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Anna

Test date: 6/28/2004
(accession: A0406290077)

Next Test Due: 12/27/2004

CellMate™ Cardiovascular and Fatty Acid Report

Practitioner

Printed on Thursday, July 29, 2004 for:

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Basic Status High/Low - Cardiovascular Profile on 6/28/2004

Anna

Cardiovascular and Fatty Acid Date: 6/28/2004

Female / Age: 52

Client ID:555986644 (8322)

The % Status is the weighted deviation of the laboratory result.

Low Results

-200	-150	-100	-50	0		% Status		Result	<i>Low</i>	<i>High</i>
					Testosterone	-104.72	L	20.00	49.00	102.00
					Free Androgen Index	-66.67	L	0.00	1.00	7.00
					RBC Magnesium	-63.33	L	36.00	40.00	70.00
					Sex Hormone BG	-39.58	L	28.00	18.00	114.00
					Lipoprotein (a)	-35.14	L	5.50	0.00	37.00
					Vitamin E	-32.29	L	21.20	15.00	50.00

-25%

High Results

-50	0	50	100	150		% Status		Result	<i>Low</i>	<i>High</i>
					C-Reactive Protein	1870.00	H	9.60	0.00	0.50
					Lipid Peroxides	140.00	H	1.90	0.00	1.00
					LDL Cholesterol Direct	71.43	H	145.00	60.00	130.00
					Total Cholesterol	63.00	H	253.00	140.00	240.00
					Fibrinogen	58.00	H	418.00	175.00	400.00
					Coenzyme Q10	47.14	H	1.48	0.80	1.50

-25%

25%

Basic Status High/Low - Fatty Acids on 6/28/2004

Anna

Cardiovascular and Fatty Acid Date: 6/28/2004

Female / Age: 52

The % Status is the weighted deviation of the laboratory result.

Low Results

-80	-60	-40	-20	0		% Status	Result	Low	High	
		-45.00				-45.00	L	1.40	1.00	9.00
		-40.00				-40.00	L	17.00	15.00	35.00
		-40.00				-40.00	L	43.00	40.00	70.00
		-34.57				-34.57	L	10.20	7.50	25.00
		-30.00				-30.00	L	1.40	1.00	3.00
		-30.00				-30.00	L	1.00	0.00	5.00
		-27.50				-27.50	L	49.00	40.00	80.00
		-26.92				-26.92	L	10.00	7.00	20.00
		-25.00				-25.00	L	15.00	10.00	30.00

-25%

High Results

-20	0	20	40	60		% Status	Result	Low	High	
			50.00			50.00	H	2.00	0.00	2.00
			41.43			41.43	H	3.20	0.00	3.50
			35.50			35.50	H	321.00	150.00	350.00
			35.00			35.00	H	2.70	1.00	3.00
			28.00			28.00	H	3.90	0.00	5.00
			25.00			25.00	H	3.00	0.00	4.00

25%


























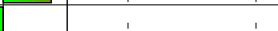
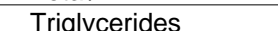




Basic Status Alphabetic - Cardiovascular Profile on 6/28/2004

Anna

Cardiovascular and Fatty Acid Date: 6/28/2004

Female / Age: 52

The % Status is the weighted deviation of the laboratory result relative to the range.

-100	-50	0	50	100	% Status	Result	Low	High
					Coenzyme Q10	47.14 H	1.48	0.80 1.50
					C-Reactive Protein	1870.00 H	9.60	0.00 0.50
					Ferritin	-13.58	63.00	8.00 159.00
					Fibrinogen	58.00 H	418.00	175.00 400.00
					Free Androgen Index	-66.67 L	0.00	1.00 7.00
					HDL Cholesterol	11.33	81.00	35.00 110.00
					Homocysteine	16.67	10.00	0.00 15.00
					Insulin	-6.19	6.10	1.50 12.00
					LDL Cholesterol Direct	71.43 H	145.00	60.00 130.00
					LDL/HDL	4.55	1.80	0.00 3.30
					Lipid Peroxides	140.00 H	1.90	0.00 1.00
					Lipoprotein (a)	-35.14 L	5.50	0.00 37.00
					RBC Magnesium	-63.33 L	36.00	40.00 70.00
					Sex Hormone BG	-39.58 L	28.00	18.00 114.00
					Testosterone	-104.72 L	20.00	49.00 102.00
					Total Cholesterol	63.00 H	253.00	140.00 240.00
					Total/HDL	18.89	3.10	0.00 4.50
					Triglycerides	-9.20	86.00	35.00 160.00
					Vitamin E	-32.29 L	21.20	15.00 50.00
	-25%	25%			Total Status Deviation	140.62		
					Total Status Skew	101.60		

Basic Status Alphabetic - Fatty Acids on 6/28/2004

Anna

Female / Age: 52

Cardiovascular and Fatty Acid Date: 6/28/2004

The % Status is the weighted deviation of the laboratory result relative to the range.

