Wellness Screening

Executive Check-up

Sample Report

Executive Annual Screening

Wednesday, July 14, 2021

"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.

The most comprehensive, detailed and accurate

Health Screening Report

Use The Latest Health & Welness Analytical Software

We use your health data to put together a unique treatment plan designed to bring your body back into a state of funtional health, wellness and energy. Your plan will address many aspects of your life, from physical needs, including nutrition, exercise and sleep, to mental and emotional stressors related to social, work and community life.

Current Screening Date

14 / 07 / 2021

Next Screening Date

14 / 07 / 2022

REALISE YOUR POTENTIAL

HEALTH REPORT

Table of Contents

Dr. Al Jafari's Notes

Dear Mr. Fariz,

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	21/06/1992	
Age (years)	29	
Blood Pressure	125/85	120/60-140/85
Height (cm)	169 cm	
Weight (Kg)	78.6 kg	
Body Mass Index	27.5	18.5 – 25.9

Summary of Findings

- Elevated Inflammatory marker (HsCRP)

- Sub-optimal Fasting glucose & Insulin (elevated Type 2 diabetes risk)

- Vitamin D3 sub-optimal

(*pending lipoprotein (a))

Recommendations

Nutritional

- Focus on LOW GLYAEMIC foods – ***see Guide to Carbohydrates & Guide to Protein attached (appendix)***
- Also focus on Anti-inlammatory ***foods – see guide (in appendix)***
- Practice Intermitt**ent Fasting –** Eat your food within 8hrs each day- therefore 16 hours fasting - ***see guide***
- IMPORTANT: As long as you respect the above, make sure you are eating to satisfaction; do not deprive yourself and listen to your hunger cues.

Exercise

In summary, you do not want to 'burning the candle at both ends' – i.e. putting too much stress on your system. Your body needs balance; therefore, you need to be sensible with your training – i.e. mix it up

- Long walks encouraged
- Resistance Training
- Pilates & Yoga

Consider one of the following in order to help you determine your level of recovery and sleep quality

https://ouraring.com/

https://www.whoop.com/

Stress Control

- Meditation, breathing, yoga, reading etc….whatever suits you – make this part of your daily routine (at least 2 x per day)
- Useful apps – I would suggest using for at least 5-to-10 minutes morning (immediately after waking) and evening before bed:
    - https://www.headspace.com/
    - https://www.calm.com

Sleep

- Set circadian rhythm in the morning; sun exposure for 15-to-30mins
- You should aim to be in bed early – 10.30 pm latest if you can.
- Reduce any screen time exposure 60 minutes before bed.
- Aim for 7 to 8 hours of uninterrupted sleep at night.

Supplements & Medications

Look at the following supplements which will help support/regulate adrenal (Stress).

- Adr**enal Health Support** https://ae.iherb.com/pr/Gaia-Herbs-Adrenal-Health-Daily-Support-120-Vegan-Liquid-Phyto-Caps/18657 - 2 capsules daily (can increase to twice daily)
- Also taking **Magnesium Gl**ycinat e or L-Threonate (approx.) 400mg at night will help sleep
- V**itamin D3** – 5,000 IU – take one daily

Attachments

- Guide to Intermittent Fasting
- Guide to Carbohydrates
- Guide to Anti-inflammatory foods
- Guide to Protein
- Guide to Meditation
- Guide to sleep

F**urther In**vestig ations

- We have re-checked your Liv***er Function T***ests
    - The results are moving in the right direction but not yet normalized. I would recommend another re-check in 2 weeks.

Follo w-up

- Tina In 2 weeks
- Myself in 4 weeks

Kind regards

Dr Nasr Al Jafari

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.

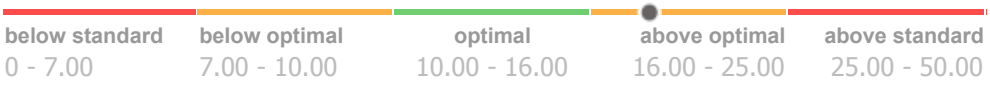
Above Optimal Range ↑ 17 Current	Above Standard Range ↑↑ 9 Current	Alarm High ⚠ 3 Current
Below Optimal Range ↓ 12 Current	Below Standard Range ↓↓ 6 Current	Alarm Low ⚠ 0 Current

