

Ordering Physician:

Metamatrix

1234 Main St.

Anywhere, GA 30096

Accession Number: **A1201160004**

Reference Number:

Patient: Sample Report

Age: 49 Sex: Female

Date of Birth: 02/05/1962

Date Collected: 1/15/12

Date Received: 1/16/12

Report Date: 1/16/12

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Reprinted: 11/16/12

Comment:

0161 Cardiovascular Health Profile

Methodology: Automated Chemistry, Immunometric Assay, HPLC, ICP-MS

Lipoprotein Factors

Results	Reference Limits
Total Cholesterol 195	< 200 mg/dL
HDL Cholesterol 60	>= 50 mg/dL
LDL Cholesterol (Direct) 125	< 130 mg/dL
Triglycerides 160 H	< 150 mg/dL
Lipoprotein (a) 8	<= 37 mg/dL

Lipoprotein Ratios

LDL/HDL 2.6	<= 3.3
Total/HDL 3.5	<= 4.5

	Male	Female	Risk (*)
LDL/HDL	1.0	1.5	0.5xAverage
Total/HDL	3.4	3.3	1.0xAverage
	3.6	3.2	2.0xAverage
	6.3	5.0	3.0xAverage
	8.0	11.0	

*Adapted from the Framingham Heart Study

Chronic Inflammatory Markers

Ferritin 139	6 - 159 ng/mL
Fibrinogen 430 H	175 - 425 mg/dL
c-Reactive Protein (HS) 3.5 H	<= 3.0 mg/L

Cardio CRP value (mg/L)	CHD Risk Level	
<1	Low	* If the cardio CRP concentration exceeds 10 mg/L after repeat testing, the patient should be evaluated for noncardiovascular etiologies.
1-3	Average	
>3 (up to 10)*	High	

Other Important Indicators

Insulin 11.8	2.0 - 12.0 uIU/mL
Testosterone 32	<= 51 ng/dL
Sex Hormone Binding Globulin 55	18 - 114 nmol/L
Free Androgen Index (calc.) 2.0	<= 4.6

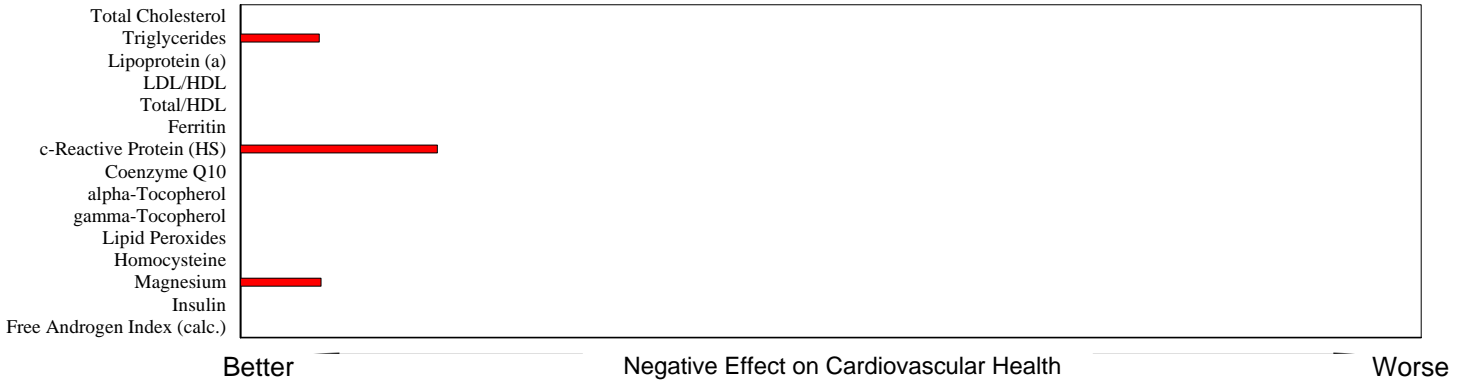
RBC Magnesium

43	34 - 63 ppm packed cells
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Oxidant Stress Factors

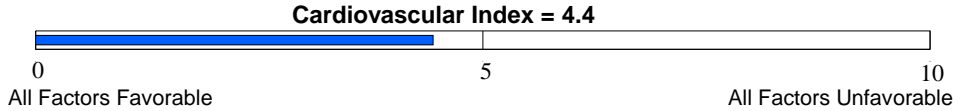
Results	Reference Ranges
Homocysteine 8.5	3.0 - 14.0 nmol/mL
Coenzyme Q10 1.03	0.48 - 3.04 mg/L
Lipid Peroxides 1.10	<= 2.60 nmol/mL
alpha-Tocopherol 8.6	6.8 - 31.7 mg/L
gamma-Tocopherol 0.77	0.06 - 2.99 mg/L

0161 Cardiovascular Health Profile



The first page of this report shows the extensive set of factors that were measured to evaluate your cardiovascular health. Some factors are favorable for cardiac health when they are high, while others should be low. The chart above helps you to see where the most significant abnormalities are; the longest bars on the chart show the most abnormal results on a scale of increasing negative effects on cardiovascular health.

The "Cardiovascular Index" chart below shows your test results with all of the factors summarized as a single index. Depending on your results, some steps that your doctor may want you to take to improve your cardiovascular health are shown in the tables of recommendations at the end of these pages. It is important that you follow your doctor's instructions to achieve the lowest index.



Your Supplementation Recommendations

<u>Slight Indication</u>	<u>Moderate Indication</u>	<u>Strong Indication</u>
Increase antioxidant supplementation	Calcium 500 mg/day	
Avoid Sugars and Starchy Foods	Fish Oil 3-6 capsules/day	
Carnitine 500 - 1000 mg/day	Ginger 100 mg twice/day	
Chromium 500 - 1000 mcg/day	Magnesium 500 mg/day	
Coenzyme Q10 100 - 300 mg/day		
Garlic 500 mg twice/day		