	-100	-50	0	50	100	% Status	Result	Low	High
						11-Eicosenoic C20:1w9	3.33	1.60	0.00 3.00
						Alpha Linolenic C18:3w3	-30.00 L	1.40	1.00 3.00
						Arachidic C20:0	10.00	2.70	0.00 4.50
						Arachidonic C20:4w6	35.50 H	321.00	150.00 350.00
						Behenic C22:0	-20.00	4.80	3.00 9.00
						Capric C10:0	-12.00	1.90	0.00 5.00
						Dihomo-γ Lino. C20:3w6	22.50	7.90	5.00 9.00
						Docosadienoic C22:2w6	-12.50	1.50	0.00 4.00
						Docosahexa. C22:6w3	-40.00 L	17.00	15.00 35.00
						Docosapenta. C22:5w3	-25.00 L	15.00	10.00 30.00
						Docosatetraenoic C22:4w6	-26.92 L	10.00	7.00 20.00
						Eicosadienoic C20:2w6	-34.57 L	10.20	7.50 25.00
						Eicosapenta. C20:5w3	1.11	5.80	3.50 8.00
						Elaidic C18:1w9t	50.00 H	2.00	0.00 2.00
						Erucic C22:1w9	-45.00 L	1.40	1.00 9.00
						Gamma Linolenic C18:3w6	35.00 H	2.70	1.00 3.00
						Heneicosanoic C21:0	-15.00	0.70	0.00 2.00
						Heptadecanoic C17:0	13.33	1.90	0.00 3.00
						Hexacosanoic C26:0	41.43 H	3.20	0.00 3.50
						Lauric C12:0	-30.00 L	1.00	0.00 5.00
						Lignoceric C24:0	8.00	15.80	10.00 20.00
						Linoleic C18:2w6	-40.00 L	43.00	40.00 70.00
						Myristic C14:0	25.00 H	3.00	0.00 4.00
						Myristoleic C14:1w5	-16.00	1.70	0.00 5.00
						Nervonic C24:1w9	3.33	18.00	10.00 25.00
						Nonadecanoic C19:0	-10.00	0.80	0.00 2.00
						Oleic C18:1w9	-27.50 L	49.00	40.00 80.00
						Palmitelaidic C16:1w7t	15.00	1.30	0.00 2.00
						Palmitic C16:0	6.67	114.00	80.00 140.00
						Palmitoleic C16:1w7	28.00 H	3.90	0.00 5.00
						Pentadecanoic C15:0	-6.00	1.10	0.00 2.50
						Stearic C18:0	18.00	74.00	40.00 90.00
						Tricosanoic C23:0	16.67	2.00	0.00 3.00
						Vaccenic C18:1w7	-20.00	3.90	3.00 6.00
						Total Status Deviation	21.86		
						Total Status Skew	-2.28		

Client Summary Review

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

Nutritional Support

The following supplements may help to balance your biochemistry. Consult your practitioner.

- | | |
|--|--|
| <input type="checkbox"/> 1-Antioxidant Protocol
See Nutrition Detail | <input type="checkbox"/> 1-Flax Oil
2x daily 1 tbls |
| <input type="checkbox"/> 1-Magnesium Citrate or Glycinate
2x daily 250 mg | <input type="checkbox"/> 1-Vitamin E
2x daily 800 IU |
| <input type="checkbox"/> 1-Zinc Sulfate or Citrate
2x daily 25 mg | <input type="checkbox"/> 2-Alpha Lipoic Acid
2x daily 50 mg |
| <input type="checkbox"/> 2-CoEnzyme Q10
2x daily 50 mg | <input type="checkbox"/> 2-Peanut oil
Use in cooking |
| <input type="checkbox"/> 2-Thiamine
2x daily 50 mg | |

Food Recommendations

The following foods may help to balance or strengthen your biochemistry.

Almond Oil
Walnuts

Grape Seed Oil

Sesame Oil

Walnut Oil

Foods to AVOID

The following foods may aggravate already out-of-balance biochemistry.

Hydrogenated Fats

Anna

Female / Age: 52

Out-Of-Balance Panel Values

The following panels have a PSD of greater than 25% indicating need for further review. PSD is the Panel Status Deviation, or the average imbalance of that subset of results. The PSS is the Panel Status Skew, or the direction, negative (deficiency) or positive (excess), of that subset of results.

Panel Name	PSD	PSS
Chronic Inflammatory Markers	647.19%	638.14%
Oxidant Stress Factors	59.02%	42.88%
Other CHP Indicators	56.10%	-56.10%
Lipoprotein Factors	38.02%	20.29%
Omega 6/Polys	31.98%	5.22%
Liver Function	27.37%	1.66%
Immune Status	27.35%	4.02%
Gluconeogenesis	27.26%	27.26%
Cardiac Risk	26.35%	-3.65%
Inflammatory Proc	25.58%	8.08%
Neurochem Stability	25.33%	5.33%

Lab Reported out-of-range Values

The following results are out-of-range (as reported by the lab), and should be carefully reviewed.

