

Wellness Screening

Vital Check-up



Sample Report

Sample Report
Vital Wellness
Sunday, Jan 1, 2021



dna | health

Detox
Balance
Energy
Immunity
Nutrition
Gut Health
Brain

“A comprehensive screening
report that helped guide me
to better health”

Daniel T
DNA Health Client

The Growing Impact of Lifestyle on Health

In today's face-paced world, more than ever, people are increasingly susceptible to lifestyle diseases such as obesity, cancer, heart disease, diabetes, autoimmune diseases and dementia. Collectively, these chronic diseases are the leading causes of disability and premature death worldwide.

About

20%

Of the adult population in the UAE smoke



9/10

People in the UAE are at risk of cardiovascular disease



Nearly

30%

Of the population suffer from generative spine disease



60%

UAE residents suffer from work-related stress



An average of

19%

Of the UAE population suffer from diabetes



70% MEN
60% WOMEN

Over the age of 15 are considered over weight



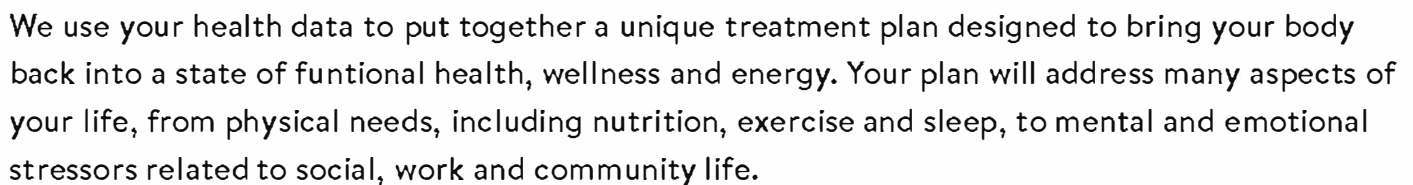
Health is the most vital investment an individual can make. Preventing disease by identifying warning signs in the earliest stages is the cornerstone of any effective screening programme.

Unlike other health screenings, the DNA Health's screening uses powerful software based on the latest medical research, designed to prevent and detect disease at the earliest stages

Blood test biomarkers are interpreted using ground-breaking analysis by combining a collection of rules, scoring, weighting, probability, uncertainty, and inference to produce a powerful interpretive "Functional Health Report".

The Functional Health Report succinctly outlines the dysfunction that exists in various physiological systems in the body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health.

Use The Latest Health & Wellness Analytical Software

**Current Screening Date****Next Screening Date**

01/01/2021

01/01/2022



REALISE YOUR POTENTIAL

HEALTH REPORT

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Dr. Al Jafari's Notes



Dear *****

It has been a pleasure to welcome you to our Clinic. The entire DNA Health team feels privileged to be a part of your journey to wellness and longevity.

	Vitals	Target Range
Date of Birth	25/07/1971	
Age (years)	47	
Blood Pressure	126/88	120/60-140/85
Height (cm)	179 cm	
Weight (Kg)	79 kg	
Body Mass Index	24.7	18.5 - 25.9

Summary of Findings

- No Issues.

- Total Cholesterol and LDL-Cholesterol is acceptable in the context of the normal Triglycerides and good HDL-Cholesterol

Next Steps

- Follow-up Doctor for 'Health Improvement Plan' and full lifestyle review

Blood Test Results Report



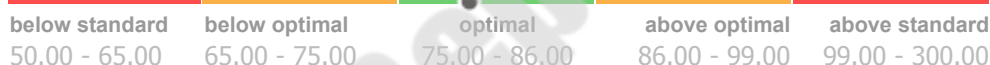
The Blood Test Results Summary Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range. The biomarkers appear in the order in which they appear on the lab test form.