Blood Glucose

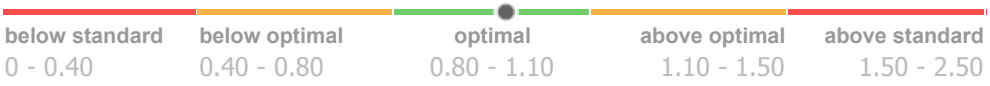
	below standard	below optimal	optimal	above optimal	above standard
Glucose - Fasting 92.40 mg/dL	50.00 - 65.00	65.00 - 75.00	75.00 - 86.00	86.00 - 99.00	99.00 - 300.00
Hemoglobin A1C 5.30 %	0 - 0	0 - 4.60	4.60 - 5.50	5.50 - 5.70	5.70 - 8.10
eAG 105.41 mg/dl	50.00 - 82.00	82.00 - 82.00	82.00 - 111.00	111.00 - 154.00	154.00 - 155.00
Insulin - Fasting 14.20 µIU/ml	0 - 2.00	2.00 - 2.00	2.00 - 5.00	5.00 - 19.00	19.00 - 28.00
HOMA2-%B 137.00 %	30.00 - 70.00	70.00 - 90.00	90.00 - 110.00	110.00 - 120.00	120.00 - 300.00
HOMA2-%S 54.50 %	30.00 - 75.00	75.00 - 85.00	85.00 - 200.00	200.00 - 250.00	250.00 - 500.00
HOMA2-IR 1.83 Index	0 - 0.50	0.50 - 0.75	0.75 - 1.25	1.25 - 1.75	1.75 - 2.50
QUICKI 0.32 Index	0.10 - 0.34	0.34 - 0.35	0.35 - 5.00	5.00 - 5.00	5.00 - 10.00

