



# SAMPLE REPORT

## 09-May-1990 Female

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16 HARKER STREET  
BURWOOD VIC 3125

Dr.SAMPLE REPORT  
TEST HEALTH CENTRE  
123 TEST STREET  
BURWOOD VIC 3125

LAB ID : 3814120  
UR NO. :  
Collection Date : 09-May-2022  
Received Date: 09-May-2022



3814120

### INTEGRATIVE MEDICINE

URINE, 6 HOUR

#### INTESTINAL PERMEABILITY

	Result	Range	Units	
Urine Volume, 6 hrs	750		mL	
Lactulose Recovery	0.66 *H	0.00 - 0.30	%	
Mannitol Recovery	29.00 *H	9.50 - 25.00	%	
Lactulose/Mannitol Ratio	0.023	0.000 - 0.035	RATIO	

(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang



**Int. Perm. Comment**

**HIGH LACTULOSE LEVEL:**

Result suggests increased intestinal permeability (leaky gut). Interpret in conjunction with Mannitol Recovery result. If Mannitol result is elevated, intestinal hyperpermeability is indicated.

Consider identifying and removing causative agents (Alcohol, Chemotherapy treatment, Exposure to allergenic foods, Gastroenteritis, Hypochlorrhidria, Intestinal dysbiosis, Maldigestion & malabsorption, Nonsteroidal anti-inflammatory drugs (NSAIDs), Pancreatic insufficiency, Pancreatitis, Parasitic infection, Sepsis, sIgA deficiency, Stress (corticotropin-releasing hormone), Trauma; burns, head injury).

Replace: Supplement hydrochloride, digestive enzymes or other digestive aids

Reinoculate: Prebiotic and probiotic supplementation

Repair: Use nutraceutical agents that will help heal the intestinal lining and lower inflammation. e.g. L-glutamine, aloe vera, zinc, slippery elm, omega 3, antioxidants, Nutrients e.g. EFAs, zinc, pantothenic acid, vitamins C, E, and A, beta carotene, N-acetyl glucosamine, gamma oryzanol, selenium, carotenoids, glutathione, N-acetyl cysteine.

Enhance good bacterial growth e.g. Oligosaccharides and Inulin

**Follow-up Testing:**

Perform a follow-up test 3 months after initiation of therapy to ensure adequate treatment/improvement.

Dietary sources of Mannitol during the test may give an increased level. Dietary sources include beetroot, onion, kelp, mushrooms, pumpkins, artificial sweeteners in chewing gum and confectionery.

Also assess IgG/IgA Food Antibody Panel to exclude possible food sensitivities.

**HIGH MANNITOL LEVEL:**

Result suggests increased intestinal permeability (leaky gut). Interpret in conjunction with Lactulose Recovery result. If Lactulose result is elevated, intestinal hyperpermeability is indicated.

Consider identifying and removing causative agents (Alcohol, Chemotherapy treatment, Exposure to allergenic foods, Gastroenteritis, Hypochlorrhidria, Intestinal dysbiosis (SIBO), Maldigestion & malabsorption, Nonsteroidal anti-inflammatory drugs (NSAIDs), Pancreatic insufficiency, Pancreatitis, Parasitic infection, Sepsis, sIgA deficiency, Stress (corticotropin-releasing hormone), Trauma; burns, head injury).

Replace: Supplement hydrochloride, digestive enzymes or other digestive aids

Reinoculate: Prebiotic and probiotic supplementation

Repair: Use nutraceutical agents that will help heal the intestinal lining and lower inflammation. e.g. L-glutamine, aloe vera, zinc, slippery elm, omega 3, antioxidants, Nutrients e.g. EFAs, zinc, pantothenic acid, vitamins C, E, and A, beta carotene, N-acetyl glucosamine, gamma oryzanol, selenium, carotenoids, glutathione, N-acetyl cysteine. Enhance good bacterial growth e.g. Oligosaccharides and Inulin

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treatment/improvement.

Ensure patient maintained a Mannitol-free diet during the test. Dietary sources include beetroot, onion, kelp, mushrooms, pumpkins, artificial sweeteners in chewing gum and confectionery.

**NORMAL LACT/MAN RATIO**

Repeat challenge test after a challenge meal and if increased lactulose excretion is observed, check for food allergies and use elimination/rotation diet.

Tests ordered: INTPERM

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(H) Result is above upper limit of reference rang