VibrantAmerica
Vibrant America | 1021 Howard Ave, Ste B. San Carlos, CA 94070
1(866) 364-0963 | support@vibrant-america.com | www.vibrant-america.com

SUMMARY

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH	ACCESSION ID	DATE OF SERVICE
MICHAEL	BRANDON	MALE	1989-04-11	2007220277	08-03-2020 10:30

ABNORMAL	CELLULAR	SERUM	COMMON FOOD RESOURCES	SUGGESTED SUPPLEMENTATION
Vitamin D, 25-OH		↓	Cod liver oil, swordfish, canned salmon, mackerel, sardines	
Copper to Zinc Ratio		↓		

(Your provider will discuss any nutrient deficiencies identified on the report. The suggested supplementation section will be filled by provider.)

What Do I Do With The Information From This Test?

CELLULAR: Normal **SERUM**: Deficient

Long term nutrient status is optimal, but short term needs improvement. Recommended interventions:

* increase dietary intake of nutrient
* increase supplementation dosage
* medications may have an effect on depletion

CELLULAR:Deficient **SERUM**: Normal/Excess

Short term status of micronutrients is optimal, but cellular absorption may be a problem. Recommended interventions:

*increase dietary intake of nutrient
*increase supplementation dosage
*consider status of synergistic nutrients for cellular absorption
*consider levels of oxidative stress on nutrient depletion
*consider follow up testing to identify the source of malabsorption

CELLULAR: Deficient **SERUM**: Deficient

Short term and long term status of micronutrients is not optimal, suggesting low dietary intake and both intestinal and cellular malabsorption as possible causes. Recommended interventions:

* increase dietary intake of nutrient
* increase supplementation dosage
* medications may have an effect on depletion
* consider follow up testing to identify the source of malabsorption

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	Micronutrient	Serum			WBC			RBC		
		Current	Previous	Ref	Current	Previous	Ref	Current	Previous	Ref
Vitamins	Vitamin A		51.2							
	Vitamin B1	4.6	27.0	1.4~71.3 (nmol/L)						
	Vitamin B2	12.2	7.9	5.6~126.1 (mcg/L)						
	Vitamin B3	18.0	15.2	2.6~36.1 (ng/mL)						
	Vitamin B6	10.4	5.3	2.8~76.2 (ng/mL)						
	Vitamin B12	800	559	232~1245 (pg/mL)						
	Vitamin B5	128.7	33.1	22.7~429.2 (mcg/L)						
	Vitamin C	0.3	0.3	0.2~1.1 (mg/dL)						
	Vitamin D3		0.9							
	Vitamin D, 25-OH	13.1 ↓	<7.6 ↓	30.0~108.0 (ng/mL)						
	Vitamin E		15.2							
	Vitamin K1		4.07							
	Vitamin K2		0.29							
	Folate	7.1	11.1	≥4.6 (ng/mL)						

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	Micronutrient	Serum			WBC			RBC		
		Current	Previous	Ref	Current	Previous	Ref	Current	Previous	Ref
Minerals	Calcium	9.7	9.5	8.9~10.6 (mg/dL)						
	Manganese	0.4	0.4	0.3~2.0 (ng/mL)						
	Zinc	1.0	0.5	0.5~1.0 (mcg/mL)						
	Copper	0.7	0.8	0.6~1.8 (mcg/mL)						
	Chromium	0.20	0.12	0.10~0.70 (ng/mL)						
	Iron	142	90	59~158 (ug/dL)						
	Magnesium	2.4	2.4	1.6~2.6 (mg/dL)						
	Copper to Zinc Ratio	0.7 ↓	1.6	0.9~2.6						
Antioxidants	Coenzyme Q10	1.69	0.86	0.56~2.78 (µg/mL)						
	Cysteine	21.3	27.8	3.4~37.0 (nmol/mL)						
	Selenium	136.2	117.2	109.8~218.4 (ng/mL)						