Renal

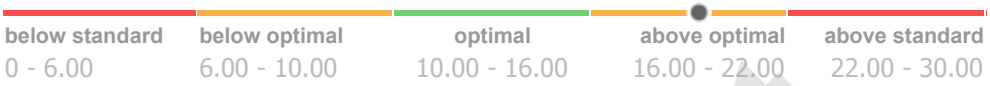
BUN
18.67 mg/dL



Creatinine
0.97 mg/dL

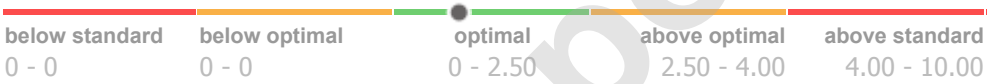


BUN : Creatinine
19.25 Ratio



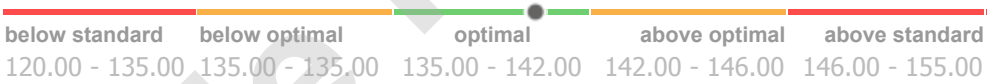
Prostate

PSA - Total
0.80 ng/ml

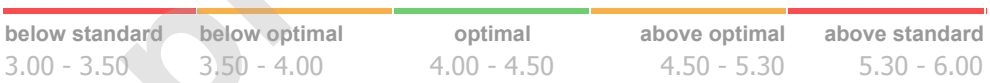


Electrolytes

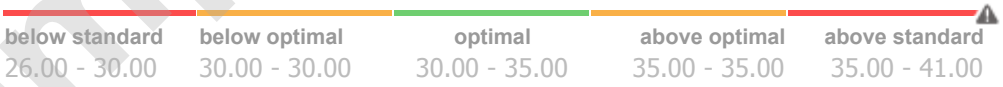
Sodium
140.00 mEq/L



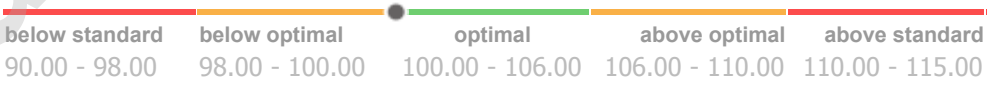
Potassium
3.00 mEq/L



Sodium : Potassium
46.67 ratio

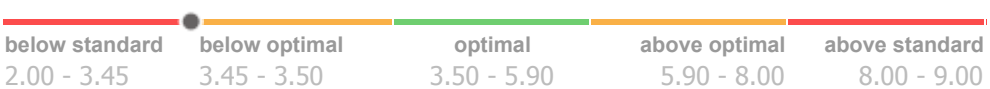


Chloride
100.00 mEq/L



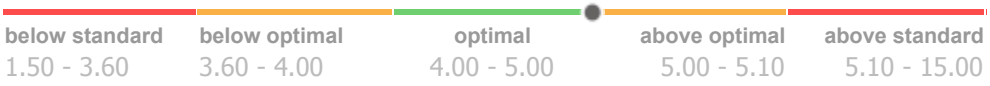
Metabolic

Uric Acid - Male
3.40 mg/dL

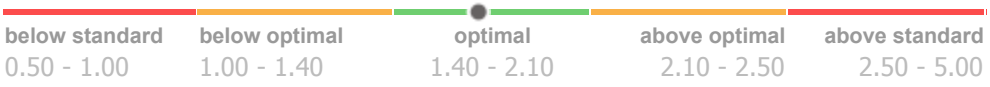


Proteins

Albumin
5.00 g/dL

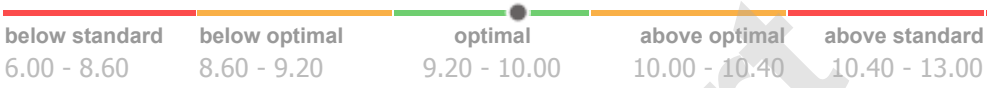


Albumin : Globulin
1.70 ratio

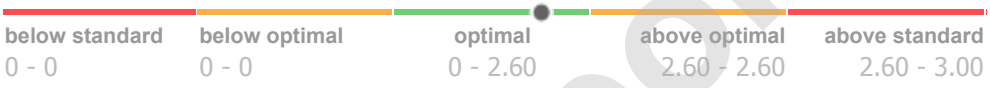


Minerals

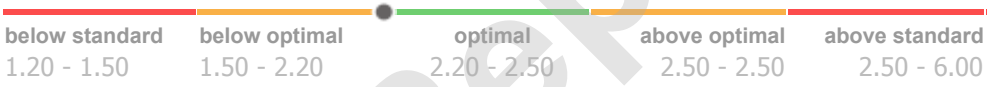
Calcium
9.70 mg/dL



