitamin D (25-OH) ↓

**DHEA Need**

The results of your blood test indicate that your DHEA levels might be lower than optimal.

**[ 90% ] - Dysfunction Highly Likely. Much improvement required.**

**Rationale:**

DHEA-S, Female ↓

**Calcium Need**

The results of your blood test indicate that your calcium levels might be lower than optimal.

**[ 71% ] - Dysfunction Likely. Improvement required.**

**Rationale:**

Calcium ↓, Vitamin D (25-OH) ↓

**Thiamine Need**

The results of your blood test indicate that your thiamine levels might be lower than optimal.

**[ 70% ] - Dysfunction Likely. Improvement required.**

**Rationale:**

Anion gap ↑, Glucose ↑, LDH ↓

**Magnesium Need**

The results of your blood test indicate that your magnesium levels might be lower than optimal.

**[ 50% ] - Dysfunction Possible. There may be improvement needed in certain areas.**

**Rationale:**

Magnesium ↓

# Disclaimer

The information and recommendations in this material is not intended as a substitute for personalized medical advice. It is left to the discretion, and it is the sole responsibility of the user of the information, to seek the professional advice of a licensed medical professional to determine if the recommendations described are appropriate. The author of this information cannot be held responsible for the information or any inadvertent errors or omissions of the information. The content of this presentation is intended for informational purposes and should not be used in any way to diagnose, treat, cure, or prevent any disease.

Thank you for entrusting us with your journey to unlock your peak potential. We're honored to partner with you and look forward to celebrating each victory along the way.

Here's to your health, well-being, and the exciting path ahead.

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