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Date:

Next Test Due:

LabAssist™ Blood Test Report

Patient

Printed on Wednesday, September 2, 2009 for:

Direct Laboratory Services

P.O. Box 601
Mandeville, LA
800-908-0000
800-728-9048 (fax)

If there is a problem with this report, please contact us as soon as possible at: (775) 851-3337 or Fax (775) 851-3363

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Male / Age:

Direct Laboratory Services (2800)

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

-100 -50 0 50 100		% Status	Result	Low	High
		A/G Ratio	32.14 H	2.25	1.10 2.50
		Albumin	26.92 H	4.50	3.50 4.80
		Alkaline Phosphatase	-21.11	64.00	25.00 160.00
		Anion Gap	33.00 H	16.30	8.00 18.00
		B.U.N.	-7.14	14.00	5.00 26.00
		B.U.N./Creatinine Ratio	-23.10	11.11	6.00 25.00
		Basophil Count	-23.00	54.00	0.00 200.00
		Basophils	0.00	1.00	0.00 2.00
		Bilirubin, Total	50.00 H	1.20	0.10 1.20
		Calcium	-16.67	9.20	8.50 10.60
		Calcium/Phosphorus Ratio	-1.21	2.79	2.30 3.30
		Chloride	22.73	105.00	97.00 108.00
		Cholesterol	-45.83 L	145.00	140.00 260.00
		CO2	-16.67	24.00	20.00 32.00
		Creatinine	15.71	1.26	0.80 1.50
		Eosinophil Count	-23.00	108.00	0.00 400.00
		Eosinophils	-21.43	2.00	0.00 7.00
		Free T4 Index (T7)	6.76	3.30	1.20 4.90
		GGT	-28.79 L	14.00	7.00 40.00
		Globulin	-33.33 L	2.00	1.50 4.50
		Glucose	20.59	89.00	65.00 99.00
		HDL-Cholesterol	-35.00 L	40.00	34.00 74.00
		Hematocrit	2.86	43.40	36.00 50.00
		Hemoglobin	7.78	15.10	12.50 17.00
		Iron, Total	-6.52	90.00	40.00 155.00
		LDH	-29.33 L	131.00	100.00 250.00
		LDL	-2.94	94.00	62.00 130.00
		Lymphocyte Count	-27.21 L	1566.00	700.00 4500.00
		Lymphocytes	-3.13	29.00	14.00 46.00
		MCH	19.38	31.86	27.00 34.00
		MCHC	19.82	34.79	32.00 36.00
		MCV	14.23	91.56	80.00 98.00
		Monocyte Count	-31.11 L	270.00	100.00 1000.00
		Monocytes	-38.89 L	5.00	4.00 13.00
		Neutrophil Count	-23.30	3402.00	1800.00 7800.00
		Neutrophils	17.65	63.00	40.00 74.00
		Phosphorus	-10.00	3.30	2.50 4.50
		Potassium	-2.94	4.30	3.50 5.20
		Protein, Total	-30.00 L	6.50	6.00 8.50
		R.B.C.	-7.33	4.74	4.10 5.60
		sGOT	-43.94 L	14.00	12.00 45.00
		sGPT	-16.67	20.00	7.00 46.00
		Sodium	10.00	141.00	135.00 145.00
		T-3 Uptake	30.00 H	36.00	24.00 39.00
		Thyroxine (T4)	12.67	9.20	4.50 12.00
		Triglycerides	-25.13 L	57.00	10.00 199.00
		Ultra-Sensitive TSH	-11.43	1.64	1.10 2.50
		Uric Acid	12.07	6.00	2.40 8.20
		W.B.C.	-28.46 L	5.40	4.00 10.50
		Total Status Deviation	19.91		
		Total Status Skew	-5.47		

Client Summary Review

Male / Age:

Blood Test Date:

Direct Laboratory Services (2800)

Nutritional Support

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

- | | |
|---|---|
| <input type="checkbox"/> 1-Digestive Enzymes
With meals | <input type="checkbox"/> 1-Oral Electrolyte - Standard Formula
2x daily |
| <input type="checkbox"/> 2-SAM-e
1 - 3x daily | <input type="checkbox"/> 2-Sunlight
1 hour per day |
| <input type="checkbox"/> 3-Manganese
2x daily | <input type="checkbox"/> H - Astragalus
1 - 3 times daily (Avoid long-term use) |
| <input type="checkbox"/> H - Green Tea
1 - 3 times daily (Can be used as a drink) | |