Above Optimal Range 4 Current ↑	Above Standard Range 3 Current ↑↑	Alarm High 0 Current ⚠
Below Optimal Range 3 Current ↓	Below Standard Range 0 Current ↓↓	Alarm Low 0 Current ⚠

Blood Glucose

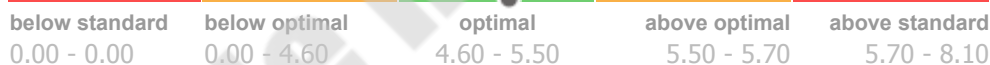
Glucose - Fasting

78.90 mg/dL



Hemoglobin A1C

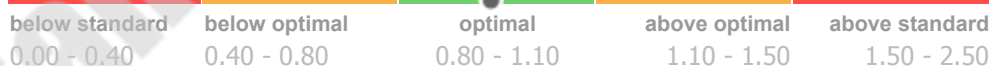
5.10 %



Renal

Creatinine

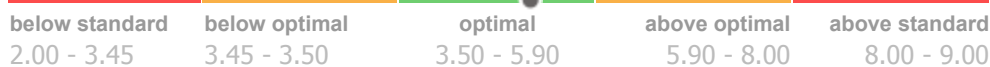
0.94 mg/dL



Metabolic

Uric Acid - Male

5.10 mg/dL



Minerals

Calcium

9.10 mg/dL



Liver and GB



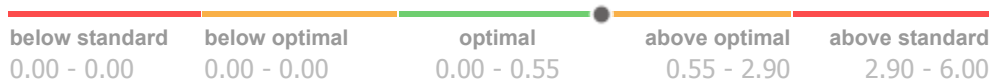
Lipids



Inflammation

Hs CRP - Male

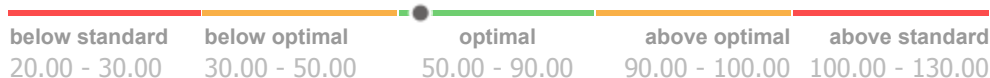
0.60 mg/L



Vitamins

Vitamin D (25-OH)