C-Reactive Protein (1870.00%)

C-Reactive Protein is a non-specific marker of inflammation and an elevation has been associated with an increased risk of cardiovascular disease. Elevations are also seen in rheumatoid arthritis as well as acute bacterial and viral infections.

Lipid Peroxides (140.00%)

Lipid peroxides are the products of chemical damage done by oxygen free radicals to the lipid component of cell membranes. High levels increase the risk of degenerative disease processes.

Testosterone (-104.72%)

Testosterone is the major hormone in males. Depressed levels may impact the body's ability to produce muscle. Zinc is a necessary nutrient to help alleviate decreased testosterone.

Drugs which may have an adverse affect:

Carbamazepine, Pravastatin, Prednisone, Tetracycline

LDL Cholesterol Direct (71.43%)

Low Density Lipoprotein, considered the bad cholesterol, is considered the most atherogenic of the lipoproteins. LDL is though to be taken up by macrophages which form the foam cells associated with early atherogenesis. High readings increase the risk of CVD.

Drugs which may have an adverse affect:

Furosemide

Free Androgen Index (-66.67%)

The Free Androgen Index is a calculation based upon the testosterone and sex hormone binding globulin. It is positively correlated to bone mineral density in elderly men.

RBC Magnesium (-63.33%)

Second most abundant mineral in intracellular fluid. It helps facilitate Na - K transport and influences Ca levels. It is involved in vasodilation, contraction, as well as cardiac and skeletal muscle cells. Required in over 300 enzymes, temperature control, neuronal homeostasis and has a profound effect on cardiac physiology

Total Cholesterol (63.00%)

Cholesterol is an essential fat required to form steroid hormones, is a component of cell membranes and is important in proper brain function. High levels of cholesterol are associated with an increased risk of coronary heart disease.

Drugs which may have an adverse affect:

Carbamazepine, Corticosteroids, Cortisone, Ibuprofen, Imipramine, Prednisone

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Fibrinogen (58.00%)

Fibrinogen is a plasma protein that is converted into fibrin during blood clot formation. Elevations are associated with Syndrome X especially in the presence of elevations on Insulin, triglycerides and total cholesterol.

Drugs which may have an adverse affect:

Aspirin, Gemfibrozil

Elaidic C18:1w9t (50.00%)

Known as a trans-fatty acid, this bad fat is found in hydrogenated foods like margarine and many baked goods. Research has suggested that excessive intake of these fatty acids may increase the risk of coronary heart disease.

Nutrition - Detail

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

1-Antioxidant Protocol See Nutrition Detail

ANTIOXIDANT PROTOCOL

When certain oxidative blood test markers appear, the following protocol can be followed: a Broad Spectrum Antioxidant which should include CoEnzyme Q10 (2 times daily, Vitamins A and E as well as Selenium (2 times daily) and Vitamin C (1000 mg 2 times daily).

Vitamin E should only be consumed with the advice of a physician if currently taking Coumadin or other blood thinning medications.

COENZYME Q10

An important antioxidant and essential component of mitochondria, CoQ10 can be depleted if on cholesterol lowering drugs.

VITAMIN A/BETA-CAROTENE

Vitamin A is involved in the growth and repair of tissue and helps maintain healthy skin. It is essential in the maintenance of eyesight, building of bones, teeth and blood. It also enhances production of RNA.

VITAMIN E

Vitamin E is a major antioxidant, enhances lymphocyte production, maintains cellular integrity, and aids in the biosynthesis of heme proteins

SELENIUM (Se)

Cofactor in glutathione peroxidase, in detoxification of peroxides, free radicals and thyroid hormone deionases.

VITAMIN C

Water-soluble vitamin essential for the synthesis and maintenance of collagen as well as body tissue cells, cartilage, bones, teeth, skin and tendons. Helps protect the immune system. Also improves iron and calcium absorption as well as trace mineral utilization.

Decreased

Rationale

Normal

Increased

Lipid Peroxides

1-Flax Oil 2x daily 1 tbsl

FLAX OIL

Flax seed oil is high in alpha linolenic acid an important essential fatty acid. One reason alpha linolenic acid is so important is that it can be used in the body to create EPA (eicosapentanoic acid) another essential fatty acid. This can be used in conjunction with Evening Primrose Oil (EPO).

Decreased

Normal

Increased

Alpha Linolenic C18:3w3 Eicosapenta. C20:5w3

1-Magnesium Citrate or Glycinate 2x daily 250 mg

MAGNESIUM (Mg)

Second most abundant mineral in intracellular fluid. It helps facilitate Na - K transport and influences Ca levels. It is involved in vasodilation, contraction, as well as cardiac and skeletal muscle cells. Required in over 300 enzymes, temperature control, neuronal homeostasis and has a profound effect on cardiac physiology

Decreased

Normal

Increased

RBC Magnesium

1-Vitamin E 2x daily 800 IU

VITAMIN E

Vitamin E is a major antioxidant, scavenging free radicals - enhancing lymphocyte production, increasing nitrogen retention, maintaining cellular integrity, and aiding in the biosynthesis of heme proteins.