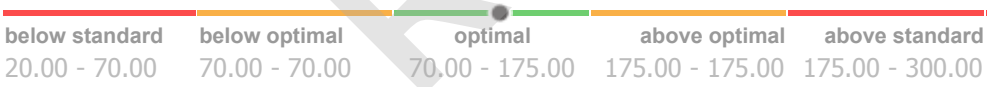
Calcium : Albumin
1.94 ratio



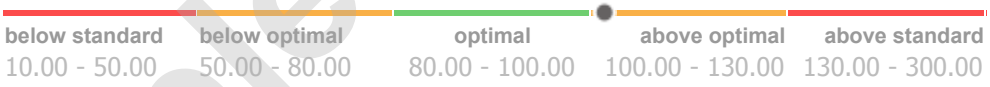
Magnesium - Serum
2.16 mg/dl



Copper - Serum
126.00 µg/dL

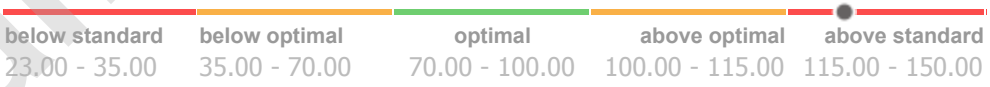


Zinc - Serum
102.00 ug/dL

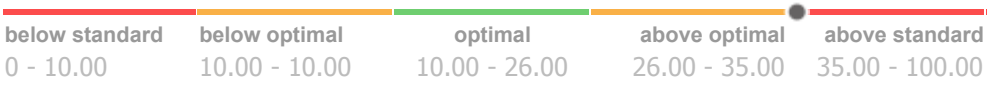


Liver and GB

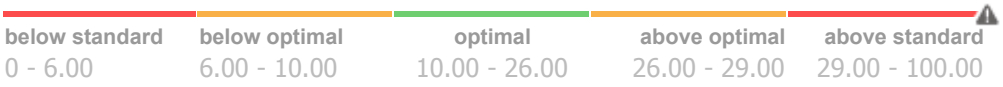
Alk Phos
125.00 IU/L



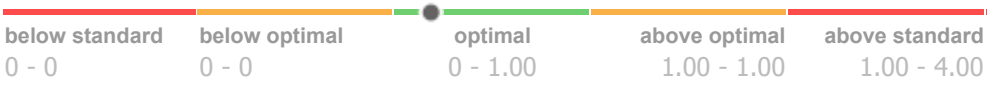
AST
38.00 IU/L



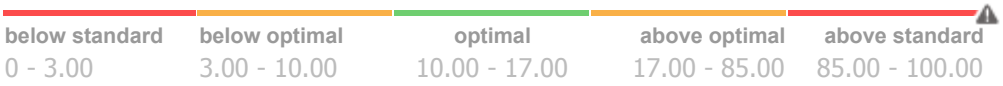
ALT
215.00 IU/L



AST : ALT
0.18 Ratio

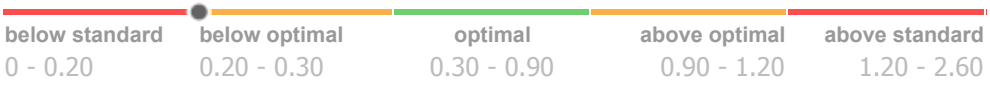


GGT
187.00 IU/L



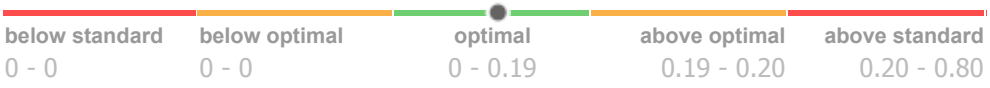
Bilirubin - Total

0.20 mg/dL



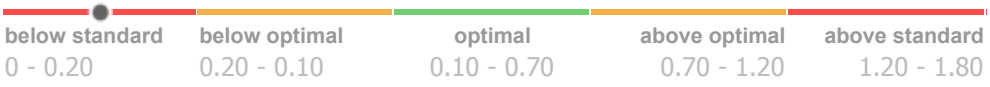
Bilirubin - Direct

0.10 mg/dL



Bilirubin - Indirect

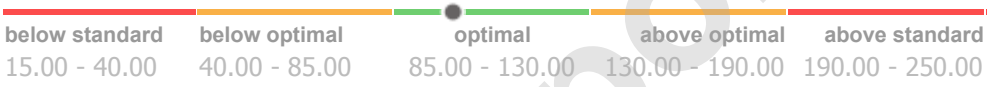
0.10 mg/dL



Iron Markers

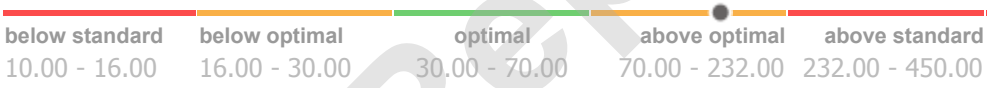
Iron - Serum

98.26 µg/dL



