



TEST PATIENT

GUa d'Y'HYgh'BUa Y
 Sex : :
 DUHY Collected : 00-00-0000
 111 H9GH'ROAD TEST SUBURB
@AB =8: 00000000 UR#:0000000

TEST PHYSICIAN

DR JOHN DOE
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 7@B=7'GI 6I F6'J =7'' \$\$\$

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ENDOCRINOLOGY URINE

URINE	Result	Range	Units	
ESSENTIAL THYROID CO-FACTORS				
24hr Urine Iodine	297.7	< 719.0	ug/gCR	
24hr Urine Selenium	12.4	12.0 - 90.0	ug/gCR	
24hr Urine Tyrosine	4.9	2.0 - 23.0	mmol/molC	

PRACTITIONER COMMENTS

LOW TYROSINE LEVEL:

This may indicate impaired T4 to T3 conversion, poor protein intake, neurotransmitter imbalances, adrenal stress (if arginine and tryptophan are also low)

Treatment considerations:

1. Increase foods rich in Tyrosine e.g. chicken, eggs, fish, soy beans, dairy, eggs, grains, cereals, corn, spinach
2. Iron
3. Tyrosine
4. Vit C
5. Niacin

Selenium is a trace mineral that is essential to good health but required only in small amounts. Selenium is incorporated into proteins to make selenoproteins, which are important antioxidant enzymes. The antioxidant properties of selenoproteins help prevent cellular damage from free radicals. Other selenoproteins help regulate thyroid function and play a role in the immune system.

LOW TO NORMAL SELENIUM LEVEL:

Treatment considerations:

1. Increase foods rich in Selenium e.g. organ meats, eggs, garlic, shellfish, brazil nuts, whole grains, brazil nuts
2. Selenium
3. Reduce exposure to heavy metals. Lead and Arsenic are antagonistic to Selenium.

Iodine is a chemical element which the body needs but cannot make it. The needed iodine must come from the diet. Most of the world's iodine is found in the ocean, where it is concentrated by sea life, especially seaweed.

The thyroid gland needs iodine to make hormones. If the thyroid doesn't have enough iodine, feedback systems in the body cause the thyroid to work harder. This can cause an enlarged thyroid gland (goiter), which becomes evident as a swollen neck.

Iodine is High Normal

High levels are commonly associated with nAcne-like skin lesions, Anorexia, Confusion, Easy bruising, Unpleasant metallic taste, Numbness, tingling, pain, and muscle weakness, Increased salivation, Sore gums and teeth

Treatment considerations:

Reduce Iodine supplementation