



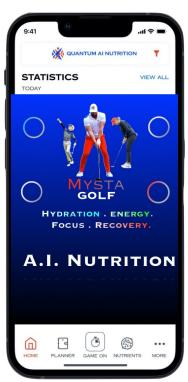
# A.I. NUTRITION IN-TAKE



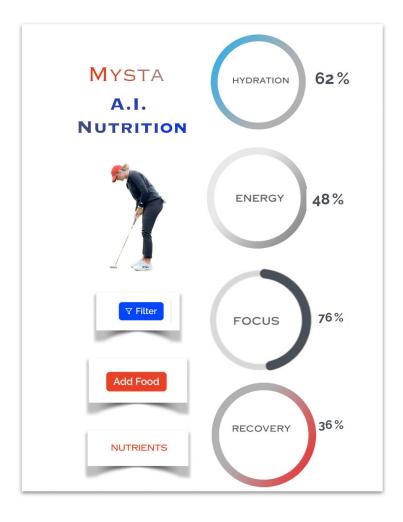


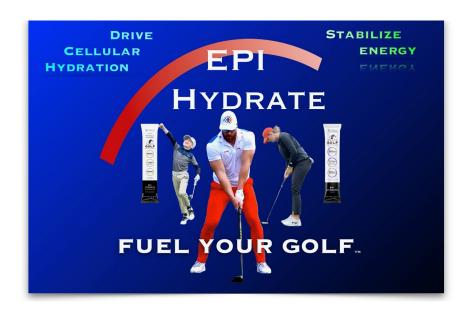


### **NUTRITION CONSULT IN-TAKE**









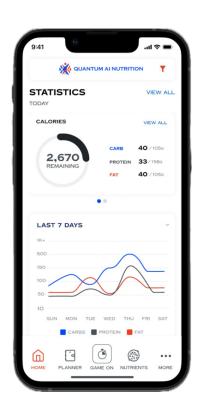
IN TAKE SCORE

NAME AGE GENDER COVERAGE

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| BREAKFAST   |  |  |
|-------------|--|--|
|             |  |  |
| LUNCH       |  |  |
| B           |  |  |
| DINNER      |  |  |
|             |  |  |
| FLUIDS      |  |  |
| SUPPLEMENTS |  |  |
|             |  |  |
| SNACKS      |  |  |

#### IN TAKE SCORE













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# CONTACT US

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#### 4 A.I. NUTRITION



#### RECOMMENDATIONS

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5 TPI & SPEED TRAINING









## **QUANTUM**



5990 North Federal Highway, Ft. Lauderdale, FL 33308 1-800-208-3444 • LifeExtension.com

#### **LAB RESULTS**

| Last Name     | Lab ID         | Specin | nen Number | Time Collected (EST) | Date Entered    | Time Reported (EST)  |
|---------------|----------------|--------|------------|----------------------|-----------------|----------------------|
| ACID          | 489205         | 083-2  | 291-6069-0 | 3/23/2016 12:00 AM   | 3/24/2016       | 3/29/2016 6:06 AM    |
| First Name    | Middle Initial |        | Phone      | Control Number       | Account Number  | Account Phone Number |
| AMINO         |                |        |            |                      | 09134075        | 954-766-8433         |
| Date of Birth | Age            | Sex    | Fasting    | Physician Name       | Physician ID    |                      |
| 07/21/1968    | 47             | М      |            | Cullen K             | 1619923927      |                      |
|               | Address        |        |            |                      | Account Address |                      |

LIFE EXTENSION / NATIONAL DIAGNOSTICS, INC 5990 NORTH FEDERAL HIGHWAY, FT. LAUDERDALE, FL 33308

**Tests Ordered** 

Amino Acid Profile, Qn, Plasma

ACID, AMINO - ID#: 489205

|                                |        |      |        | 71010/7111110 10   | ,os_os |
|--------------------------------|--------|------|--------|--------------------|--------|
| Tests                          | Result | Flag | Units  | Reference Interval | Lab    |
| Amino Acid Profile, Qn, Plasma |        |      |        |                    |        |
| Taurine                        | 43.3   |      | umol/L | 29.2-132.3         | BN     |
| Aspartate                      | 1.5    |      | umol/L | 0.9-7.4            | BN     |
| Hydroxyproline                 | 18.7   |      | umol/L | 4.7-35.2           | BN     |
| Threonine                      | 94.8   |      | umol/L | 67.8-211.6         | BN     |
| Serine                         | 129.4  |      | umol/L | 48.7-145.2         | BN     |
| Asparagine                     | 69.1   |      | umol/L | 29.5-84.5          | BN     |
| Glutamate                      | 38.5   |      | umol/L | 18.1-155.9         | BN     |
| Glutamine                      | 712.5  |      | umol/L | 332.0-754.0        | BN     |
| Sarcosine                      | 2.5    |      | umol/L | 0.0-4.0            | BN     |
| Alpha-aminoadipate             | 1.2    |      | umol/L | 0.0-2.2            | BN     |
| Proline                        | 244.7  |      | umol/L | 84.8-352.5         | BN     |
| Glycine                        | 249.9  |      | umol/L | 132.0-467.0        | BN     |
| Alanine                        | 326.3  |      | umol/L | 124.8-564.2        | BN     |
| Citrulline                     | 22.4   |      | umol/L | 13.7-63.2          | BN     |
| Alpha-aminobutyrate            | 21.8   |      | umol/L | 5.4-34.5           | BN     |
| Valine                         | 257.1  |      | umol/L | 102.6-345.4        | BN     |
| Cystine                        | 30.3   |      | umol/L | 13.5-60.2          | BN     |
| Methionine                     | 18.6   |      | umol/L | 12.7-41.1          | BN     |
| Homocitrulline                 | 0.6    |      | umol/L | 0.0-1.7            | BN     |
| Cystathionine                  | 0.1    |      | umol/L | 0.0-0.7            | BN     |
|                                |        |      |        |                    |        |

### **NUTRITION CONSULT IN-TAKE**

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| <pre>recovery</pre> |
|---------------------|
|---------------------|

V

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PROTEIN

focus

**MACROS** 

ENERGY







Mystagolf A.I.Nutrition has an Immunology Management background in the Pharmaceutical Industry and in Nutritional Sciences. Our expertise is Evaluating Nutritional Research and Data. I am not a practitioner or a medical doctor.

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The Consultancy and Guide are not to be used to diagnose or treat any disease. The Health Consultancy and guide do not establish a doctor/patient or a coach/client, relationship. Proceed with our suggestions and regimen at your own risk.

In doing so, you agree to not hold JvJDNA Health Company liable for any consequences of your learnings and health choices.

As a client of JvJDNA Health Company, your signature gives consent to JvJDNA to share your personal health assessment with the scheduled & attending physician during our consult. The information is gathered for the purpose of any future interaction with the attending physician only, for the best continuity and health support possible.

| SIGNATURE | DATE |
|-----------|------|
|           |      |
|           |      |