

**Ordering Physician:**

John Doe, MD

1234 Main St.  
Anywhere, GA 30096

Accession #: **A1201160021**  
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



**0013 Bloodspot Amino Acids 11 Profile**

*Methodology: High Pressure Liquid Chromatography*

**Bloodspot Amino Acids 11 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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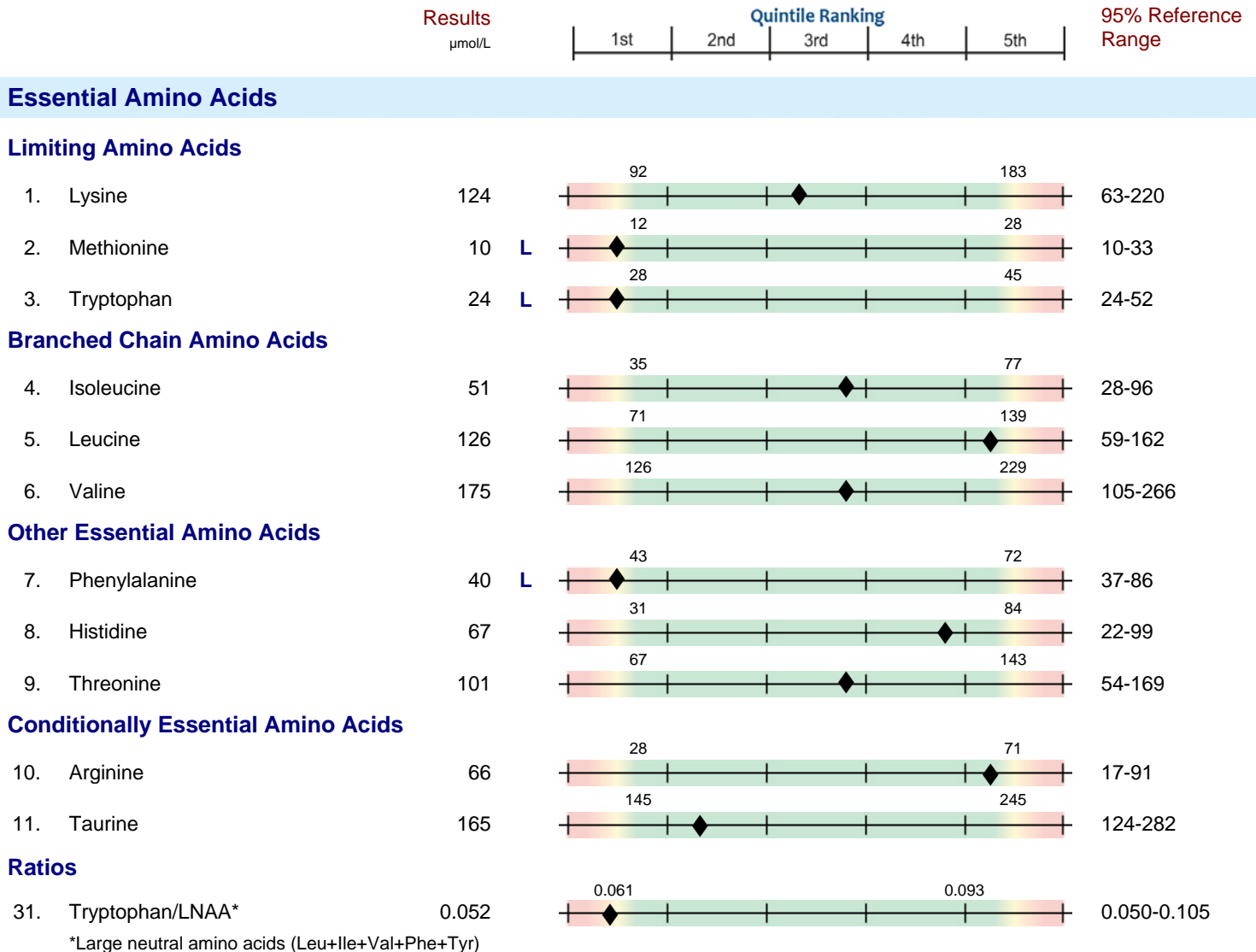
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## 0013 Bloodspot Amino Acids 11 Profile

Methodology: High Pressure Liquid Chromatography

Ranges are for ages 13 and over





## 0013 Bloodspot Amino Acids 11 Profile

Methodology: High Pressure Liquid Chromatography

### 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)	0	8.83	706
L-Histidine HCl (74% active)	0	10.26	759
L-Isoleucine	0	7.06	706
L-Leucine	0	9.69	969
L-Lysine HCl (80% active)	1	9.16	733
L-Methionine	28	15.12	1,512
L-Phenylalanine	13	14.03	1,403
Taurine	2	0.67	67
L-Threonine	0	6.08	608
L-Tryptophan	7	3.99	399
L-Valine	0	8.49	849
Pyridoxal-5-phosphate	0	0.27	22
Alpha-ketoglutaric acid	0	7.69	638

Total grams added	51
Base Formula amount	249
Total Weight	300



L-5-Hydroxytryptophan	1	1.02	80
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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.