Metametrix Clinical Laboratory
3425 Corporate Way
Duluth, GA 30096
770.446.5483 Fax:770.441.2237

Ordering Physician:

Metametrix

3425 Corporate Way
Duluth, GA 30096

Accession Number: **A0911110003**
Reference Number:
Patient: Sample Report
Age: 47 *Sex:* Female
Date of Birth: 02/05/1962
Date Collected: 11/10/09
Date Received: 11/11/09
Report Date: 11/18/09
Telephone: (770) 446-4583
Fax: (770) 441-2237
Reprinted: 1/11/10
Comment:

0161 Cardiovascular Health Profile

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

Lipoprotein Factors

	Results		Reference Limits	
Total Cholesterol	202	H	<= 200	mg/dL
HDL Cholesterol	62		30 - 85	mg/dL
LDL Cholesterol (Direct)	108		<= 130	mg/dL
Triglycerides	91		35 - 160	mg/dL
Lipoprotein (a)	40	H	<= 37	mg/dL

Lipoprotein Ratios

LDL/HDL	1.7	<= 3.3
Total/HDL	3.3	<= 4.5

Male		Female		
LDL/HDL	Total/HDL	LDL/HDL	Total/HDL	Risk (*)
1.0	3.4	1.5	3.3	0.5xAverage
3.6	5.0	3.2	4.4	1.0xAverage
6.3	9.6	5.0	7.1	2.0xAverage
8.0	23.4	6.1	11.0	3.0xAverage

*Adapted from the Framingham Heart Study

Chronic Inflammatory Markers

Ferritin	45	6 - 159	ng/mL
Fibrinogen	350	175 - 425	mg/dL
c-Reactive Protein (HS)	1.9	<= 3.0	mg/L

Cardio CRP value (mg/L)	CHD Risk Level
<1	Low
1-3	Average
>3 (up to 10)*	High

* If the cardio CRP concentration exceeds 10 mg/L after repeat testing, the patient should be evaluated for noncardiovascular etiologies.

Fibrinogen performed by Southern Clinical Laboratory 405 West Pike St.,Suite A Lawrenceville, GA 30045 Lab Director: Dr. Robert David

Other Important Indicators

Insulin	15	H	2.0 - 12.0	uIU/mL
Testosterone	69		<= 81	ng/dL
Sex Hormone Binding Globulin	47		18 - 114	nmol/L
Free Androgen Index (calc.)	5.1		1.0 - 6.6	

Percentile Ranking by Quintile: 1st | 2nd | 3rd | 4th | 5th (20% | 40% | 60% | 80%)

95% Reference Interval

RBC Magnesium	45	L	36 - 70	ppm packed cells

Oxidant Stress Factors

Homocysteine	9.7		3.0 - 14.0	nmol/mL
Coenzyme Q10	1.03		0.48 - 3.04	mg/L
Lipid Peroxides	1.25		<= 2.60	nmol/mL
alpha-Tocopherol	8.6	L	6.8 - 31.7	mg/L
gamma-Tocopherol	0.77		0.06 - 2.99	mg/L

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Ordered By:
Robert David PhD

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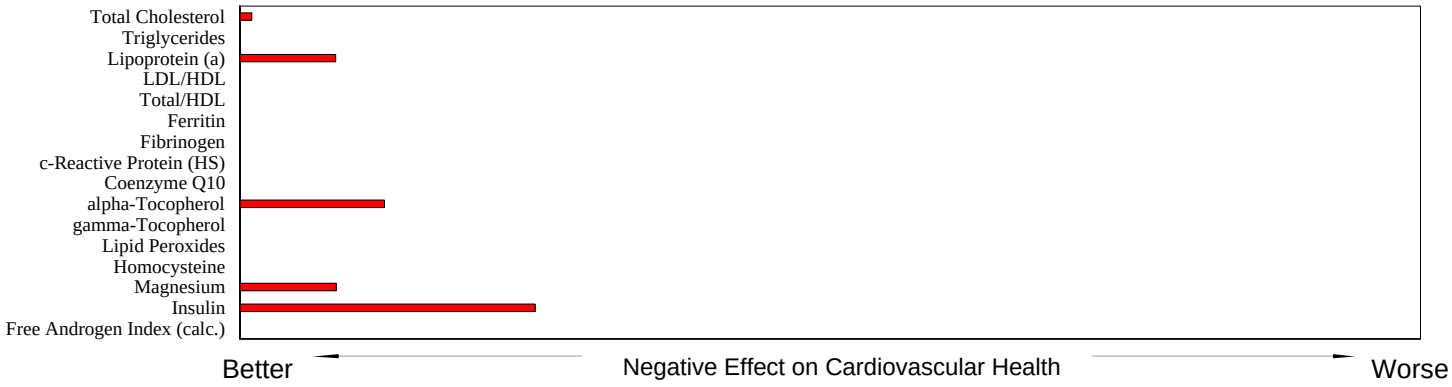
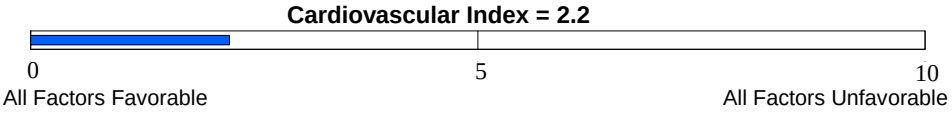


Most of the nutritional and metabolic measurements included in the Cardio/ION profile are associated to some degree with your cardiovascular health. However, those shown on the previous page of this report are ones that most strongly and specifically affect your cardiovascular health. Some factors are 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

Slight Indication		Moderate Indication		Strong Indication
Garlic	500 mg twice/day	Calcium	500 mg/day	Avoid Sugars and Starchy Foods
Vitamin C	1000 mg twice/day	Magnesium	500 mg/day	
		Mixed Tocopherols	200 - 800 I.U.	
		Niacin	3 g/day	

· These guidelines are intended as a starting point for the clinician who requested the test and are based only on the laboratory results included in this report. Final recommendations should be implemented by the clinician with consideration of medical history and current clinical observations.
· These tests are not intended for the diagnosis of specific disorders.