

Accession #:  
Order #:  
Reference #:  
Patient:  
Date of Birth:  
Age:  
Sex:  
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Comment:

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Telephone:  
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## 0113 Bloodspot Amino Acids 20 Profile

*Methodology: High Pressure Liquid Chromatography*

### **Bloodspot Amino Acids 20 Interpretation**

For interpretive information, visit [www.metamatrix.com/files/test-menu/interpretive-guides/Amino-Acids-Bloodspot-IG.pdf](http://www.metamatrix.com/files/test-menu/interpretive-guides/Amino-Acids-Bloodspot-IG.pdf)

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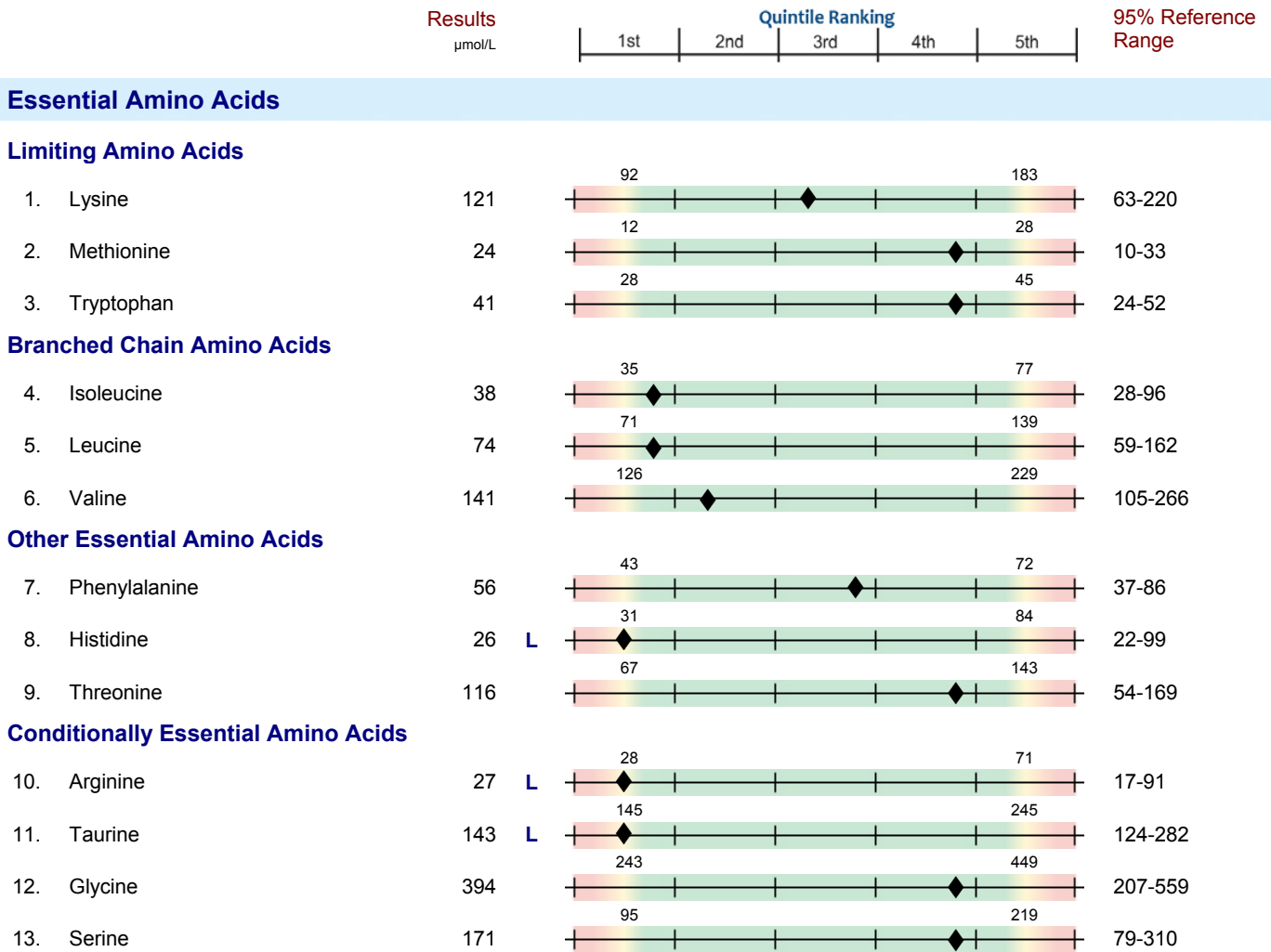
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**AMINO  
ACIDS**

