

Testing performed by Metamatrix, Inc., 4855 Peachtree Ind Blvd, Norcross, GA 30092

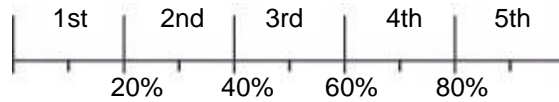
This report is not intended for the diagnosis of neonatal inborn errors of metabolism.

Designs for Health Organix™ Profile













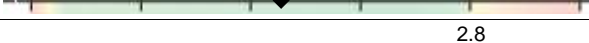





Methodology: LC/Tandem Mass Spectroscopy, Colorimetric

Results are expressed as mcg/mg creatinine.
 Ranges are for ages 13 and over

Percentile Ranking by Quintile



**95%
Reference
Interval**

		Results	Percentile Ranking by Quintile					95% Reference Interval
			1st	2nd	3rd	4th	5th	
			20%	40%	60%	80%		
B-Vitamin Insufficiency								
1	Pyruvate	3.6						<= 7.1
2	a-Ketoglutarate	31.3 H						2.6 - 60.0
3	a-Ketoisovalerate	0.69 H						<= 0.94
4	a-Ketoisocaproate	0.50 H						<= 0.58
5	a-Keto-β-Methylvalerate	3.0 H						<= 2.7
6	Xanthurenate	0.26						<= 1.10
7	β-Hydroxyisovalerate	5.6						<= 15.3
8	Methylmalonate	1.6						<= 3.4
9	Formiminoglutamate	0.08						<= 0.75
Cellular Energy								
10	Adipate	1.6						<= 4.5
11	Suberate	1.6						<= 5.8
12	Ethylmalonate	3.3						<= 8.5
13	Lactate	5.0						1.4 - 41.4
14	β-Hydroxybutyrate	20.4 H						<= 12.8
15	Succinate	5.3						1.1 - 34.0
16	Fumarate	0.43						<= 1.40
17	Malate	2.2						<= 4.3
18	Hydroxymethylglutarate	5.8						<= 9.7



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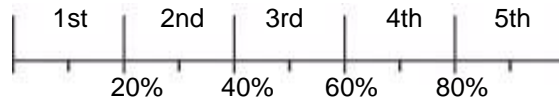
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Neural Function

19	Vanilmandelate	1.6	L	1.9	4.8	1.5 - 6.1
20	Homovanillate	1.1	L	2.2	8.3	1.3 - 15.2
21	5-Hydroxyindoleacetate	2.8		1.3	5.2	0.9 - 13.0
22	Kynurenate	0.9			1.5	<= 2.5
23	Quinolinate	4.5			10.2	<= 16.5

Detoxification

24	Citrate	661			948	127 - 1,550
25	Cis-Aconitate	66			76	29 - 122
26	Isocitrate	71			92	36 - 130
27	2-Methylhippurate	< 0.1			0.23	<= 0.46
28	Orotate	0.8			1.0	<= 1.6
29	Glucarate	1.6			7.0	<= 11.9
30	a-Hydroxybutyrate	2.9	H		1.2	<= 2.2
31	Pyroglutamate	21			30	< 38
32	Sulfate	241		166	390	111 - 477



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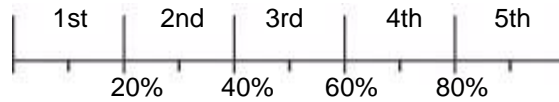
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Compounds of Bacterial Origin

Compound ID	Compound Name	Value	Percentile Ranking	Reference Interval
33	Benzoate	< 1	~10th	<= 8.2
34	Phenylacetate	< 0.1	~10th	<= 0.33
35	Phenylpropionate	0.2	~25th	<= 9.7
36	p-Hydroxybenzoate	0.1	~10th	<= 2.4
37	p-Hydroxyphenylacetate	8	~55th	<= 30
38	Indican	42	~45th	<= 115
39	Tricarballoylate	1.1	~75th	<= 3.6
40	Dihydroxyphenylpropionate	0.12	~45th	<= 1.24

Creatinine =80 mg/dl



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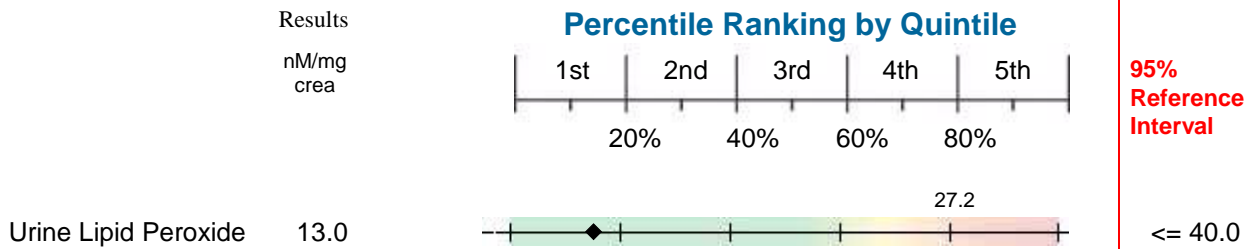
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Designs for Health Lipid Peroxides - Urine

Methodology: HPLC-TBARS

What are Lipid Peroxides?

