



MyHealthResults™

By Acumen  BioLogics™
Smart Health™

Customer ID: 1000RK010508

Smart Health Report™

Report Date: 01/20/2008

The information contained in this report is for the exclusive use of addressee and contains confidential, privileged and non-disclosable information. If the recipient of this report is not the addressee, such recipient is prohibited from reading or using this message in any way and such recipient is further notified that any dissemination, distribution or copying of this report is strictly prohibited. If you have received this report in error, please notify Acumen BioLogics, Inc. immediately at service @acumenbiologics.com.

Disclaimer: Acumen BioLogics, Inc. and Myhealthresults.com does not provide medical advice, diagnosis, or treatment. Smart Health™ Reports "Content" such as text, graphics, images and other material are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified health provider with any questions regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in your Smart Health™ Report.

Your Personalized Smart Health™ Report includes:

1. Your Laboratory Test Results

This is your copy of your blood test results for the Smart Health™ Report tests you ordered from the Certified Laboratory. It includes the test run, your result and the laboratory range. The laboratory ranges for each element are found on the laboratory results page(s).

2. Graphical Indicator for Your Blood Chemistry Results

This graph is a visual representation of your test results within the laboratory range. The median of the range is used as the mid-point or optimal point of the range for graphical display.

3. Individual Blood Chemistry Test(s) and Description(s)

These are easy to understand descriptions of what each test is, why it is run and information on what it may mean if it is high or low. This provides you with information you need to understand your personal health and ask informed questions to your professional health care provider.

4. Complete Blood Count (CBC) Results and Descriptions

The grid is a visual representation of your results with the mid-point of the laboratory range. Below the grid is the description of each element of the CBC, what the test measures and what it may mean if it is high or low. A CBC is the most common blood test run.

Acumen BioLogics
1708 West 6450 South
Salt Lake City, UT 84121



(801) 295-5602 (800) 541-7891 FAX (801) 295-5707
CLIENT SERVICES (801) 295-5602 (800) 349-8586

PATIENT NAME 1000BK010508	PATIENT ID 12011953RK	DOB 12/01/1953	SEX F	AGE	PT. PHONE NO.	PT. LAB NO.
PHYSICIAN ACUMEN BIOLOGICS,	COLLECT DATE & TIME 01/05/2008 08:20	DATE OF SERVICE 01/05/2008	REQUISITION NO. 1000000	STATUS Final	PAGE 1	

COMMENTS: S14454:AHEMP2, ATDIF2, BTB, CMPAC, CMPC, FE, GGT, LD, LIPID, MG, PHOS, TSH, UA, URIC- Not Given; AHEMP2, ATDIF2, BTB, CMPAC, CMPC, FE, GGT, LD, LIPID, MG, PHOS, TSH, UA, URIC- PUT

For additional diagnostic criteria, see our test directory at www.paml.com

Comprehensive Metabolic Panel					
Sodium	137			mmol/L	135-145 PU
Potassium	4.1			mmol/L	3.5-5.3 PU
Chloride	107			mmol/L	98-109 PU
CO2		19	L	mmol/L	22-32 PU
Glucose	87			mg/dL	65-99 PU
BUN	17			mg/dL	7-23 PU
Creatinine	0.8			mg/dL	0.6-1.2 PU
Calcium	9.3			mg/dL	8.5-10.5 PU
Protein, Total	7.2			g/dL	6.3-8.0 PU
Albumin	4.2			g/dL	3.5-5.0 PU
Bilirubin, Total	1.0			mg/dL	0.1-1.5 PU
Alkaline Phosphatase	45			U/L	38-110 PU
AST	19			U/L	5-40 PU
ALT	34			U/L	5-50 PU
Anion Gap	11			mmol/L	5-16 PU
CMP Calculations					
BUN/Creatinine Ratio	21.3			Ratio	7.0-24.0 PU
Globulin	3.0			g/dL	1.8-3.5 PU
A/G Ratio	1.4			Ratio	1.1-2.2 PU
Iron	147			ug/dL	30-150 PU
GGT	13			U/L	5-65 PU
LD	180			U/L	100-200 PU
Lipid Profile					
Cholesterol	194			mg/dL	<200 PU
Triglycerides	126			mg/dL	<150 PU
HDL	48			mg/dL	>39 PU
LDL [Calculated]		121	H	mg/dL	<100 PU
The LDL goal varies from 70 to 160 depending on the clinical risk category. For specific risk assessment criteria, see our test directory at (www.paml.com).					
Magnesium	2.3			mg/dL	1.5-2.4 PU
Phosphorus	3.3			mg/dL	2.5-4.8 PU
Uric Acid	4.9			mg/dL	2.0-6.7 PU
Hemoexam with Pit					
White Blood Cells	8.9			K/uL	4.0-11.0 PU
Red Blood Cells	5.07			M/uL	3.80-5.20 PU
Hemoglobin	15.2			g/dL	11.6-15.5 PU
Hematocrit	44.1			%	35.0-46.0 PU
MCV	87.1			fL	80.0-100.0 PU
MCH	30.0			pg	27.0-34.0 PU
MCHC	34.5			g/dL	32.0-35.5 PU
RDW	11.8			%	11.0-15.0 PU
Platelets	294			K/uL	150-450 PU
Differential					
Differential Type	Automated				
Neutrophils	67.4			%	40.0-80.0 PU
Lymphocytes	23.4			%	21.0-49.0 PU

