

Ordering Physician:

Metamatrix

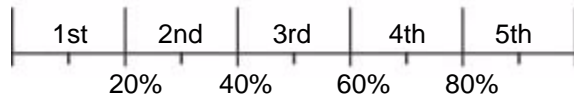
3425 Corporate Way
 Duluth, GA 30096

0113 Amino Acids 20 - Blood Spot

Methodology: High Pressure Liquid Chromatography

Percentile Ranking by Quintile

Results
 uM



**95%
 Reference
 Interval**

Essential Amino Acids

Amino Acid	Results (uM)	Percentile	95% Reference Interval
Arginine	53	35	15 - 103
Histidine	33	30	17 - 102
Isoleucine	65	43	32 - 119
Leucine	120	76	57 - 184
Lysine	155	108	81 - 230
Methionine	25	11	5 - 31
Phenylalanine	73	47	35 - 116
Threonine	125	74	57 - 201
Tryptophan	35	30	23 - 58
Valine	221	138	85 - 304

Essential Amino Acid Derivatives

Neuroendocrine Metabolism

Amino Acid	Results (uM)	Flag	Percentile	95% Reference Interval
Glycine	261	L	263	182 - 574
Serine	98	L	107	76 - 483
Taurine	144	L	163	116 - 323
Tyrosine	61		52	42 - 128

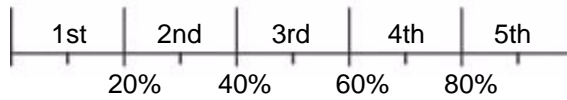
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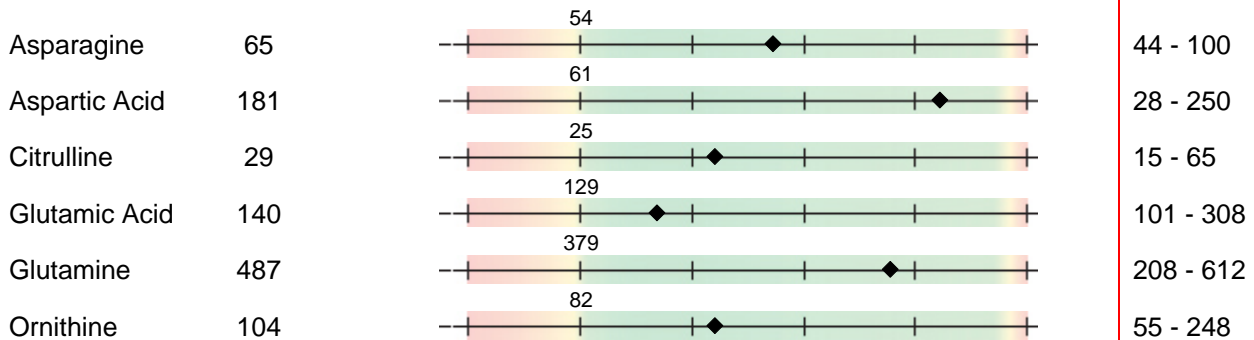
0113 Amino Acids 20 - Blood Spot Methodology: High Pressure Liquid Chromatography

Percentile Ranking by Quintile



**95%
Reference
Interval**

Ammonia/Energy Metabolism



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Methodology: High Pressure Liquid Chromatography

30 - Day Amino Acid Powder Supplement Recommendation

The table below shows the recommended custom amino acid formula based on the results of your laboratory test for fasting plasma amino acid levels. The Base Formula contains a constant percentage of the essential amino acids. To achieve your optimal formula, additional amounts of individual amino acids ("Grams Added") are added and the "Base Formula amount" is adjusted to assure the total appropriate amount of powder. The final percentage in your powder will be different from those in the table because of the addition of specific amounts of each essential amino acid.

Directions: Adults mix 1 and 1/2 measuring teaspoon (5g) into juice or water 2 times daily between meals as a dietary supplement, or as directed by a health care practitioner. Children under 12 years old: 1 teaspoon 1-2 times daily between meals.

Base Formula amount: **283 gm**

	% of Base	Grams Added	mg per day
5-Hydroxytryptophan*	0.0 % +	1	33
Arginine	9.4 % +	0	887
Histidine	10.1 % +	0	953
Isoleucine	9.4 % +	0	887
Leucine	12.9 % +	0	1217
Lysine	9.4 % +	0	887
Methionine	7.7 % +	0	726
Phenylalanine	12.9 % +	0	1217
Taurine	0.0 % +	14	467
Threonine	8.1 % +	0	764
Valine	11.1 % +	0	1047
Pyridoxal-5-phosphate	.3 % +	0	28
Alpha-ketoglutaric acid	8.5 % +	0	802
* ...or L-Tryptophan (Requires doctor's order)		5	167

Only the essential amino acids are included in this formula because from these all of the other amino acids can be formed, raising the levels of any that might be low. Pyridoxal-5-phosphate (an active form of B6) and alpha-ketoglutaric acid cofactor nutrients 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.

· 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.