

P: 1300 688 522
E: info@nutripath.com.au

16 HARKER STREET
BURWOOD VIC 3125

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

LAB ID : 3814195
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814195

INTEGRATIVE MEDICINE







URINE, SPOT	Result	Range	Units	
Ammonia, Urine Spot	2639.0	1100.0 - 6000.	mmol/molC	
Glutamine/Glutamate	8.2	5.0 - 160.0	RATIO	
Essential Amino Acids				
Histidine, Urine	403	124 - 894	umol/gCR	
Isoleucine, Urine	20.0	3.0 - 28.0	umol/gCR	
Leucine, Urine	36.0	4.0 - 46.0	umol/gCR	
Lysine, Urine	51.0	11.0 - 175	umol/gCR	
Methionine, Urine	4.0	2.0 - 18.0	umol/gCR	
Phenylalanine, Urine	44.0	8.0 - 71.0	umol/gCR	
Taurine, Urine	314	21.0 - 424	umol/gCR	
Threonine, Urine	62.0	17.0 - 135	umol/gCR	
Tryptophane, Urine	42.0	5.0 - 53.0	umol/gCR	
Valine, Urine	31.0	7.0 - 49.0	umol/gCR	
Non-Essential Amino Acids				
Alanine, Urine	171	63.0 - 356	umol/gCR	
Asparagine, Urine	62.0	25.0 - 166	umol/gCR	
Aspartate, Urine	<DL (a) *L	2.0 - 14.0	umol/gCR	
Cysteine, Urine	15.0	8.0 - 24.0	umol/gCR	
Cystine, Urine	43.0	10.0 - 104	umol/gCR	
GABA, Urine.	1.0	0.0 - 5.0	umol/gCR	
Glutamate, Urine	31.0 *H	4.0 - 27.0	umol/gCR	
Glutamine, Urine	254	110 - 632	umol/gCR	
Proline, Urine	7.00	1.00 - 13.00	umol/gCR	
Tyrosine, Urine	77.0	11.0 - 135	umol/gCR	
B Vitamin Markers				
alpha-Amino adipic Acid, urine	24.0	2.0 - 47.0	umol/gCR	
alpha-Aminobutyric Acid, Urine	6.0	2.0 - 25.0	umol/gCR	
beta-Aminoisobutyric Acid, Urine	38.0	11.0 - 160	umol/gCR	
Cystathionine, Urine	10.0	2.0 - 68.0	umol/gCR	
3 Methyl Histidine, Urine	247	44.0 - 281	umol/gCR	
Urea Cycle Markers				
Citrulline, Urine	2.20	0.60 - 3.90	umol/gCR	
Ornithine, Urine	7.0	2.0 - 21.0	umol/gCR	
Glycine/Serine Metabolites				
Glycine, Urine	132	95.0 - 683	umol/gCR	
Serine, Urine	70.0	40.0 - 163	umol/gCR	
Ethanolamine, Urine	133	50.0 - 235	umol/gCR	
Phosphorylethanolamine, Urine	2.0	1.0 - 13.0	umol/gCR	

(*) Result outside normal reference range

(H) Result is above upper limit of reference rang (L) Result is below lower limit of reference range



INTEGRATIVE MEDICINE

URINE, SPOT	Result	Range	Units	
Phosphoserine, Urine	4.0	3.0 - 13.0	umol/gCR	
Sarcosine, Urine	0.4	0.1 - 1.1	umol/gCR	
Dietary Peptide Related Markers				
Anserine, Urine	5.0	0.4 - 105	umol/gCR	
Carnosine, Urine	31.0 *H	1.0 - 28.0	umol/gCR	
1 Methyl Histidine, Urine	189 *H	< 38.0	umol/gCR	
beta-Alanine, Urine	17.0	1.0 - 22.0	umol/gCR	

Amino Acids Comment

Aspartate Low - inhibits ammonia detoxification in the urea cycle. Can be converted to oxaloacetate using B6 and a-KetoGluterate and thus enter the Krebs cycle. Low levels can reflect decreased cellular energy generation, seen as fatigue. Citric and aspartic acids can drive the Krebs (citric acid) cycle, when combined with B6 and a-KetoGluterate.

Treatment: a-KetoGluterate 600mg BID; B6 100mg.

Glutamic Acid High - possible underconversion to a-KG in liver for use in citric acid cycle. Derived from dietary protein and, endogenously formed and removed in the processes of transamination and deamination. Ornithine, a urea cycle metabolite, is a major source of endogenously formed glutamate.

Levels of glutamate may be high as a result of excessive intake of dietary protein and/or B-6 insufficiency or impaired metabolism of B-6 (eg. transformation to active P-5-P).

Plasma levels of glutamate may be low with renal wasting, which could be confirmed by plasma amino acid analysis. Since glutamate is involved in ammonia detoxification, associated symptoms might include protein intolerance, headaches, fatigue, irritability, diarrhea and nausea.

Treatment: Niacin 50mg; B6 100mg BID.

Glutamine/Glutamate Ratio NORMAL

No suggestion of specimen decay.

When aged, warmed or improperly preserved, glutamine readily breaks down to glutamate and ammonia.

Creatinine, Urine Spot.	11.8	5.0 - 13.0	mmol/L	
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