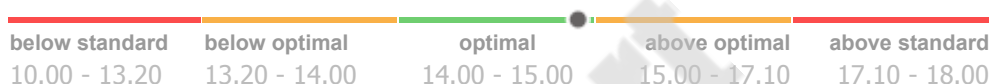
54.20 ng/ml



CBC/Hematology

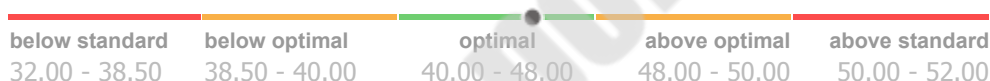
Hemoglobin - Male

14.90 g/dl



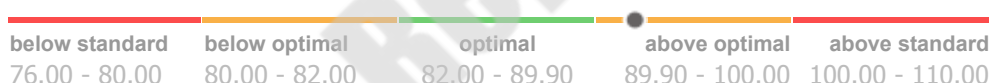
Hematocrit - Male

45.40 %



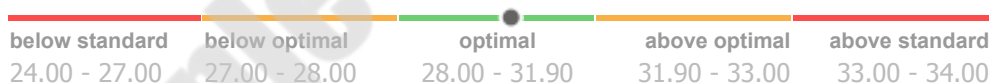
MCV

91.90 fL



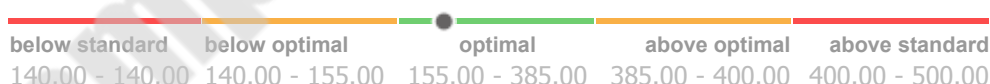
MCH

30.20 pg



Platelets

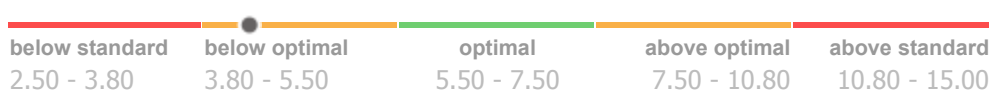
206.00 10E3/ μ L



White Blood Cells

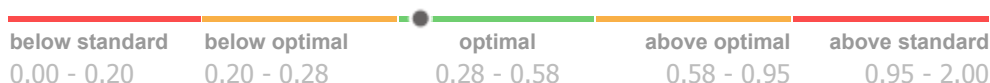
Total WBCs

4.20 k/cumm



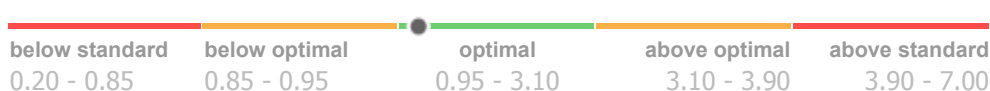
Monocytes - Absolute

0.31 k/cumm



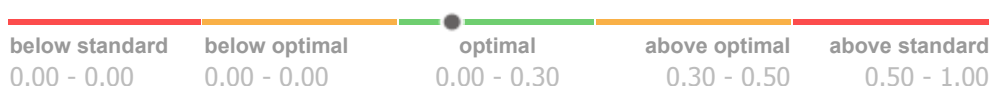
Lymphocytes - Absolute

1.15 k/cumm



Eosinophils - Absolute

0.08 k/cumm



Sample Report

Blood Test Results Comparative Report



The Blood Test Results Comparative Report lists the results of your latest and previous Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range

