

16 HARKER STREET  
BURWOOD VIC 3125

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

LAB ID :                    3814206  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814206

## BIOCHEMISTRY

BLOOD - SERUM	Result	Range	Units	
<b>Activated Vitamin B12</b>	<b>61.0</b>	23.0 - 100.0	pmol/L	
<b>SERUM FOLATE</b>	<b>23</b>	6 - 45	nmol/L	

### General Chemistry Comment

#### ELEVATED HOMOCYSTEINE LEVEL:

May be due to high protein/Paleo diet. High methionine foods can falsely elevate Homocysteine. Also consider B12 deficiency, renal failure or medication such as Metformin.

Also possible SNPs in CBS, MTHFR, MTR, MTRR genes.

Consider reducing methionine intake, TMG (trimethylglycine) up to 6g daily plus NAC (N-acetylcysteine 600mg twice daily), along with B6 and B12.

Improve renal function. If due to prescription medications, consider changing medication or reducing dose where possible.

Homocysteine is elevated in B12, B6 and folate deficiency as well as renal impairment. A fasting specimen is required as homocysteine is affected by diet.

In the Methylation process, Homocysteine levels may be lowered by one of the following;

1. Conversion to Methionine to SAME (via TMG or methylB12)
2. Conversion to Cystathionine to Glutathione (via Vit B6)
3. Conversion to Tetrahydrofolate to 5MTHF (via VitB2, VitB6)

#### Serum Folate Comment:

High/Normal Folate levels do not necessarily reflect adequate levels of 5 MTHF (the most readily useable form of folate in the body).

If the serum Folate level is low, look at the Homocysteine level which will be elevated, whilst MMA levels will be normal.

#### Further assessments to consider:

Folate Metabolism Profile (THF, Folinic Acid, 5-MTHF), MTHFR gene status.

BLOOD - PLASMA

<b>HOMOCYSTEINE</b>	<b>15.0 *H</b>	5.0 - 12.0	umol/L	
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## INTEGRATIVE MEDICINE

BLOOD - SERUM      Result      Range      Units

### Research Use Only:

These analyses have been performed using test kits that are for Research Use Only, as per the assay manufacturer's guidelines.

The analytical performance characteristics of these tests have been determined by this laboratory.

The test results should not be used for diagnosis without confirmation by other medically established means.

BLOOD - PLASMA

<b>Tetrahydrofolate</b>	<b>4.2</b>	0.6 - 6.8	nmol/L	
<b>Folinic Acid</b>	<b>21.7</b>	9.0 - 35.5	nmol/L	
<b>5-Methyl Tetrahydrofolate</b>	<b>6.9</b>	6.6 - 39.9	nmol/L	

(\* ) Result outside normal reference range

(H) Result is above upper limit of reference rang



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# **SAMPLE REPORT**

**09-May-1990**      **Female**

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**BURWOOD VIC 3125**

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**3814206**

Tests ordered: HOMO,FOL,IMPEI,CFee,ActB12,5MTHF,THF,Folnic,RUO

(\*) Result outside normal reference range

(H) Result is above upper limit of reference rang