**0113 Bloodspot Amino Acids 20 Profile**

Methodology: High Pressure Liquid Chromatography

Ranges are for ages 13 and over





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Ranges are for ages 13 and over

		Results µmol/L	Quintile Ranking					95% Reference Range
			1st	2nd	3rd	4th	5th	
<b>Vascular Function</b>								
14.	Arginine	27 L	28				71	17-91
15.	Taurine	143 L	145				245	124-282
<b>Neurotransmitters and Precursors</b>								
16.	Phenylalanine	56	43				72	37-86
17.	Tyrosine	48	44				85	36-99
18.	Tryptophan	41	28				45	24-52
19.	Glutamic Acid	111 L	112				207	97-258
20.	Taurine	143 L	145				245	124-282
<b>Sulfur Amino Acids (Glutathione - related)</b>								
21.	Methionine	24	12				28	10-33
22.	Taurine	143 L	145				245	124-282
<b>Urea Cycle and Ammonia Detoxification</b>								
23.	Arginine	27 L	28				71	17-91
24.	Citrulline	30	19				41	16-51
25.	Ornithine	78	68				158	50-210
26.	Glutamine	379	307				520	209-573
27.	Asparagine	52	49				77	42-88
28.	Aspartic Acid	107	44				180	26-233
<b>Ratios</b>								
29.	Phenylalanine/Tyrosine	1.17						<= 1.19
30.	Glutamic Acid/Glutamine	0.29	0.26				0.51	0.22-0.88
31.	Tryptophan/LNAA*	0.122 H	0.061				0.093	0.050-0.105

\*Large neutral amino acids (Leu+Ile+Val+Phe+Tyr)



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### Amino Acid Formula Recommendation

The table below shows a customized amino acid formula based on the results of your laboratory profile. The formula is optimized by adding amounts shown in the Grams Added column according to the relative positions of results found.

Directions: Adults mix 1 and 1/2 measuring teaspoon (5g) in juice or water 2 times daily between meals as a dietary supplement, or as directed by a health care provider. Children under 12 years old: 3/4 teaspoon, 1-2 times daily between meals. Children under 5 years old: Use 1/4 teaspoon, 1-3 times daily; adjust for body weight.

	Grams Added	% of Formula	Active mg/day
L-Arginine HCl (80% active)	14	12.54	1,003
L-Histidine HCl (74% active)	37	21.48	1,590
L-Isoleucine	5	7.96	796
L-Leucine	7	10.98	1,098
L-Lysine HCl (80% active)	1	8.21	657
L-Methionine	0	5.16	516
L-Phenylalanine	0	8.64	864
Taurine	10	3.33	333
L-Threonine	0	5.42	542
L-Tryptophan	0	1.48	148
L-Valine	4	8.90	890
Pyridoxal-5-phosphate	0	0.27	20
Alpha-ketoglutaric acid	0	7.69	569

Total grams added	78
Base Formula amount	222
Total Weight	300



L-5-Hydroxytryptophan	0	0.49	30
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This formula is intended to optimize essential and conditionally essential amino acid intake. Other non-essential amino acids can be produced in human tissues. Pyridoxal-5-phosphate (an active form of vitamin B6) and alpha-ketoglutaric acid are key factors needed for the body's utilization of amino acids.

The formula may be ordered as a powder that dissolves easily in beverages or may be added to foods such as applesauce. Other forms of supplemental dietary protein or amino acids may need to be restricted while using your customized formula. If enhanced energy levels prevent sleep, avoid bedtime use.

This formula is provided as a starting point that may guide decisions about medical treatment based on the test results. It is derived only from the laboratory results included in this report. Final recommendations should be based on consideration of the patient's medical history and current clinical condition.