4 Current 0 Previous



Above Standard Range

3 Current 0 Previous



Alarm High

0 Current 0 Previous



Below Optimal Range

3 Current 0 Previous



Below Standard Range

0 Current 0 Previous



Alarm Low

0 Current 0 Previous

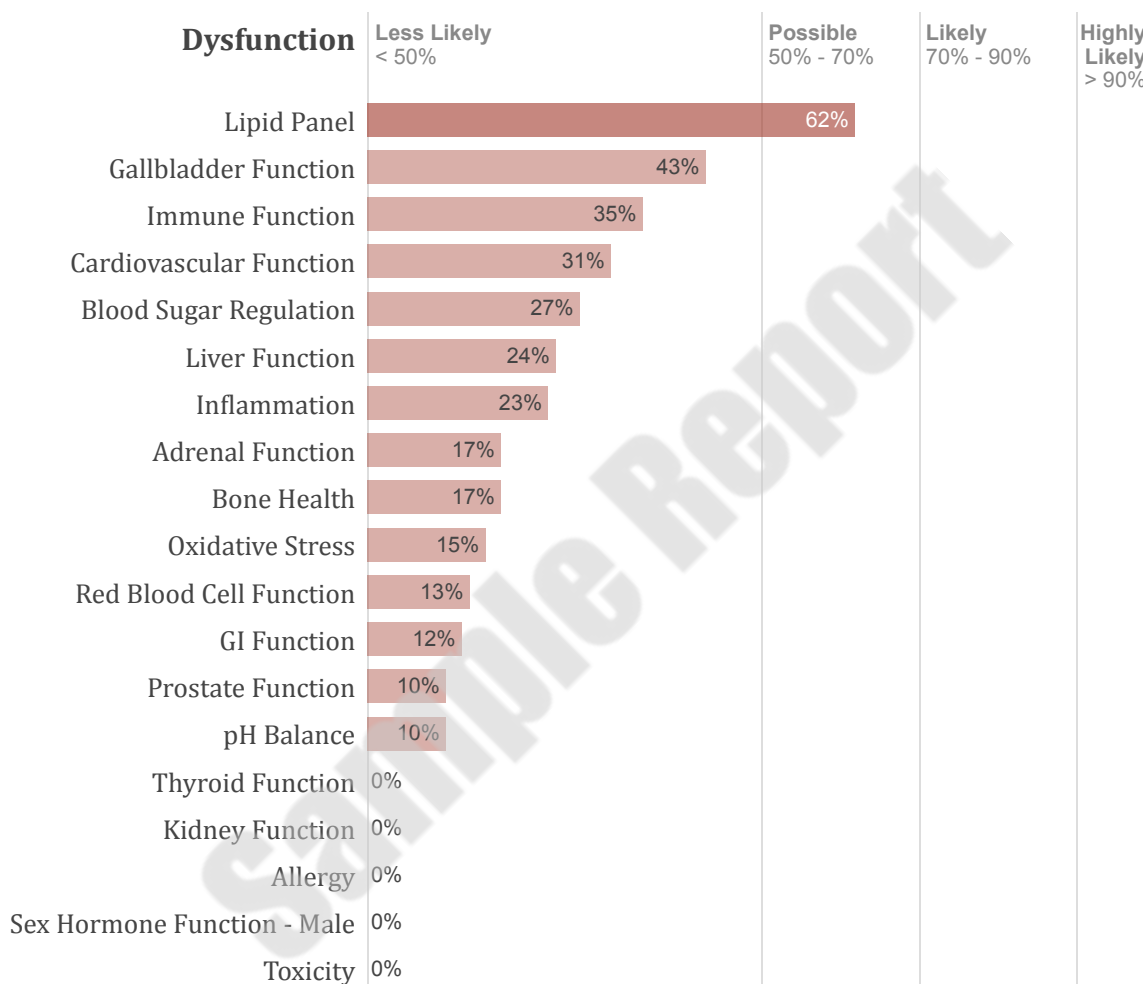


Biomarker	Current Apr 05 2021		Optimal Range	Standard Range	Units
ALT	13.00		10.00 - 26.00	6.00 - 29.00	IU/L
AST	18.00		10.00 - 26.00	10.00 - 35.00	IU/L
GGT	14.00		10.00 - 30.00	3.00 - 70.00	IU/L
Uric Acid - Male	5.10		3.50 - 5.90	3.45 - 8.00	mg/dL
Creatinine	0.94		0.80 - 1.10	0.40 - 1.50	mg/dL
Calcium	9.10	↓	9.20 - 10.00	8.60 - 10.40	mg/dL
Hs CRP - Male	0.60	↑	0.00 - 0.55	0.00 - 2.90	mg/L
Vitamin D (25-OH)	54.20		50.00 - 90.00	30.00 - 100.00	ng/ml
Glucose - Fasting	78.90		75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	5.10		4.60 - 5.50	0.00 - 5.70	%
Hemoglobin - Male	14.90		14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit - Male	45.40		40.00 - 48.00	38.50 - 50.00	%
MCV	91.90	↑	82.00 - 89.90	80.00 - 100.00	fL
MCH	30.20		28.00 - 31.90	27.00 - 33.00	pg
Total WBCs	4.20	↓	5.50 - 7.50	3.80 - 10.80	k/cumm
Monocytes - Absolute	0.31		0.28 - 0.58	0.20 - 0.95	k/cumm
Lymphocytes - Absolute	1.15		0.95 - 3.10	0.85 - 3.90	k/cumm
Eosinophils - Absolute	0.08		0.00 - 0.30	0.00 - 0.50	k/cumm
Platelets	206.00		155.00 - 385.00	140.00 - 400.00	10E3/μL
Cholesterol : HDL	3.60	↑	0.00 - 3.00	0.00 - 5.00	Ratio
LDL Cholesterol	151.00	↑↑	80.00 - 100.00	0.00 - 100.00	mg/dL
Cholesterol - Total	204.00	↑↑	160.00 - 180.00	125.00 - 200.00	mg/dL
VLDL Cholesterol	11.30	↑	0.00 - 10.00	0.00 - 29.00	mg/dl
Triglyceride:HDL	1.00		0.50 - 1.90	0.00 - 2.00	ratio
Non-HDL Cholesterol	147.80	↑↑	0.00 - 130.00	0.00 - 130.00	mg/dl
Triglycerides	57.00	↓	70.00 - 80.00	0.00 - 150.00	mg/dL
HDL Cholesterol	56.20		55.00 - 70.00	46.00 - 100.00	mg/dL

Functional Systems Report



The results shown below represent an analysis of this blood test. The results have been converted into your individual Functional Systems Report based on our latest research. This report gives you an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



Lipid Panel

The Lipid Panel score gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel score indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances.