Continued on next page

01/07/2008 05:48

FACUBK

Disclaimer: Acumen BioLogics, Inc. and Myhealthresults.com does not provide medical advice, diagnosis, or treatment. Smart Health™ Reports "Content" such as text, graphics, images and other material are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified health provider with any questions regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in your Smart Health™ Report.

Acumen BioLogics
1708 West 6450 South
Salt Lake City, UT 84121



(801) 295-5602 (800) 541-7891 FAX (801) 295-5707
CLIENT SERVICES (801) 295-5602 (800) 349-8586

PATIENT NAME 1000RK010508	PATIENT ID 12011953RK	DOB 12/01/1953	SEX F	AGE	PT. DIAGNOSIS	PT. LAB NO.
PHYSICIAN ACUMEN BIOLOGICS,	COLLECT DATE & TIME 01/05/2008 08:20	DATE OF SERVICE 01/05/2008		REQUISITION NO. 1000000	STATUS Final	PAGE 2

COMMENTS: S14454:AHMP2, ATDIF2, BTB, CMPAC, CMPC, FE, GGT, LD, LIPID, MG, PHOS, TSH, UA, URIC- Not Given; AHMP2, ATDIF2, BTB, CMPAC, CMPC, FE, GGT, LD, LIPID, MG, PHOS, TSH, UA, URIC- PUT

For additional diagnostic criteria, see our test directory at www.paml.com

Monocytes	7.3	%	3.0-11.0	PU
Eosinophils	1.6	%	0.0-7.0	PU
Basophils	0.3	%	0-2	PU
Neutrophils, Absolute	4.70	K/uL	2.00-7.30	PU
Lymphocytes, Absolute	1.60	K/uL	1.00-5.00	PU
Monocytes, Absolute	0.50	K/uL	0.00-0.80	PU
Eosinophils, Absolute	0.10	K/uL	0.00-0.50	PU
Basophils, Absolute	0.00	K/uL	0.00-0.20	PU
Urinalysis, Routine				PU
Color	Yellow			PU
Appearance	Clear			PU
Glucose	Negative	mg/dL	NEG	PU
Bilirubin	Negative	mg/dL	NEG	PU
Ketones	Negative		1.001-1.030	PU
Specific Gravity	1.020		5.0-7.0	PU
pH	7.0		NEG	PU
Protein	Negative	mg/dL	NEG	PU
Urobilinogen	0.2	mg/dL	0.2-1.0	PU
Nitrite	Negative		NEG	PU
Blood	Negative		NEG	PU
Leukocyte Esterase	Negative		NEG	PU
Thyroid Battery				01
Free Thyroxine Index	8.6	%	5.0-12.0	01
T3 Uptake	29.4		22.5-37.0	01
Thyroxine (T4)	8.8	ug/dL	5.0-12.0	01
TSH	2.01	uIU/mL	0.40-5.00	PU
Performing Labs				
01				
PU				
End of Report.				
Pathology Associates Medical Laboratories, 110 W Cliff Ave, Spokane, WA 89204				
Pathology Associates Medical Laboratories, (Formerly Bio-Labs), 415 Medical Dr. Ste C-102, Bountiful, UT 84010				
01/07/2008 05:48				FACUBIC

Disclaimer: Acumen BioLogics, Inc. and Myhealthresults.com does not provide medical advice, diagnosis, or treatment. Smart Health™ Reports "Content" such as text, graphics, images and other material are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified health provider with any questions regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in your Smart Health™ Report.

Physiological Blood Test Values

Name	Test Result	Physiological Blood Test Values			
		Extreme	Moderate	Slight	Serious
		Test % Low		Test % High	
Glucose, Serum	87.00				
Uric Acid, Serum*	4.90				
Creatinine, Serum*	0.80				
Sodium, Serum*	137.00				
Potassium, Serum*	4.10				
Chloride, Serum*	107.00				
Carbon Dioxide, Total	19.00				
Calcium, Serum	9.30				
Phosphorus, Serum*	3.30				
Magnesium, Serum	2.30				
Protein, Total*	7.20				
Albumin, Serum*	4.20				
Globulin, Serum*	3.00				
A/G Ratio*	1.40				
Bilirubin, Total	1.00				
Alkaline Phosphatase, Serum	45.00				
LDH	180.00				
AST (SGOT)*	19.00				
ALT (SGPT)*	34.00				
GGT*	13.00				
Iron, Total	147.00				
Cholesterol, Total*	194.00				
Triglycerides*	126.00				
HDL Cholesterol	48.00				
LDL Cholesterol, Calc	121.00				
TSH	2.01				
Thyroxine (T4)	8.80				
T3 Uptake	29.40				
BUN/Creatinine Ratio	21.30				
Specific Gravity	1.02				
pH*	7.00				
BUN*	17.00				