Decreased

Normal

Increased

Vitamin E

1-Zinc Sulfate or Citrate 2x daily 25 mg

ZINC (Zn)

Active in the structure and function of biomembranes. Involved in more than 200 key enzymes including carbohydrate metabolism, connective tissue metabolism, T-cell function and prostaglandin secretion.

Decreased

Normal

Increased

Testosterone

2-Alpha Lipoic Acid 2x daily 50 mg

ALPHA LIPOIC ACID

Lipoic acid helps recycle antioxidants and extends their antioxidant life. Important co-enzyme for energy metabolism.

Decreased

Normal

Increased

Arachidonic C20:4w6
Gamma Linolenic C18:3w6

Nutrition - Detail

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

Nutritional and herbal information contained in this report is based upon research related to imbalances in your chemistry. The recommendations are based upon the information provided, without interpretation. This must be done with the help of a qualified health care professional.

2-CoEnzyme Q10 2x daily 50 mg

COENZYME Q10

Key electron shuttle in mitochondrial electron transport. Essential to cellular respiration. Effective in improving cardiac output and pulmonary function.

Decreased

Rationale

Normal

Stearic C18:0

Increased

Arachidonic C20:4w6

2-Peanut oil Use in cooking

PEANUT OIL

Peanut oil is high in erucic acid which is associated to nerve membrane function.

Decreased

Normal

Erucic C22:1w9

Increased

2-Thiamine 2x daily 50 mg

THIAMINE (B1)

This B-vitamin helps with nervous system function, energy production, synthesis of lipids, acetylcholine and triphosphate. Active in maintenance of cardiac, muscular, nervous and gastrointestinal systems.

Decreased

Normal

Linoleic C18:2w6
Alpha Linolenic C18:3w3

Increased

Drug Interactions

Cardiovascular and Fatty Acid Date: 6/28/2004

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Female / Age: 52

Drugs listed below tend to further aggravate elements of blood chemistry that are out of range (H or L). The (#) after each drug denotes the number of times that drug is flagged as being potentially harmful.

Anabolic Steroids
Cortisone
Imipramine
Tetracycline

Aspirin
Furosemide
Phenobarbital
Valproic Acid

Carbamazepine(2)
Gemfibrozil
Pravastatin

Corticosteroids
Ibuprofen
Prednisone(2)

Anna

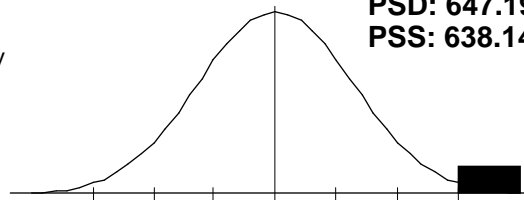
Female / Age: 52

Chronic Inflammatory Markers

C-Reactive Protein[H], Ferritin, Fibrinogen[H].

A high reading within this panel suggests an ongoing inflammatory process. Along with an increased risk of coronary heart disease, this reading is also seen in rheumatoid arthritis, infection and tissue injury.

PSD: 647.19
PSS: 638.14

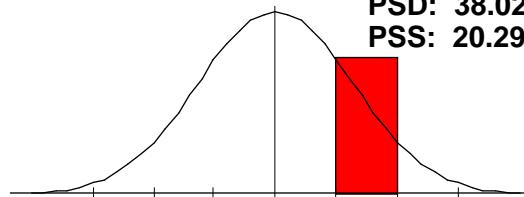


Lipoprotein Factors

Total Cholesterol[H], HDL Cholesterol, LDL Cholesterol Direct[H], Triglycerides, Lipoprotein (a)[L].

High readings have been related to an increase in the risk of coronary heart disease.

PSD: 38.02
PSS: 20.29

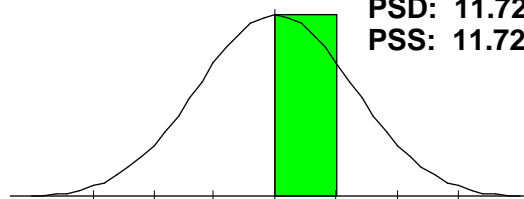


Lipoprotein Ratios

LDL/HDL, Total/HDL.

Statistical analysis of research data into cardiovascular disease suggests that these ratios are better predictors of CVD risk than the individual reading themselves. A mid-range reading is indicative of an average risk of cardiovascular disease.