[62%] - Dysfunction Possible. There may be improvement needed in certain areas.

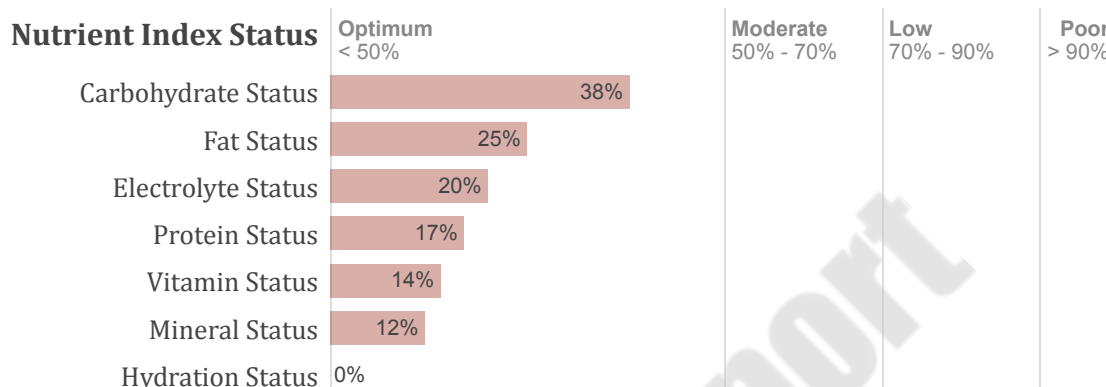
Rationale:

Cholesterol - Total ↑, LDL Cholesterol ↑

Nutrient Status Report

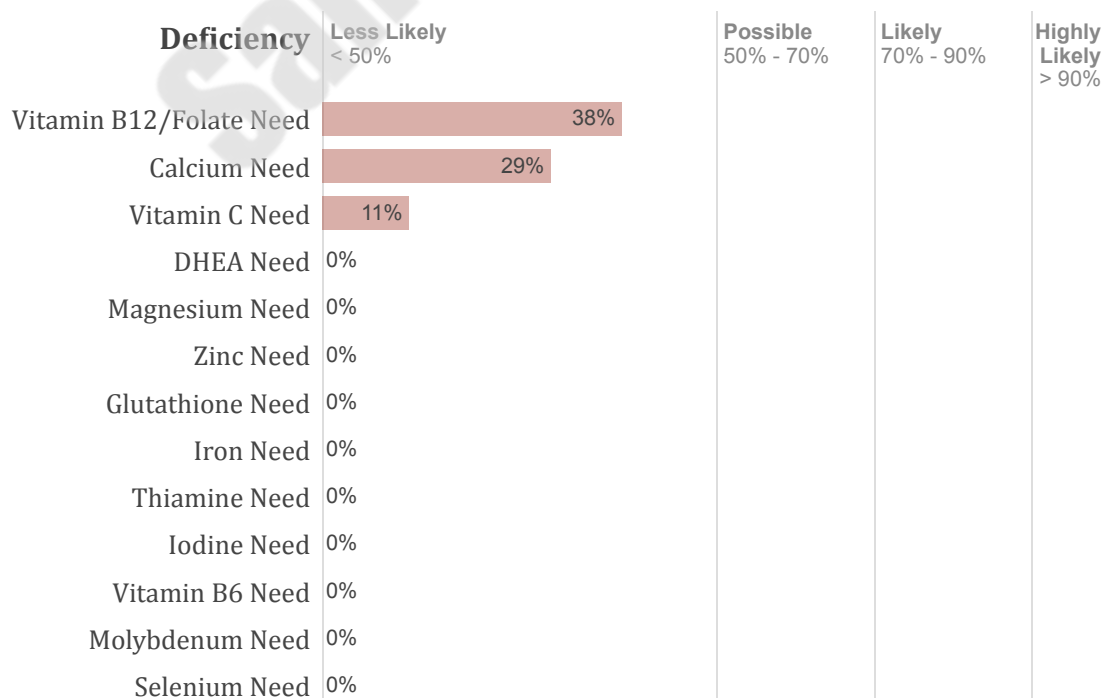


The results shown below represent an analysis of your blood test results. These results have been converted into their individual Nutrient Status Report based on our latest research. This report gives you an indication of your general nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.



Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.



Sample Report

Health Improvement Plan



The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Needs Attention	Less Likely < 50%	Possible 50% - 70%	Likely 70% - 90%	Highly Likely > 90%
Lipid Support		62%		
Gallbladder Support		50%		

Lipid Support

The results of your blood test indicate that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia), which is associated with an increased risk of cardiovascular disease. There is a need for cardiovascular support, especially support to help lower excessive blood fats.

Rationale:

Cholesterol - Total ↑, LDL Cholesterol ↑

Gallbladder Support

The results of your blood test indicate a tendency towards biliary insufficiency/stasis and shows a need for gallbladder support.

Rationale:

AST : ALT ↑, Cholesterol - Total ↑, Triglycerides ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This Health Improvement Plan has been prepared for **Sample Report Basic Profile** by **Dr. Nasr Al Jafari**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Suggested Individual Nutrient Recommendations

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Needs Attention

Less Likely
< 50%

Possible
50% - 70%

Likely
70% - 90%

Highly
Likely
> 90%

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

There are no results available for this report.

This Health Improvement Plan has been prepared for **Sample Report Basic Profile** by **Dr. Nasr Al Jafari**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Sample Report

Blood Test History Report



The Blood Test History Report lists the results of your Blood Chemistry Screen and CBC tests side by side with the latest test listed on the right hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track your progress.

Biomarker	Latest Test Result	
	Apr 05 2021	
Glucose - Fasting		78.90
Hemoglobin A1C		5.10
eAG		99.67
Creatinine		0.94
Uric Acid - Male		5.10
Calcium		9.10 ↓
AST		18.00
ALT		13.00
AST : ALT		1.38 ↑↑
GGT		14.00
Cholesterol - Total		204.00 ↑↑
Triglycerides		57.00 ↓
LDL Cholesterol		151.00 ↑↑
HDL Cholesterol		56.20
LDL : HDL - Male		2.69 ↑
Non-HDL Cholesterol		147.80 ↑↑
VLDL Cholesterol		11.30 ↑
Cholesterol : HDL		3.60 ↑
Triglyceride:HDL		1.00

Biomarker	Latest Test Result	
	Apr 05 2021	
Hs CRP - Male		0.60 ↑
Vitamin D (25-OH)		54.20
Hemoglobin - Male		14.90
Hematocrit - Male		45.40
MCV		91.90 ↑
MCH		30.20
Platelets		206.00
Total WBCs		4.20 ↓
Lymphocytes - %		27.38
Monocytes - %		7.38 ↑
Eosinophils - %		1.90
Lymphocytes - Absolute		1.15
Monocytes - Absolute		0.31
Eosinophils - Absolute		0.08

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Consult your physician or a qualified healthcare practitioner regarding the applicability of any of the information or materials provided in this Report in regards to your symptoms or medical condition.

Always consult your physician before beginning a new treatment, diet, exercise, fitness plan, or health plan or program, and before taking any drug, supplement, or any combination thereof; or if you have questions or concerns about your health, a medical condition, or any plan or course of treatment. If you think you have a medical emergency, call 998 within the United Arab Emirates (or another applicable emergency number) or your doctor immediately.



**YOUR HEALTH
IS YOUR WEALTH**

"Eat Better Live More"

DNA Health & Wellness

dna | health

Cleanse
Hydrate
Nourish
Regenerate
Glow
Youthful
Beauty

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Realise Your Potential

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