

VITAMINS	RESULT	REFERENCE RANGE
Vitamin B1 Thiamine	2.72 ng/ml	1.6 - 8.6
Vitamin B2 Riboflavin & FAD	333.74 ng/ml	60 - 600
Vitamin B3 Nicotinic Acid, Nicotinamide	4360 ng/ml	2200 - 5500
Vitamin B5 Pantothenic Acid	104 ng/ml	52 - 480
Vitamin B6 Pyridoxine, PLP	37.9 ng/ml	28 - 330

VITAMINS	RESULT	REFERENCE RANGE
Vitamin B7 Biotin	58.9 ng/ml	0.9 - 24.3
Vitamin B9 Folic Acid, 5-MTHF	19.8 ng/ml	5.4 - 34
Methylmalonic Acid B12 Deficiency if greater than 66	36.4 ng/ml	0 - 66
Vitamin C Ascorbic Acid	4790 ng/ml	2300 - 6100
Vitamin D 25-Hydroxyvitamin D2 & D3	16.6 ng/ml	15.7 - 48

VITAMINS PRO	RESULT	REFERENCE RANGE
Vitamin A Retinol	716 ng/ml	490 - 1650

VITAMINS PRO	RESULT	REFERENCE RANGE
Vitamin E Alpha-Tocopherol, Gamma-Tocopherol	1750 ng/ml	1900 - 6080

AMINO ACIDS	RESULT	REFERENCE RANGE
L-Alanine Alanine	15.3 ug/ml	5.25 - 39.1
L-Carnitine Carnitine	6.5 ug/ml	1.7 - 8.3
L-Leucine Leucine	9.7 ug/ml	4.2 - 31.2
L-Valine Valine	28.0 ug/ml	11.3 - 56.9

AMINO ACIDS	RESULT	REFERENCE RANGE
L-Arginine Arginine	1.6 ug/ml	0.35 - 4.8
L-Isoleucine Isoleucine	10.6 ug/ml	4 - 20
L-Glutamine Glutamine	40.5 ug/ml	5.8 - 37
L-Lactic Acid Lactic Acid	327.0 ug/ml	118 - 406

FATTY ACIDS	RESULT	REFERENCE RANGE
Alpha-Linolenic Acid A-Linolenic Acid	6.7 ug/ml	1.4 - 6.2
Docosahexaenoic Acid	1.3 ug/ml	1.5 - 6.6
Docosapentaenoic Acid	0.3 ug/ml	0.49 - 2.2
Arachidonic Acid	8.9 ug/ml	4.6 - 26

FATTY ACIDS	RESULT	REFERENCE RANGE
Linoleic Acid	37.6 ug/ml	24 - 81
AA / EPA Ratio	22.46	2 - 71
Eicosapentaenoic Acid	0.4 ug/ml	0.4 - 1.8
Fatty Acid Ratio Omega-6 / Omega-3	5.32	2 - 10

HORMONES	RESULT	REFERENCE RANGE
Testosterone	< 10 ng/dl	10 - 90
Testosterone / Cortisol Ratio	0.00000	

HORMONES	RESULT	REFERENCE RANGE
Cortisol	77.4 ng/ml	40 - 204

The laboratory services are for informational purposes only. It is not the intention of OptiHealth Lab Inc. to provide specific medical advice but rather to provide users with information to better understand their health. Specific medical advice including diagnosis and treatment will not be provided. The test results are subject to the same privacy and release restrictions that HIPAA (The Health Insurance Portability and Accountability Act of 1996) places on all medical records. The HIPAA Privacy Rule, protects the privacy of individually identifiable health information. Always seek the advice of a trained health professional for medical advice, diagnosis or treatment. Result(s) may not be accurate due to incorrect sample collection. This test has not been approved by the FDA. *Methylmalonic acid (MMA) is a B12 deficiency indicator. The reference range of MMA is 0-66 ng/ml. When vitamin B12 deficiencies occur, methylmalonic acid levels increase. When the value of MMA is higher than 66, it indicates a possible B12 deficiency.