PSD: 11.72
PSS: 11.72

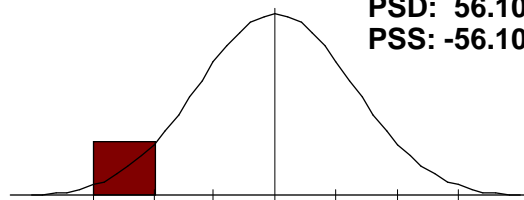


Other CHP Indicators

RBC Magnesium[L], Insulin, Testosterone[L], Sex Hormone BG[L], Free Androgen Index[L].

Low results in this panel may increase the risk for developing cardiovascular disease. The individual markers within the panel should be reviewed and steps should be taken to balance the results

PSD: 56.10
PSS: -56.10

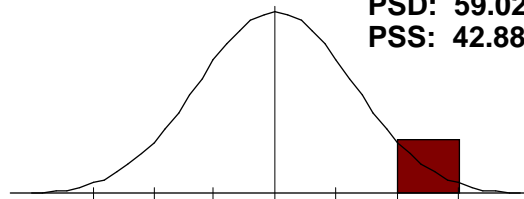


Oxidant Stress Factors

Coenzyme Q10[H], Vitamin E[L], Lipid Peroxides[H], Homocysteine.

Oxidative stress is an important risk factor in cardiovascular disease. A overly low reading may indicate the overuse of antioxidants. An increased reading of this panel indicates an increased risk of developing cardiovascular disease.

PSD: 59.02
PSS: 42.88

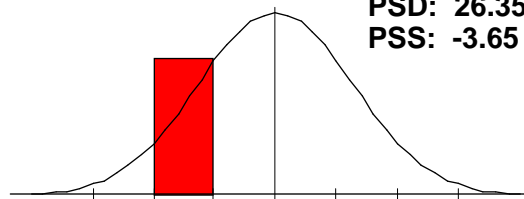


Cardiac Risk

Linoleic C18:2w6[L], Alpha Linolenic C18:3w3[L], Gamma Linolenic C18:3w6[H], Dihomo-γ Lino. C20:3w6, Arachidonic C20:4w6[H], Eicosapenta. C2.

This panel profile in this panel may signify a higher than average risk for developing cardiovascular disease in adults.

PSD: 26.35
PSS: -3.65



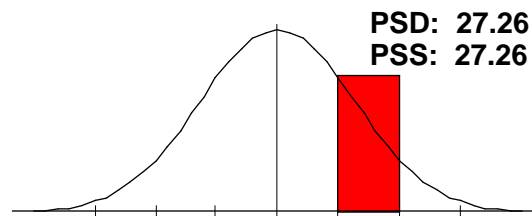
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Female / Age: 52

Gluconeogenesis

Palmitoleic C16:1w7[H], Gamma Linolenic C18:3w6[H], Dihomo-y Lino. C20:3w6, Arachidonic C20:4w6[H], Eicosapenta. C20:5w3, Hexacosanoic C26:0.

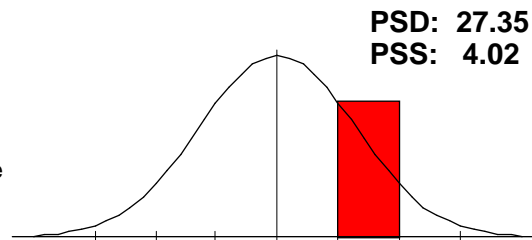
A panel profile such as this may be indicative of a compromised ability to regulate insulin and glucose levels. Symptoms may include irritability, hypoglycemic reactions and mood swings.



Immune Status

Linoleic C18:2w6[L], Alpha Linolenic C18:3w3[L], Gamma Linolenic C18:3w6[H], Dihomo-y Lino. C20:3w6, Arachidonic C20:4w6[H], Eicosapenta. C2.

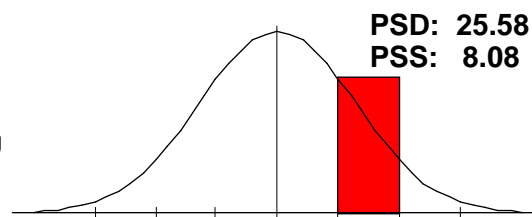
The profile seen in this panel may indicate a compromised immune system. Check for intestinal dysbiosis and other possible pathogens such as yeast or fungus. An organic acid in urine test may be helpful.



Inflammatory Proc

Oleic C18:1w9[L], Gamma Linolenic C18:3w6[H], Dihomo-y Lino. C20:3w6, Arachidonic C20:4w6[H], Docosapenta. C22:5w3[L], Lignoceric C24:0.

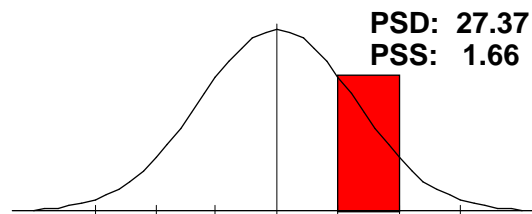
This panel profile may be indicative of the presence of an ongoing inflammatory process especially if the arachidonic acid.