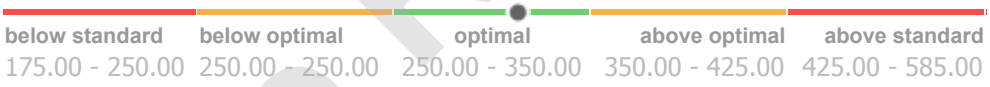
Ferritin

176.20 ng/mL



TIBC

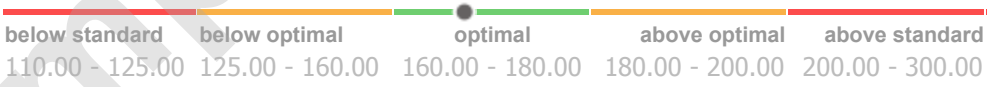
312.00 µg/dL



Lipids

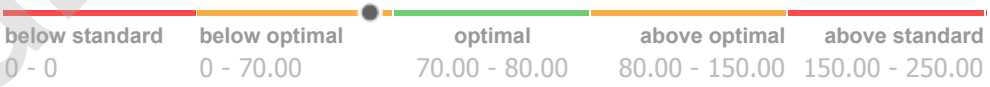
Cholesterol - Total

167.00 mg/dL



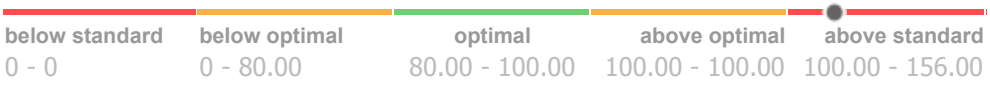
Triglycerides

61.00 mg/dL



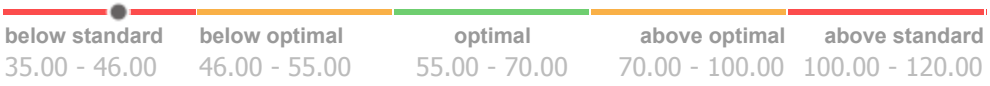
LDL Cholesterol

112.90 mg/dL



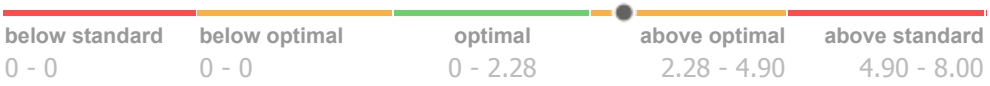
HDL Cholesterol

41.50 mg/dL

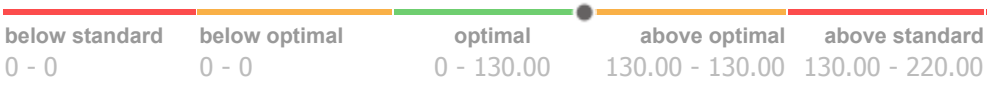


LDL : HDL - Male

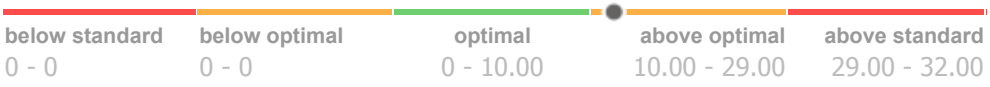
2.72 Ratio



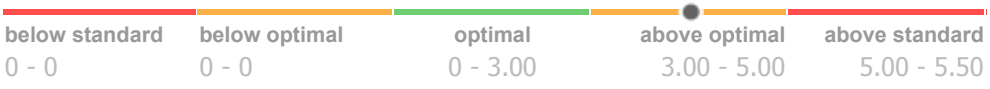
Non-HDL Cholesterol
125.50 mg/dl



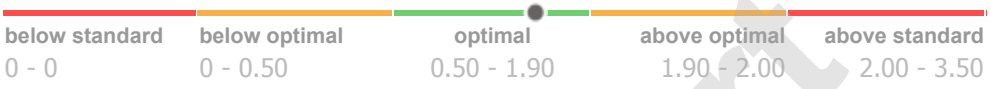
VLDL Cholesterol
12.10 mg/dl



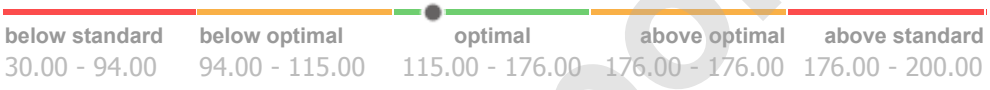
Cholesterol : HDL
4.00 Ratio



Triglyceride:HDL
1.50 ratio

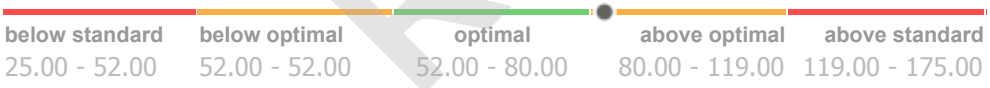


Apolipoprotein A-1
127.10 mg/dl