In its efforts to produce the chemical energy to power your cells and fight infection, your body makes harmful chemicals called free radicals. Breakdown of your body's cell membranes by free radicals leads to the formation of lipid peroxides. Antioxidants protect you against this process, and the lipid peroxide test tells you if you have enough of these antioxidants in your system. High levels of lipid peroxides are associated with cancer, heart disease, stroke, and aging.



What does my lipid peroxide result mean?

If your lipid peroxides are high, your body is failing to control the rate of formation of free radicals. You can increase your protection by taking vitamins E and C, selenium, beta-carotene, and bioflavonoids. Many products are available that offer combinations of these and other antioxidants that may be beneficial.

These test results are not for the diagnosis of disease. They are intended to provide nutritional guidelines to qualified healthcare professionals with full knowledge of patient history and concerns to assist in their design of an appropriate healthcare program.



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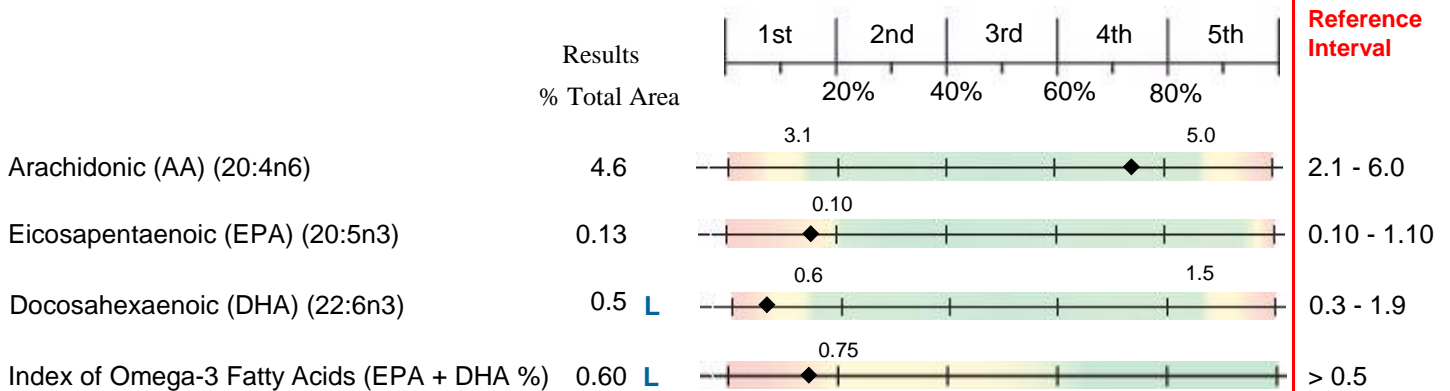
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Designs for Health Bloodspot™ Fatty Acid Profile

Methodology: Capillary Gas Chromatography/Mass Spectrometry

Percentile Ranking by Quintile



Relative Disease Risk	Index†
High	< 0.75
Intermediate	0.75 - 1.6
Low	> 1.6

† Harris WS, von Schacky C. The Omega - 3 Index: A new risk factor for sudden cardiac death? Prev Med 2004; 39:212-20.



Inflammatory Risk	AA/EPA Ratio‡
High	> 32
Moderate	16 - 32
Mild	5 - 16
Low	2.9 - 5
Omega - 3 Dominance	< 2.9

‡ The relative wellness states correspond to those published by Dr. Barry Sears* based on serum specimen data. The numerical values from blood spot specimens are somewhat shifted.

*Sears, Barry. The Omega Rx Zone. New York: Harper Collins Publishers Inc., 2002.

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Designs for Health Bloodspot™ IgG Food Antibodies Methodology: ELISA

Negative	Borderline 0/1	Foods to Avoid		
		Mild +1	Moderate +2	Severe +3

Almond
Aspergillus
Corn
Mustard Greens
Soybean
Strawberry
Tuna

Chicken
Pea, Green
Salmon
Walnut

Beef
Cantaloupe
Cashew
Crab
Garlic
Lobster
Oat
Orange
Peanut
Pinto Bean
Pork
Rice
Shrimp
Sunflower
Tomato
Turkey
Wheat

Egg, Whole
Milk

Responses reflect IgG levels measured by ELISA with standardized food extracts. The assay yields semi-quantitative antibody concentrations for each food. The concentration readings are categorized into four reaction levels (Negative, Mild, Moderate, or Severe) corresponding to semi quantitative responses (0/1, +1, +2, or +3), based on relative absorbance readings. The likelihood of adverse reactions to a given food increases as the response level for that food becomes more positive.