Liver Function

Arachidonic C20:4w6[H], Behenic C22:0, Erucic C22:1w9[L], Docosapenta. C22:5w3[L], Tricosanoic C23:0, Lignoceric C24:0, Hexacosanoic C26:0[H].

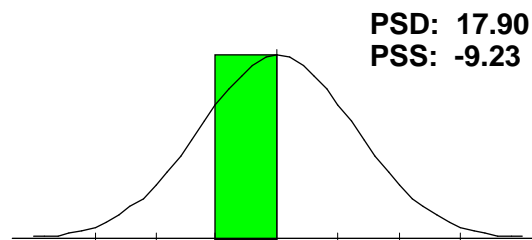
This panel is indicative with compromised liver function. Improving healthy fatty acid intake by following the nutritional recommendations in the detail section is important.



Monounsaturates

Myristoleic C14:1w5, Palmitoleic C16:1w7[H], Vaccenic C18:1w7, Oleic C18:1w9[L], 11-Eicosenoic C20:1w9, Erucic C22:1w9[L], Nervonic C24:1w9.

This panel is indicative of a normal level and balance within the monosaturated fatty acids. The fatty acids in this panel are important in building cell membranes and nerve function. Dietary sources include nuts, olives and their oils.



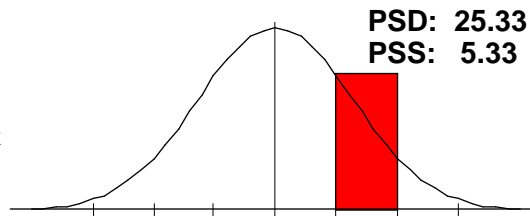
Anna

Female / Age: 52

Neurochem Stability

Dihomo-y Lino. C20:3w6, Arachidonic C20:4w6[H], Docosahexa. C22:6w3[L], Nervonic C24:1w9.

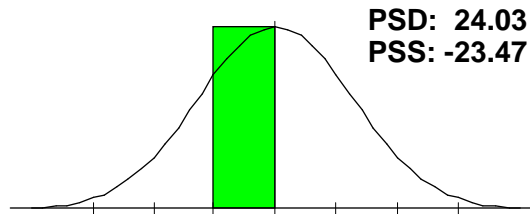
The profile in this panel may be indicative of neurochemical instability. Balancing co-factors and precursors such as B-complex vitamins and trace minerals may be called for.



Omega 3/Polys

Alpha Linolenic C18:3w3[L], Eicosapenta. C20:5w3, Docosapenta. C22:5w3[L], Docosahexa. C22:6w3[L].

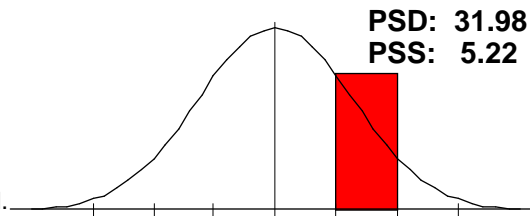
This panel profile is consistent with adequate and balanced supplies of essential Omega 3 fatty acids. Zinc deficiency, alcoholism, obesity and aging can negatively effect this panel.



Omega 6/Polys

Linoleic C18:2w6[L], Gamma Linolenic C18:3w6[H], Dihomo-y Lino. C20:3w6, Arachidonic C20:4w6[H], Docosatetraenoic C22:4w6[L].

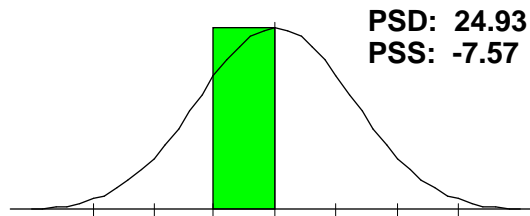
This panel indicates that there are excessive levels of Omega 6 fatty acids. Over supplementation or low levels of Omega 3 fatty acids may be the cause of this imbalance. Zinc deficiency, alcoholism, obesity and aging can also negatively effect this panel.



Very Long Chains

Behenic C22:0, Erucic C22:1w9[L], Docosapenta. C22:5w3[L], Docosahexa. C22:6w3[L], Tricosanoic C23:0, Lignoceric C24:0, Nervonic C24:1w9, He.

This panel profile suggests proper elongation and breakdown of fatty acids.



Clinical Correlation

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

This report "MATCHES" clinical observations with the lab test. Elements shown, normal and abnormal, tend to characterize the observation. Highlighted elements are those reported to "MATCH" the characteristics of the clinical observation. Others are NOT matches but are elements in the observation.

Schizophrenia ()

66.67% (2 of 3)

Decreased

Normal

Increased

-30.00 Alpha Linolenic C18:3w3

35.50 Arachidonic C20:4w6

-40.00 Docosahexa. C22:6w3

Comparison Progress Report

Anna

Female / Age: 52

Cardiovascular and Fatty Acid Date: 6/28/2004

A "+" change is toward optimal % Status of zero. A "-" change is away from optimal % Status of zero.