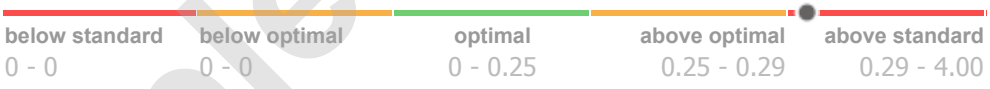


Lipoproteins

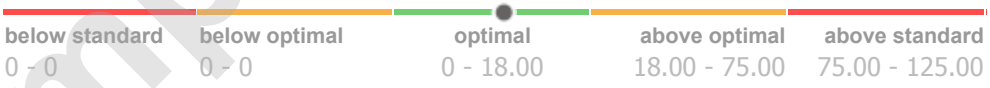
Apolipoprotein B
82.60 mg/dl



Apo B : Apo A-1
0.65 Ratio

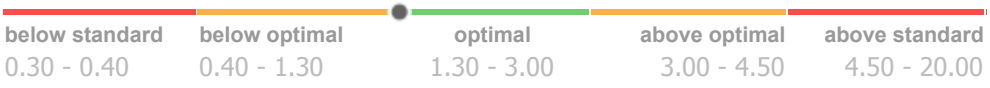


Lipoprotein (a)
10.00 nmol/L

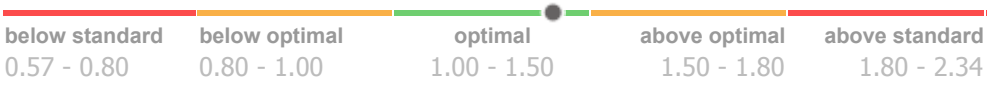


Thyroid

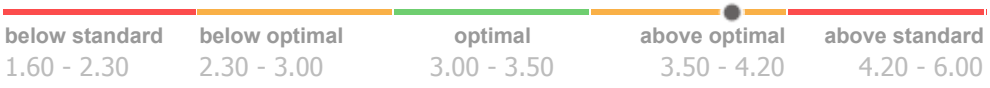
TSH
1.35 µU/mL



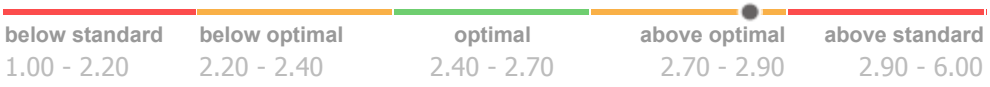
T4 - Free
1.40 ng/dL



T3 - Free
4.00 pg/ml

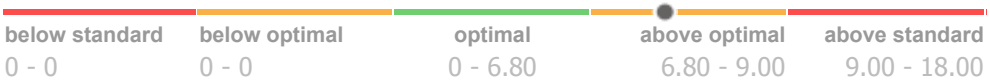


Free T3 : Free T4
2.86 Ratio



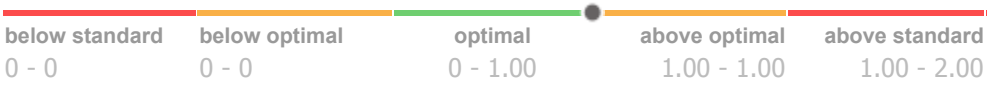
Thyroid Peroxidase (TPO) Abs

7.63 IU/ml



Thyroglobulin Abs

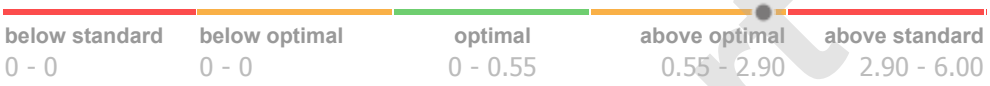
1.00 IU/ml



Inflammation

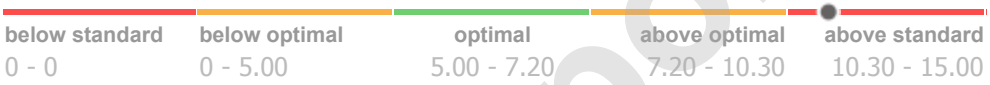
Hs CRP - Male

2.60 mg/L



Homocysteine

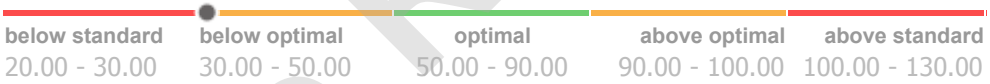
11.24 µmol/L



Vitamins

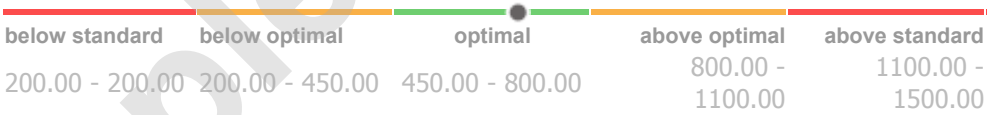
Vitamin D (25-OH)

