

**TEST PATIENT**

**Dr TEST DOCTOR**



Date of Birth : 01-Jan-1962  
 Sex : F  
 Collected : 23-Sep-2015

TEST HEALTH CENTRE  
 123 TEST STREET  
 BURWOOD VIC 3125

P: 1300 688 522  
 E: info@nutripath.com.au  
 A: PO Box 442 Ashburton VIC 3142

Lab id: **3401958** UR#:

**INTEGRATIVE MEDICINE**

BLOOD - SERUM

**VITAMIN B12.**

Result **126 \*L** Range 130 - 780 Units pmol/L



**VITAMIN B9 (Folate)**

Result **5 \*L** Range 6 - 45 Units nmol/L



BLOOD - Li HEPA

**VITAMIN B1**

Result **58 \*L** Range 66 - 200 Units units



**VITAMIN B2**

Result **4 \*L** Range 6 - 39 Units nmol/L



BLOOD - EDTA

**VITAMIN B6**

Result **32 \*L** Range 35 - 110 Units nmol/L



(\* ) Result outside normal reference range

(L) Result is below lower limit of reference range



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Lab id: **3401958** UR#:**Vitamin B group Comments****VITAMIN B1 FUNCTIONS::**

Essential for carbohydrate metabolism and energy production

Important for healthy nervous system

**Disease Implications:**

Frank deficiency causes beri-beri.(muscle wasting, nervous system interruption)

Less severe deficiency can cause a number of illnesses including depression, loss of appetite and the diseases associated with appetite suppression.

Deficiency has also been associated with dementia

**Major Sources:**

Liver, pork, brewer's yeast, brown rice, cereals, bread, pork, beans.

**VITAMIN B2 FUNCTIONS:**

Important for carbohydrate metabolism and energy production . Essential for growth and maintenance.

**Disease Implications:**

Because of its importance to healthy mucous membranes, deficiency of this vitamin leads to a host of symptoms associated with defective membrane integrity, such as sore tongue, mouth and lips, flaky skin, dry eyes.

Anemia, Implicated in nervous system disorders including depression.

**Major Sources:**

Liver, kidney, poultry, eggs, grains, milk, bread, dark green vegetables (spinach), nuts, cheese, brewer's yeast.

**VITAMIN B6 FUNCTIONS:**

Essential in neurotransmitter synthesis and maintaining healthy nervous system

Necessary in protein synthesis, Necessary for normal growth, Helps in energy production from glycogen.

Essential for linolenic acid metabolism and conversion to prostaglandin E1.

**Disease Implications:**

Frank deficiency leads to dwarfism.

Deficiency symptoms include fatigue, poor growth, night blindness, reduced sperm counts, hair loss, loss of appetite, dermatitis, anemia.

Deficiency associated with dementia and depression, In osteoporosis, this vitamin can enhance structural bone protein and is recommended (5-50 mg)

B6 supplementation helpful in depression acting to stimulate neurotransmitter synthesis

**Major Sources:**

Meat, liver, kidney, Chicken, Brewer's yeast, salmon, trout, beans, brown rice, brown or enriched bread, whole grain, cereals, sunflower seeds, tomato juice.

**VITAMIN B12 FUNCTIONS:**

Helps in DNA synthesis, Involved in protein synthesis and fat and carbohydrate metabolism

Necessary for formation of red blood cells, necessary to maintain health nervous system.

Assists calcium adsorption,

**Disease Implication:**

Frank Deficiency leads to megaloblastic anemia, deficiency symptoms include confusion, poor growth in children, hair loss, loss of appetite.

(\*) Result outside normal reference range

(L) Result is below lower limit of reference range

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**deficiency associated with peripheral nerve degeneration, dementia, depression.**

**Major Sources:**

**Meats, Liver, Kidney, chicken, cereals, brewer's yeast, dairy products egg.**

**Note: since the main sources are meats, vegans need to ensure they are taking adequate amounts from other sources to avoid any deficiency arising.**

**LOW FOLATE LEVELS:**

**Serum Folate levels are low. If supplementing, consider the use of folinic acid or L-5methyl Tetrahydrofolate (5MTHF).**

**When supplementing with 5MTHF, also use methylB12 for maximum effectiveness.**