	Status % on:			
	1/8/1999	6/28/2004		+/- change
Docosahexa. C22:6w3	7.24	-40.00 L		- 32.76
Elaidic C18:1w9t	17.39	50.00 H		- 32.61
Lauric C12:0	0.00	-30.00 L		- 30.00
Nervonic C24:1w9	71.43 H	3.33		+ 68.10
Hexacosanoic C26:0	104.17 H	41.43 H		+ 62.74
Pentadecanoic C15:0	-50.00 L	-6.00		+ 44.00

Comparison Report

Anna

Female / Age: 52

Cardiovascular and Fatty Acid Date: 6/28/2004

The arrow's length is proportional to change. Left to right is increase. Right to left is decrease.
Green is improvement. Red is decline.

		+/-	Status	% on:	1/8/1999	6/28/2004
-25.00		3.33	+	11-Eicosenoic C20:1w9	-25.00 L	3.33
-30.00		-6.25	-	Alpha Linolenic C18:3w3	-6.25	-30.00 L
				Arachidic C20:0	-8.33	10.00
				Arachidonic C20:4w6	37.01 H	35.50 H
-20.00		39.42	+	Behenic C22:0	39.42 H	-20.00
-12.00		0.00	-	Capric C10:0	0.00	-12.00
				Dihomo-y Lino. C20:3w6	28.57 H	22.50
-12.50		3.03	-	Docosadienoic C22:2w6	3.03	-12.50
-40.00		7.24	-	Docosahexa. C22:6w3	7.24	-40.00 L
				Docosapenta. C22:5w3	-19.55	-25.00 L
-34.57		-18.75	-	Eicosadienoic C20:2w6	-18.75	-34.57 L
-19.12		1.11	+	Eicosapenta. C20:5w3	-19.12	1.11
17.39		50.00	-	Elaidic C18:1w9t	17.39	50.00 H
-45.00		25.00	-	Erucic C22:1w9	25.00 H	-45.00 L
-12.50		35.00	-	Gamma Linolenic C18:3w6	-12.50	35.00 H
-33.33		13.33	+	Heptadecanoic C17:0	-33.33 L	13.33
41.43		104.17	+	Hexacosanoic C26:0	104.17 H	41.43 H
-30.00		0.00	-	Lauric C12:0	0.00	-30.00 L
8.00		16.79	+	Lignoceric C24:0	16.79	8.00
-40.00		-25.00	-	Linoleic C18:2w6	-25.00 L	-40.00 L
				Myristic C14:0	-21.88	25.00 H
-16.00		8.33	-	Myristoleic C14:1w5	8.33	-16.00
3.33		71.43	+	Nervonic C24:1w9	71.43 H	3.33
				Nonadecanoic C19:0	-16.67	-10.00
-27.50		-19.90	-	Oleic C18:1w9	-19.90	-27.50 L
				Palmitelaidic C16:1w7t	10.71	15.00
				Palmitic C16:0	-10.26	6.67
-14.13		28.00	-	Palmitoleic C16:1w7	-14.13	28.00 H
-50.00		-6.00	+	Pentadecanoic C15:0	-50.00 L	-6.00
-7.80		18.00	-	Stearic C18:0	-7.80	18.00
-5.00		16.67	-	Tricosanoic C23:0	-5.00	16.67
-20.00		-8.33	-	Vaccenic C18:1w7	-8.33	-20.00
				Total Status Deviation	27.66	21.86
				Total Status Skew	6.21	-2.28

Panel/Subset Comparison Report

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

Cardiac Risk	1/8/1999		6/28/2004		+/-	
Linoleic C18:2w6	-25.00	L	-40.00	L	-	-40.00 ← -25.00
Alpha Linolenic C18:3w3	-6.25		-30.00	L	-	-30.00 ← -6.25
Gamma Linolenic C18:3w6	-12.50		35.00	H	-	-12.50 → 35.00
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
Eicosapenta. C20:5w3	-19.12		1.11	+		-19.12 → 1.11
Docosapenta. C22:5w3	-19.55		-25.00	L		
Docosahexa. C22:6w3	7.24		-40.00	L	-	-40.00 ← 7.24
Lignoceric C24:0	16.79		8.00	+		8.00 ← 16.79
PSS / PSD	0.80 / 19.11		-3.65 / 26.35			

Gluconeogenesis	1/8/1999		6/28/2004		+/-	
Palmitoleic C16:1w7	-14.13		28.00	H	-	-14.13 → 28.00
Gamma Linolenic C18:3w6	-12.50		35.00	H	-	-12.50 → 35.00
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
Eicosapenta. C20:5w3	-19.12		1.11	+		-19.12 → 1.11
Hexacosanoic C26:0	104.17	H	41.43	H	+	41.43 ← 104.17
PSS / PSD	20.67 / 35.92		27.26 / 27.26			