30.90 ng/ml



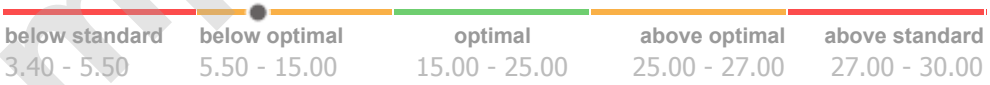
Vitamin B12

669.00 pg/ml



Folate - Serum

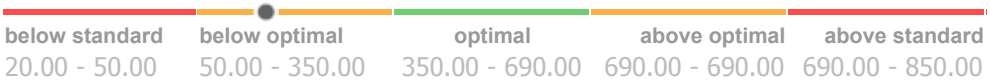
8.40 ng/ml



Hormones

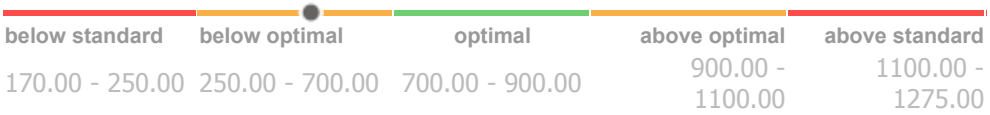
DHEA-S - Male

152.00 mcg/dl



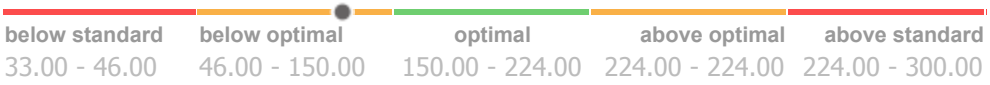
Testosterone Total - Male

510.00 ng/dl



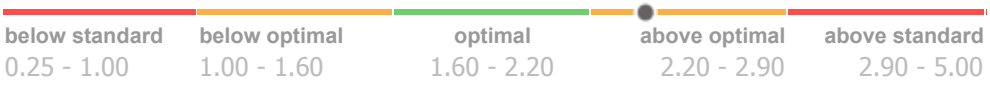
Testosterone Free - Male

122.00 pg/ml



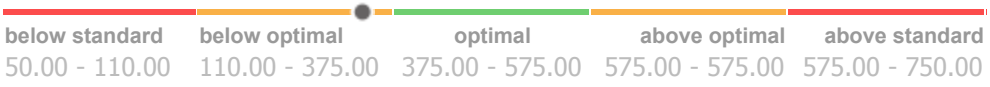
% Testosterone Free - Male

2.39 %



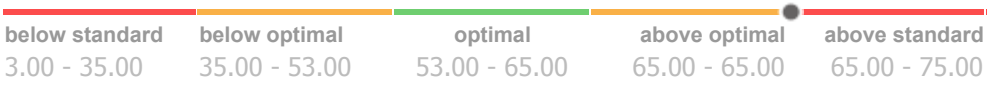
Testosterone Bioavailable - Male

332.37 ng/dl



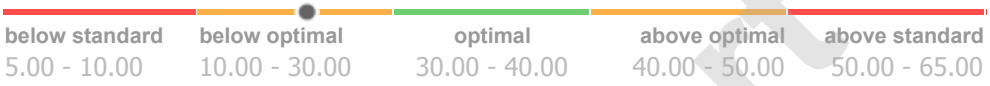
% Testosterone Bioavailable - Male

65.17 %



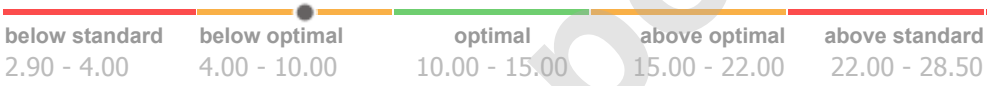
Sex Hormone Binding Globulin - Male

21.00 nmol/L



Cortisol - AM

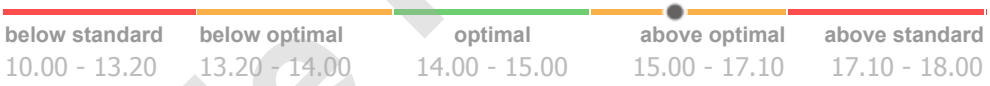
7.29 µg/dL



CBC/Hematology

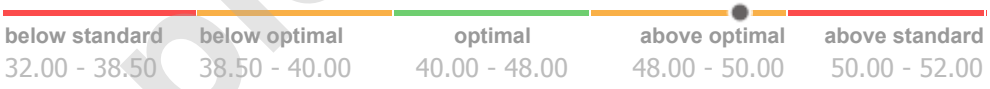
Hemoglobin - Male

15.90 g/dl



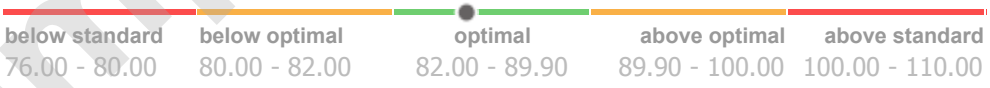
Hematocrit - Male

