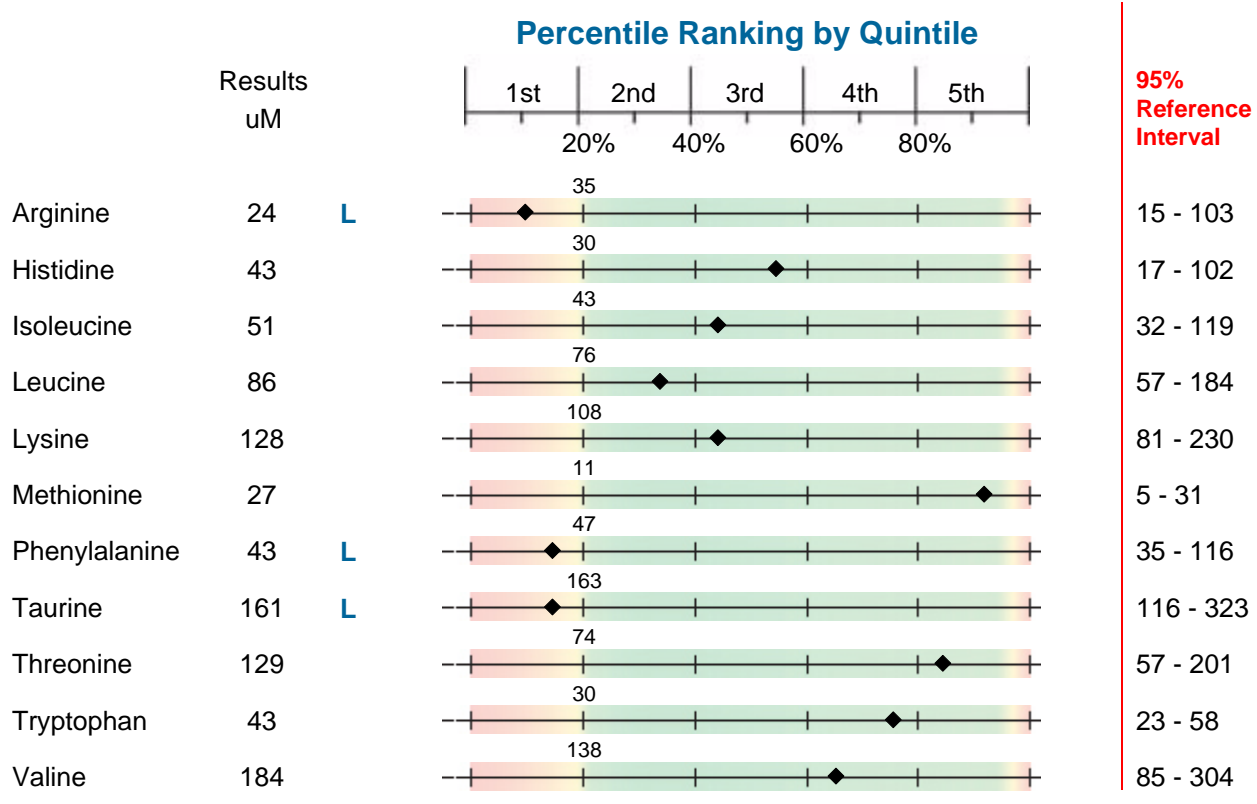


Ordering Physician:
 Metamatrix

3425 Corporate Way
 Duluth, GA 30096

0013 Bloodspot Amino Acid Assay Methodology: High Pressure Liquid Chromatography



Accession Number: **A0902160094**
 Reference Number:
 Patient: **Sample Report**
 Age: 47 **Sex: Female**
 Date of Birth: 02/05/1962
 Date Collected: 2/15/09
 Date Received: 2/16/09
 Report Date: 2/16/09
 Telephone: (770) 446-4583
 Fax: (770) 441-2237
 Reprinted:
 Comment:

Ordering Physician:

Metamatrix

3425 Corporate Way
 Duluth, GA 30096

0013 Bloodspot Amino Acid Assay

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:	264 gm	% of Base	Grams Added	mg per day
	5-Hydroxytryptophan*	0.00 % +	1	33
	Arginine	9.40 % +	18	1427
	Histidine	10.10 % +	0	889
	Isoleucine	9.40 % +	0	827
	Leucine	12.90 % +	0	1135
	Lysine	9.40 % +	0	827
	Methionine	7.70 % +	0	678
	Phenylalanine	12.90 % +	6	1335
	Taurine	0.00 % +	10	333
	Threonine	8.10 % +	0	713
	Valine	11.10 % +	0	977
	Pyridoxal-5-phosphate	.3 % +	0	26
	Alpha-ketoglutaric acid	8.5 % +	0	748
	* ...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.