Immune Status	1/8/1999		6/28/2004		+/-	
Linoleic C18:2w6	-25.00	L	-40.00	L	-	-40.00 ← -25.00
Alpha Linolenic C18:3w3	-6.25		-30.00	L	-	-30.00 ← -6.25
Gamma Linolenic C18:3w6	-12.50		35.00	H	-	-12.50 → 35.00
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
Eicosapenta. C20:5w3	-19.12		1.11	+		-19.12 → 1.11
PSS / PSD	0.45 / 21.41		4.02 / 27.35			

Inflammatory Proc	1/8/1999		6/28/2004		+/-	
Oleic C18:1w9	-19.90		-27.50	L	-	-27.50 ← -19.90
Gamma Linolenic C18:3w6	-12.50		35.00	H	-	-12.50 → 35.00
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
Docosapenta. C22:5w3	-19.55		-25.00	L		
Lignoceric C24:0	16.79		8.00	+		8.00 ← 16.79
PSS / PSD	5.07 / 22.39		8.08 / 25.58			

Liver Function	1/8/1999		6/28/2004		+/-	
Arachidonic C20:4w6	37.01	H	35.50	H		
Behenic C22:0	39.42	H	-20.00	+		-20.00 ← 39.42
Erucic C22:1w9	25.00	H	-45.00	L	-	-45.00 ← 25.00
Docosapenta. C22:5w3	-19.55		-25.00	L		
Tricosanoic C23:0	-5.00		16.67	-		-5.00 → 16.67
Lignoceric C24:0	16.79		8.00	+		8.00 ← 16.79
Hexacosanoic C26:0	104.17	H	41.43	H	+	41.43 ← 104.17
PSS / PSD	28.26 / 35.28		1.66 / 27.37			

Panel/Subset Comparison Report

Cardiovascular and Fatty Acid Date: 6/28/2004

Anna

Female / Age: 52

Monounsaturates	1/8/1999		6/28/2004	+/-		
Myristoleic C14:1w5	8.33		-16.00	-	-16.00	← 8.33
Palmitoleic C16:1w7	-14.13		28.00	H -	-14.13	→ 28.00
Vaccenic C18:1w7	-8.33		-20.00	-	-20.00	← -8.33
Oleic C18:1w9	-19.90		-27.50	L -	-27.50	← -19.90
11-Eicosenoic C20:1w9	-25.00	L	3.33	+	-25.00	→ 3.33
Erucic C22:1w9	25.00	H	-45.00	L -	-45.00	← 25.00
Nervonic C24:1w9	71.43	H	3.33	+	3.33	← 71.43
PSS / PSD	10.92 / 27.77		-9.23 / 17.90			

Neurochem Stability	1/8/1999		6/28/2004	+/-		
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
Docosahexa. C22:6w3	7.24		-40.00	L -	-40.00	← 7.24
Nervonic C24:1w9	71.43	H	3.33	+	3.33	← 71.43
PSS / PSD	36.06 / 36.06		5.33 / 25.33			

Omega 3/Polys	1/8/1999		6/28/2004	+/-		
Alpha Linolenic C18:3w3	-6.25		-30.00	L -	-30.00	← -6.25
Eicosapenta. C20:5w3	-19.12		1.11	+	-19.12	→ 1.11
Docosapenta. C22:5w3	-19.55		-25.00	L		
Docosahexa. C22:6w3	7.24		-40.00	L -	-40.00	← 7.24
PSS / PSD	-9.42 / 13.04		-23.47 / 24.03			

Omega 6/Polys	1/8/1999		6/28/2004	+/-		
Linoleic C18:2w6	-25.00	L	-40.00	L -	-40.00	← -25.00
Gamma Linolenic C18:3w6	-12.50		35.00	H -	-12.50	→ 35.00
Dihomo-y Lino. C20:3w6	28.57	H	22.50			
Arachidonic C20:4w6	37.01	H	35.50	H		
PSS / PSD	5.62 / 20.62		5.22 / 31.98			

Very Long Chains	1/8/1999		6/28/2004	+/-		
Behenic C22:0	39.42	H	-20.00	+	-20.00	← 39.42
Erucic C22:1w9	25.00	H	-45.00	L -	-45.00	← 25.00
Docosapenta. C22:5w3	-19.55		-25.00	L		
Docosahexa. C22:6w3	7.24		-40.00	L -	-40.00	← 7.24
Tricosanoic C23:0	-5.00		16.67	-	-5.00	→ 16.67
Lignoceric C24:0	16.79		8.00	+	8.00	← 16.79
Nervonic C24:1w9	71.43	H	3.33	+	3.33	← 71.43
Hexacosanoic C26:0	104.17	H	41.43	H +	41.43	← 104.17
PSS / PSD	29.94 / 36.07		-7.57 / 24.93			