Nutritional Supplements to AVOID

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

DHEA

Food Recommendations

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

Artichoke	Banana	Beef	Blueberries
Bok Choy Cabbage	Boysenberries	Butter Beans	Chestnuts
Clams	Coconut Cream	Cornish Game Hens	Currant, Black
Duck	Eggplant	Eggs	Flounder
Ginger	Goose	Grapefruit	Green Beans
Gruyere Cheese	Guava	Halibut	Honeydew Melon
Kidney Beans	Loganberries	Macadamia Nuts	Mackerel
Millet	Mozarella Cheese	Mushrooms	Mussels
Oysters	Peanuts	Plantains	Potatoes
Prawns	Pumpkin	Pumpkin Seeds	Rabbit
Salmon	Shad	Snapper	Sole
Soy	Sturgeon	Turkey	Veal
Venison	Wild Rice	Yams	

Foods to AVOID

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

Beer	Coffee (2)	Hydrogenated Fats	Margarine
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Nutrition - Detail

Male / Age:

Blood Test Date:

Direct Laboratory Services (2800)

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-Digestive Enzymes With meals

DIGESTIVE ENZYMES

Digestive enzymes are helpful in situations where there are signs of allergy, nutrient depletion, improper fat, protein or carbohydrate metabolism.

Decreased

Cholesterol
Protein, Total

Rationale

Normal

Glucose

Increased

1-Oral Electrolyte - Standard Formula 2x daily

ORAL ELECTROLYTE

The main electrolytes in the human body are sodium, potassium, phosphorus, calcium, chloride, magnesium and bicarbonate. During illness, the equilibrium present in healthy individuals, is disturbed. A well balanced formula is helpful in restoring a state of equilibrium. A sports formula will have greater levels of bicarbonate yet still keeping the proportion of the other salts in line.

Decreased

Normal

Potassium
CO2
Sodium

Increased

2-SAM-e 1 - 3x daily

SAM-e/S-Adenyls-L-Methionine

Recently, a great deal of research has gone into the benefits of SAM-e ("sammy") with clinical applications reported in depression, Alzheimer's disease, Parkinson's, fibromyalgia, osteoarthritis, liver disease and cardiovascular disease (lowers homocysteine). May cause gastrointestinal upset. Avoid using in conjunction with St. John's wort.

Decreased

Normal

Increased
Bilirubin, Total

2-Sunlight 1 hour per day

SUNLIGHT

Studies have shown that sunlight may be effective in lowering bilirubin levels. Care should be taken in not overexposing the skin and increasing the risk for certain melanomas.

Decreased

Normal

Increased
Bilirubin, Total

3-Manganese 2x daily

MANGANESE (Mn)

Concentrated in mitochondria, it stimulates the synthesis of cholesterol and fatty acids. Associated with a large number of enzymes in numerous areas of metabolism. Improves glucose tolerance, neurotransmission, vestibular and neuromuscular function.

Decreased

Cholesterol

Normal

Iron, Total

Increased

H - Astragalus 1 - 3 times daily Avoid long-term use

ASTRAGALUS

This herb (Astragalus membranaceus), has been reported to aid adrenal function, digestion, immune response, and metabolism. Its chemical content include: polysaccharides, B-sitosterol, choline and glucuronic acid. As with any herb, caution should be taken with its use. Avoid using astragalus if you have a fever.

Decreased

Monocytes
W.B.C.

Normal

Increased

H - Green Tea 1 - 3 times daily Can be used as a drink

GREEN TEA

Green tea has been extensively reported to be very beneficial in the prevention of many forms of cancer as well as an potent antioxidant. Caution should be used when consuming green tea as it may contain caffeine. As with any herb, caution should be taken with its use.

Decreased

Cholesterol

Normal

Increased
Anion Gap

AVOID THE FOLLOWING SUPPLEMENTS

AVOID DHEA

Contraindicated in females and children unless monitored by a physician

Decreased

Cholesterol

Normal

Increased