



*Ordering Physician:*

Metametrix Staff & Family

3425 Corporate Way  
Duluth, NY 30096

*Accession Number:* **A0909030008**

*Reference Number:*

*Patient:* Sample Report

*Age:* 47 *Sex:* Female

*Date of Birth:* 02/05/1962

*Date Collected:* 9/2/09

*Date Received:* 9/3/09

*Report Date:* 9/3/09

*Telephone:* (770) 446-5483

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*Reprinted:* 10/15/09

*Comment:*

### **4315 NY Designs for Health Metabolic Profile**

Urine lipid peroxides have been removed from in this report.

## ***Clinical Symptom - Test Result Correlation Summary***

### **Overactive Stress Response**

Your test results suggest a high level of stress and an overactive stress response, which can result in:

- Anxiety or panic attacks
- Palpitations (sense of rapid pounding heart beat)
- Insomnia and sleep disturbance
- Diminished capacity to deal with stress
- Mood imbalances
- Lack of concentration and memory

## Summary of Abnormal Results

	<u>Findings</u>	<u>Intervention Options</u>	<u>Metabolic Association</u>
<b>B-Vitamin Insufficiency</b> No Abnormality Found			
<b>Cellular Energy</b> Hydroxymethylglutarate	High	CoQ10	HMG-CoA reductase inhibition
<b>Neural Function</b> Vanilmandelate	High	Evaluate stress issues	Epi- & norepinephrine turnover stimulation
<b>Detoxification</b> No Abnormality Found			
<b>Dysbiosis</b> No Abnormality Found			
<b>Polyunsaturated Omega 3</b> No Abnormality Found			
<b>Polyunsaturated Omega 6</b> No Abnormality Found			
<b>Trans</b> No Abnormality Found			
<b>Ratios</b> No Abnormality Found			
<b>Food Antibody Reactions (No. of foods)</b> No Abnormality Found			

Testing performed by Metamatrix, Inc., 3425 Corporate Way, Duluth, GA 30096

This report is not intended for the diagnosis of neonatal inborn errors of metabolism.

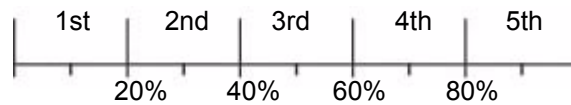
## Organix™ Profile

Methodology: LC/Tandem Mass Spectroscopy, Colorimetric

Results are expressed as mcg/mg creatinine.

Ranges are for ages 13 and over

### Percentile Ranking by Quintile



95%  
Reference  
Interval

### B-Vitamin Insufficiency

Results

Rank	Metabolite	Value	Percentile	Reference Interval
1	Pyruvate	<DL*	3.9	<= 6.4
2	a-Ketoglutarate	6.9	19.0	<= 35.0
3	a-Ketoisovalerate	0.18	0.25	<= 0.49
4	a-Ketoisocaproate	0.05	0.34	<= 0.52
5	a-Keto-β-Methylvalerate	0.08	0.38	<= 1.10
6	Xanthurenate	0.66	0.47	<= 0.74
7	β-Hydroxyisovalerate	3.4	7.6	<= 11.5
8	Methylmalonate	0.8	1.7	<= 2.3
9	Formiminoglutamate	0.1	1.2	<= 2.2

### Cellular Energy

10	Adipate	6.0	5.2	<= 8.3
11	Suberate	2.4	1.7	<= 3.2
12	Ethylmalonate	2.1	3.6	<= 6.3
13	β-Hydroxybutyrate	<DL*	2.1	<= 9.9
14	Succinate	15.5	11.6	<= 20.9
15	Fumarate	0.64	0.59	<= 1.35
16	Malate	0.7	1.4	<= 3.1
17	Hydroxymethylglutarate	5.5 <b>H</b>	3.6	<= 5.1

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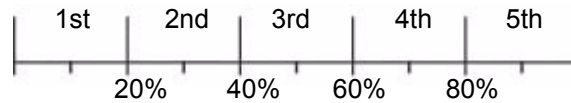
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### Neural Function

Item	Value	Percentile	Reference Interval
18 Vanilmandelate	5.3 <b>H</b>	1.8 - 3.9	1.3 - 4.9
19 Homovanillate	6.2	2.1 - 6.3	1.6 - 10.9
20 5-Hydroxyindoleacetate	2.0	2.1 - 5.6	1.6 - 9.8
21 Kynurenate	0.5	1.9	<= 2.7
22 Quinolininate	2.3	4.0	<= 5.8

### Detoxification

Item	Value	Percentile	Reference Interval
23 Citrate	618	601	56 - 987
24 Cis-Aconitate	46	51	18 - 78
25 Isocitrate	70	98	39 - 143
26 2-Methylhippurate	0.086	0.084	<= 0.192
27 Orotate	0.16	0.69	<= 1.01
28 Glucarate	1.1	6.3	<= 10.7
29 α-Hydroxybutyrate	0.2	0.3	<= 0.9
30 Pyroglutamate	31	59	28 - 88
31 Sulfate	1,239	958 - 2,347	690 - 2,988

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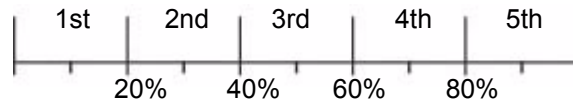
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**Percentile Ranking by Quintile**



**95%  
Reference  
Interval**

**Compounds of Bacterial Origin**

Compound ID	Compound Name	Result	Percentile	95% Reference Interval
32	Benzoate	5.2	0.6	<= 9.3
33	Phenylacetate	<DL*	0.04	<= 0.15
34	Phenylpropionate	<DL*	0.4	<= 0.4
35	p-Hydroxybenzoate	0.92	0.99	<= 2.08
36	p-Hydroxyphenylacetate	2	19	<= 34
37	Indican	26	40	<= 74
38	Tricarballylate	0.56	0.73	<= 1.41
39	3,4-Dihydroxyphenylpropionate	<DL*	0.12	<= 0.12

Creatinine =200 mg/dl

\* <DL = less than detection limit



Ordered By:  
Robert David PhD

Accession Number: **A0909030008**  
Patient: **Sample Report**  
Report Date: 9/3/09  
Reprinted: 10/15/2009  
Comment:

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## Supplement Recommendation Summary

The Designs for Health Comprehensive Metabolic Profile results may be used, along with full knowledge of this patient's medical history and concerns, to help healthcare professionals create an individually optimized nutritional support program. The summary table below is based strictly on the results from this test. It shows estimates of nutrient doses that may help to normalize nutrient-dependent metabolic functions. All amounts are adult doses that should be adjusted for children according to body weight and indication of need.

These supplement suggestions are based solely on the objective test markers and may serve as a foundational program to optimize metabolic function and address any observed deficiencies. These suggestions may be used in place of supplements the patient was taking at the time the testing was initiated. However, it should not preclude this patient from taking additional supplements as recommended by his/her healthcare provider for other health conditions or requirements unique to the individual.

Recommendations may appear because of secondary associations that are not stated in the Summary section on the first page.

### Foundational Metabolic Support

DFH Complete Multivitamin

DFH Complete Multivitamin (with or without iron depending on practitioner recommendation)

### Vitamin and Mineral Recommendations

Q-Avail 30

1 cap/day

### Amino Acid Recommendations

No additional specific recommendations

### Combination Product Recommendations

CatecholeCalm (consider stress-reduction techniques and eliminate caffeine)

3 caps/day

- If orotate is elevated, amino acid supplementation may be contraindicated, except for arginine.
- 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 or treatment of specific disorders.