<< Previous Next >>

Disclaimer:

The New Optimal Wellness™ Profile is a preventive assessment tool to be used solely by a licensed medical professional for diagnosis and recommendations. The New Optimal Wellness™ Profile as a whole has not been approved by the Food and Drug Administration.

art Health™
 it intended
 provider
 se of

Element Descriptions:

Substance/Compound Name : Carbon Dioxide, Total **Test Results :** 19.00

What is this test?

The CO₂ level is related to the respiratory exchange of carbon dioxide in the lungs and is part of the body's buffering system. Carbon Dioxide is really a measure of bicarbonate in the blood. About 75% is produced from cellular respiration is carried in the blood as the bicarbonate ion. 5% remains in solution as dissolved CO₂ and the remaining 20% remains combined with hemoglobin and other plasma proteins.

Possible cause:

CO₂, as a bicarbonate, is available for acid-base balancing. Bicarbonate neutralizes metabolic acids, such as hydrochloric and lactic acid. Generally when used with the other electrolytes, it is a good indicator of respiratory and /or metabolic acidosis and alkalinity. High levels may indicate metabolic alkalosis (a condition of excess base, alkali, in the body fluids), adrenal hyperfunction, hypochlorhydria (insufficient stomach acid), and respiratory acidosis (abnormal acidity of the blood). Low levels may indicate metabolic acidosis (increased acidity), thiamine (vitamin B1) deficiency, respiratory alkalosis, diabetes, renal dysfunction, highly refined diet, shallow breathing, sleep apnea, or dehydration.

Substance/Compound Name : Cholesterol, Total* **Test Results :** 194.00

What is this test?

Cholesterol is a critical fat that is a structural component of cell membrane and plasma lipoproteins, and is important in the synthesis of steroid hormones, glucocorticoids, and bile acids. Mostly synthesized in the liver, some is absorbed through the diet, especially one high in saturated fats. High density lipoproteins (HDL) is desired as opposed to the low density lipoproteins (LDL), two types of cholesterol. Studies have established that total blood cholesterol levels may be independently and positively correlated with risk for coronary heart disease.

Possible cause:

Elevated cholesterol has been seen in arteriosclerosis, diabetes, hypothyroidism and pregnancy. Low levels are seen in depression, malnutrition, liver insufficiency, malignancies, anemia and infection.

Substance/Compound Name : Iron, Total **Test Results :** 147.00

What is this test?

Iron is essential to the formation and function of hemoglobin, which carries oxygen from the lungs to the tissues. Iron levels may be measured to help in diagnosing a number of conditions, including anemia. Iron is necessary for the formation of some proteins, hemoglobin, myoglobin, and cytochrome. Iron is also necessary for oxygen transport, cellular respiration and peroxide deactivation.

Possible cause:

Low levels are seen in many anemias, copper deficiencies, low vitamin C intake, liver disease, chronic infections, high calcium intake and women with heavy menstrual flows. High levels are seen in hemochromitosis, liver damage, pernicious anemia and hemolytic anemia.

Substance/Compound Name :

ALT (SGPT)*

Test Results : 34.00**What is this test?**

Serum Glutamic Pyruvic Transaminase (SGPT) is an enzyme found primarily in the liver but also to a lesser degree, the heart and other tissues. It is useful in diagnosing liver function more so than SGOT levels.

Possible cause:

Decreased SGPT in combination with increased cholesterol levels is seen in cases of a congested liver. We also see increased levels in mononucleosis, alcoholism, liver damage, kidney infection, chemical pollutants or myocardial infarction.

Substance/Compound Name :

Chloride, Serum*

Test Results : 107.00**What is this test?**

Chloride is involved in maintaining the normal amount of water and the acid-base balance in body fluids. In general, the serum level of chloride is closely associated with the level of sodium. Chloride's significance relates to its maintenance of cellular integrity through its influence on osmotic pressure. Chloride also helps monitor acid-base balance and water balance.

Possible cause:

Chloride levels higher or lower than normal can be associated with metabolic acidosis and alkalosis and with diseases of the gastrointestinal tract, kidney, and adrenal gland. Elevated levels are related to acidosis, as well as too much water crossing the cell membrane. Decreased levels with decreased serum albumin may indicate water deficiency crossing the cell membrane (edema).

This completes a brief sample of what a report contains and is not a final report

It's Your Health – You Should Know!™



Disclaimer: Acumen BioLogics, Inc. and Myhealthresults.com does not provide medical advice, diagnosis, or treatment. Smart Health™ Reports "Content" such as text, graphics, images and other material are for informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your qualified health provider with any questions regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in your Smart Health™ Report.