

**Ordering Physician:**

**John Doe, MD**

**1234 Main St.  
Anywhere, GA 30096**

Accession #: **A1201160025**  
Order #: G1234567  
Reference #:  
Patient: **Sample Report**  
Date of Birth: 02/05/1962  
Age: 49  
Sex: Female  
Reprinted: 07/10/2013  
Comment:

Date Collected: 01/15/2012  
Date Received: 01/16/2012  
Date of Report: 01/16/2012  
Telephone: 7704464583  
Fax: 7704412237



## 0113 Bloodspot Amino Acids 20 Profile

*Methodology: High Pressure Liquid Chromatography*

### Bloodspot Amino Acids 20 Interpretation

For interpretive information, visit [www.metamatrix.com/files/test-menu/interpretive-guides/Amino-Acids-Bloodspot-IG.pdf](http://www.metamatrix.com/files/test-menu/interpretive-guides/Amino-Acids-Bloodspot-IG.pdf)

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Ranges are for ages 13 and over

Results  $\mu\text{mol/L}$       Quintile Ranking      95% Reference Range

1st	2nd	3rd	4th	5th
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### Essential Amino Acids

#### Limiting Amino Acids

1. Lysine	121	92	183	63-220
2. Methionine	24	12	28	10-33
3. Tryptophan	41	28	45	24-52

#### Branched Chain Amino Acids

4. Isoleucine	38	35	77	28-96
5. Leucine	74	71	139	59-162
6. Valine	141	126	229	105-266

#### Other Essential Amino Acids

7. Phenylalanine	56	43	72	37-86
8. Histidine	26 L	31	84	22-99
9. Threonine	116	67	143	54-169

#### Conditionally Essential Amino Acids

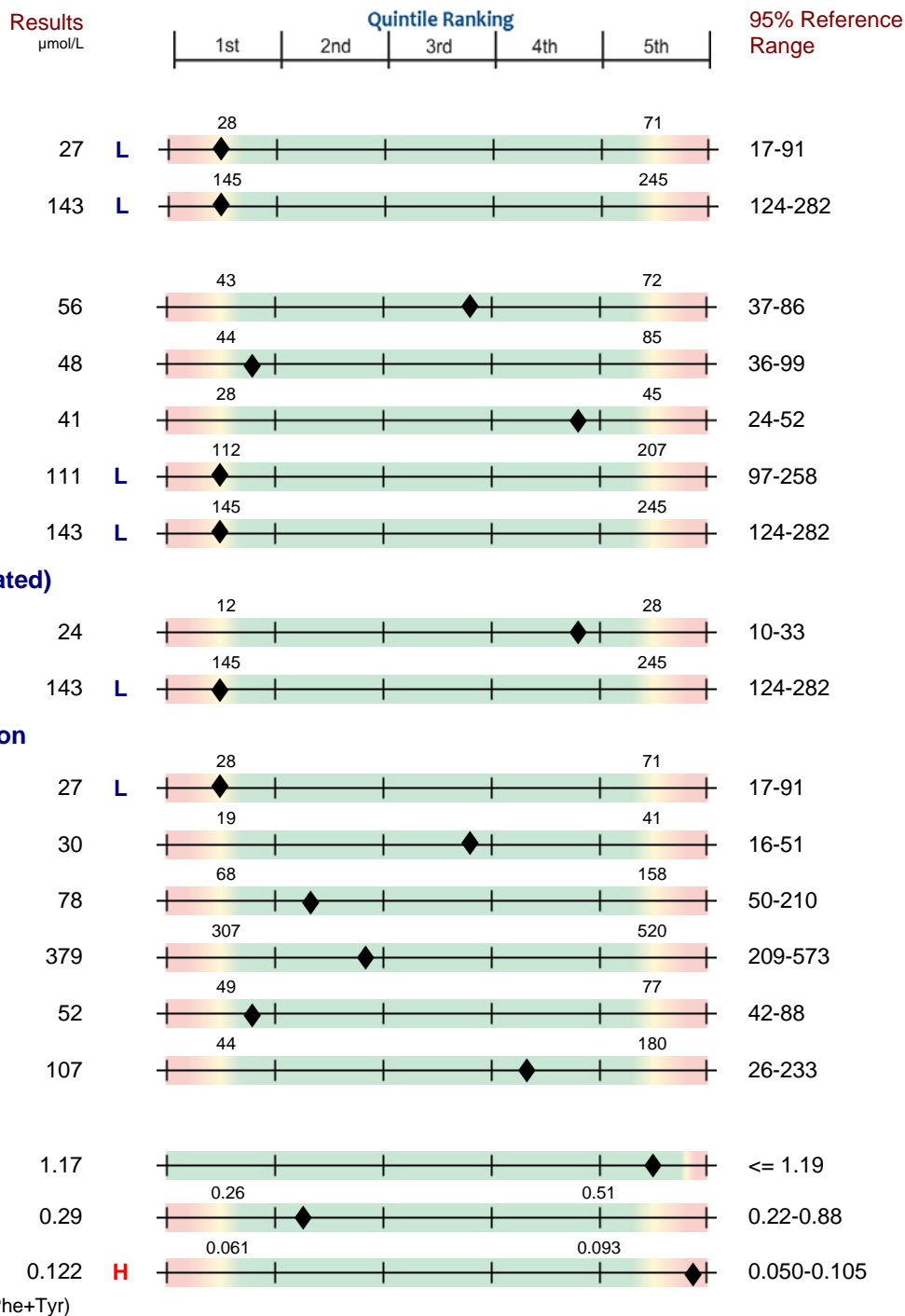
10. Arginine	27 L	28	71	17-91
11. Taurine	143 L	145	245	124-282
12. Glycine	394	243	449	207-559
13. Serine	171	95	219	79-310



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\*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)



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### Amino Acid Formula Recommendation

The table below shows a customized amino acid formula based on the results of your laboratory profile. The formula is optimized by adding amounts shown in the Grams Added column according to the relative positions of results found.

Directions: Adults mix 1 and 1/2 measuring teaspoon (5g) in juice or water 2 times daily between meals as a dietary supplement, or as directed by a health care provider. Children under 12 years old: 3/4 teaspoon, 1-2 times daily between meals. Children under 5 years old: Use 1/4 teaspoon, 1-3 times daily; adjust for body weight.

	Grams Added	% of Formula	Active mg/day
L-Arginine HCl (80% active)	14	12.54	1,003
L-Histidine HCl (74% active)	37	21.48	1,590
L-Isoleucine	5	7.96	796
L-Leucine	7	10.98	1,098
L-Lysine HCl (80% active)	1	8.21	657
L-Methionine	0	5.16	516
L-Phenylalanine	0	8.64	864
Taurine	10	3.33	333
L-Threonine	0	5.42	542
L-Tryptophan	0	1.48	148
L-Valine	4	8.90	890
Pyridoxal-5-phosphate	0	0.27	20
Alpha-ketoglutaric acid	0	7.69	569
Total grams added	78		
Base Formula amount	222		
Total Weight	300		



L-5-Hydroxytryptophan	0	0.49	30
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This formula is intended to optimize essential and conditionally essential amino acid intake. Other non-essential amino acids can be produced in human tissues. Pyridoxal-5-phosphate (an active form of vitamin B6) and alpha-ketoglutaric acid are key factors needed for the body's utilization of amino acids.

The formula may be ordered as a powder that dissolves easily in beverages or may be added to foods such as applesauce. Other forms of supplemental dietary protein or amino acids may need to be restricted while using your customized formula. If enhanced energy levels prevent sleep, avoid bedtime use.

This formula is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.