

| | | | | |
|-----------------------------------|-------------|-------------|---|---------------------|
| Glenville Nutrition Clinic Dublin | Name | | | |
| 10 Orwell Road, Rathgar | D.o.B. | Gender | M | Request No. |
| IRL Dublin D06 T265 | Address | | | Received |
| Fax | | | | Reported |
| Client No. | Patient No. | Sampl. Time | | 30.01.2023 14:14:00 |

Height cm Weight kg Body Mass Index

Medical History:

Keine Angaben

Interpretation:

Glutathione Metabolism

| Test Name | Result | Ref. Range | Units | Previous | Trend Line /Date |
|--------------------------------|--------|-------------|-------|----------|------------------|
| GSH Profile | | | | | |
| GPX/Glutathion-Peroxidase (WB) | 56.0 | 27.5 - 73.6 | U/gHb | | |

Nitrosative Stress

| | | | | | |
|--------------------------|--------|-------------|-------|--|--|
| SOD/Superoxide dismutase | ↓ 1055 | 1102 - 1601 | U/gHb | | |
|--------------------------|--------|-------------|-------|--|--|

Essential Elements

| | | | | | |
|----------------------|--------|--------------|-------|--|--|
| Vitamin A | 460.04 | 400 - 800 | µg/l | | |
| Vitamin E/Tocopherol | 14.56 | 12 - 20 | mg/l | | |
| Copper (WB) | 73.6 | 69.8 - 177.8 | µg/dl | | |

Vitamin-D-metabolism

| | | | | | |
|-------------------|--------|---------|-------|--|--|
| Vitamin D (25-OH) | ↓ 28.6 | 30 - 80 | ng/ml | | |
|-------------------|--------|---------|-------|--|--|

Iron metabolism

| | | | | | |
|----------|-----|----------|-------|--|--|
| Ferritin | 149 | 30 - 400 | ng/ml | | |
|----------|-----|----------|-------|--|--|

The target range is >35 ng/ml

Omega 3 Index






| | | | | | |
|------------------|--------|--------|---|--|--|
| HS Omega-3-Index | ↓ 4.94 | 8 - 11 | % | | |
|------------------|--------|--------|---|--|--|

Ω-3 fatty acids (E)

| | | | | | |
|--|------|------------|---|--|--|
| alpha-Linoleic acid (18:3,n-3) | 0.17 | | % | | |
| Eicosapentaenoic acid (EPA) (20:5,n-3) | 0.57 | | % | | |
| Docosapentaenoic acid (20:5,n-3) | 1.98 | | % | | |
| Docosahexaenoic acid (DHA) (20:6,n-3) | 4.37 | | % | | |
| Total omega-3-fatty acids | 7.08 | 3.1 - 20.8 | % | | |






Ω-6 fatty acids (E)

| | | | | | |
|--------------------------------|------|--|---|--|--|
| Linoleic acid (18:2,n-6) | 9.89 | | % | | |
| gamma-Linoleic acid (18:3,n-6) | 0.03 | | % | | |
| Eicosadienoic acid (20:2,n-6) | 0.18 | | % | | |

| Test Name | Result | Ref. Range | Units | Previous | Trend Line /Date |
|--|---------|---|-------|----------|------------------|
| Homo-gamma-linoleic acid (20:3,n-6) | 1.24 | | % | | |
| Arachidonic acid (AA) (20:4,n-6) | 15.71 | | % | | |
| Docosatetraenoic acid (20:4,n-6) | 2.28 | | % | | |
| Docosapentaenoic acid (20:5,n-6) | 0.44 | | % | | |
| Total omega-6-fatty acids | 29.76 |  18.6 - 39.6 | % | | |
| Fatty acid relation (E) | | | | | |
| Ratio omega 6:3 fatty acids | 4.20 |  1 - 6.7 | | | |
| Ratio Polyunsat: sat. Fatty acids | ↓ 0.83 |  1.21 - 1.47 | | | |
| Monounsaturated fatty acids (E) | | | | | |
| Palmitoleic acid (16:1,n-7) | 0.08 | | % | | |
| Oleic acid (18:1,n-9) | 12.97 | | % | | |
| Aerogondo acid (20:1,n-9) | 0.01 | | % | | |
| Nervonic acid (24:1) | 5.65 | | % | | |
| Total unsaturated Fatty acids | 18.71 |  11.6 - 29.3 | % | | |
| Saturated fatty acids (E) | | | | | |
| Myristic acid (14:0) | 0.19 | | % | | |
| Palmitic acid (16:0) | 20.26 | | % | | |
| Stearic acid (18:0) | 15.46 | | % | | |
| Arachidic acid (20:0) | 0.44 | | % | | |
| Behenic acid (22:0) | 1.94 | | % | | |
| Lignoceric acid (24:0) | 6.13 | | % | | |
| Total saturated fats | ↑ 44.42 |  31 - 43.7 | % | | |
| Trans fatty acids | | | | | |
| Transpalmitoleic acid | 0.00 | | % | | |
| Trans Oleic acid (18:1,n-9) | 0.01 | | % | | |
| Translinoleic acid (18:2,n-6) | 0.01 | | % | | |
| Total Trans fatty acids | 0.02 |  < 2.1 | % | | |

METALS & MINERALS (WHOLE BLOOD)

Mineral Profil (Basis)

| | | | |
|--|-------|---|--------|
| Calcium (WB) | 1.32 |  1.14 - 1.68 | mmol/l |
| Magnesium (WB) | 1.31 |  1.28 - 1.69 | mmol/l |
| Selenium (WB) | 132.2 |  100 - 160 | µg/l |
| <i>therapeutic range: 160 - 240 µg/l</i> | | | |
| Zinc (WB) | 596 |  400 - 750 | µg/dl |
| Potassium (WB) | 43.1 |  36 - 52 | mmol/l |

Laboratory diagnostics carried out and validated by MVZ Labor Bavariahaus, in the case of individual parameters by the authorised partner laboratory, where applicable.