49.50 %



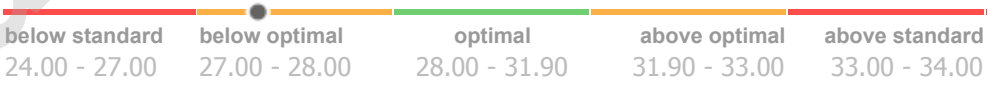
MCV

84.90 fL



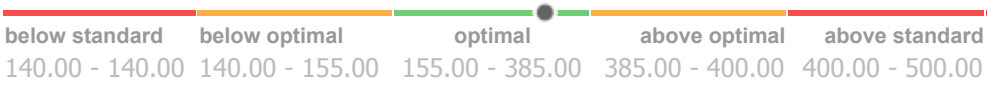
MCH

27.30 pg



Platelets

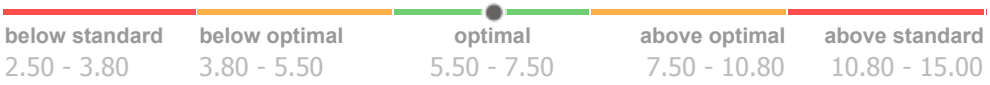
330.00 10E3/µL



White Blood Cells

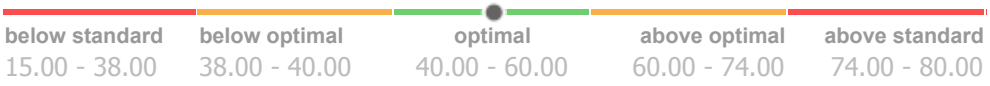
Total WBCs

6.50 k/cumm



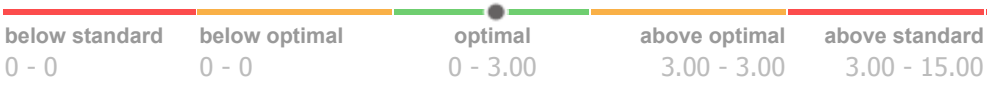
Neutrophils - %

50.15 %



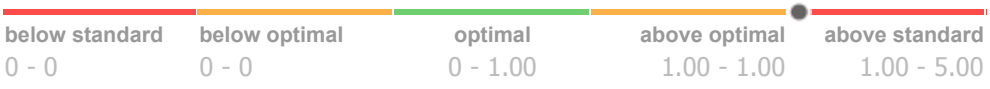
Eosinophils - %

1.54 %



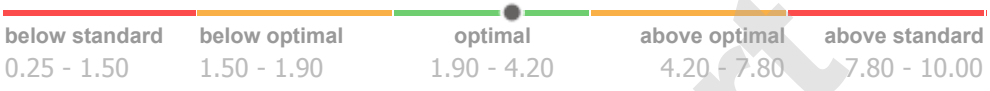
Basophils - %

1.23 %



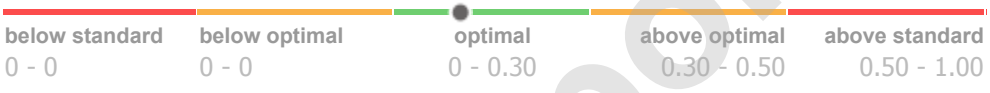
Neutrophils - Absolute

3.26 k/cumm



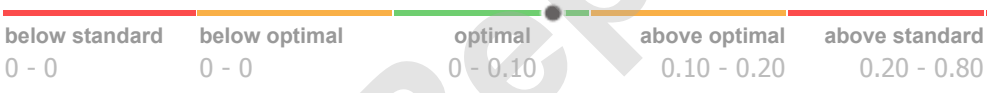
Eosinophils - Absolute

0.10 k/cumm



Basophils - Absolute

0.08 k/cumm



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 ↑
17 Current 11 Previous

Above Standard Range ↑↑
9 Current 13 Previous

Alarm High
3 Current 3 Previous

Below Optimal Range ↓
12 Current 11 Previous

Below Standard Range ↓↓
5 Current 4 Previous

Alarm Low
0 Current 2 Previous

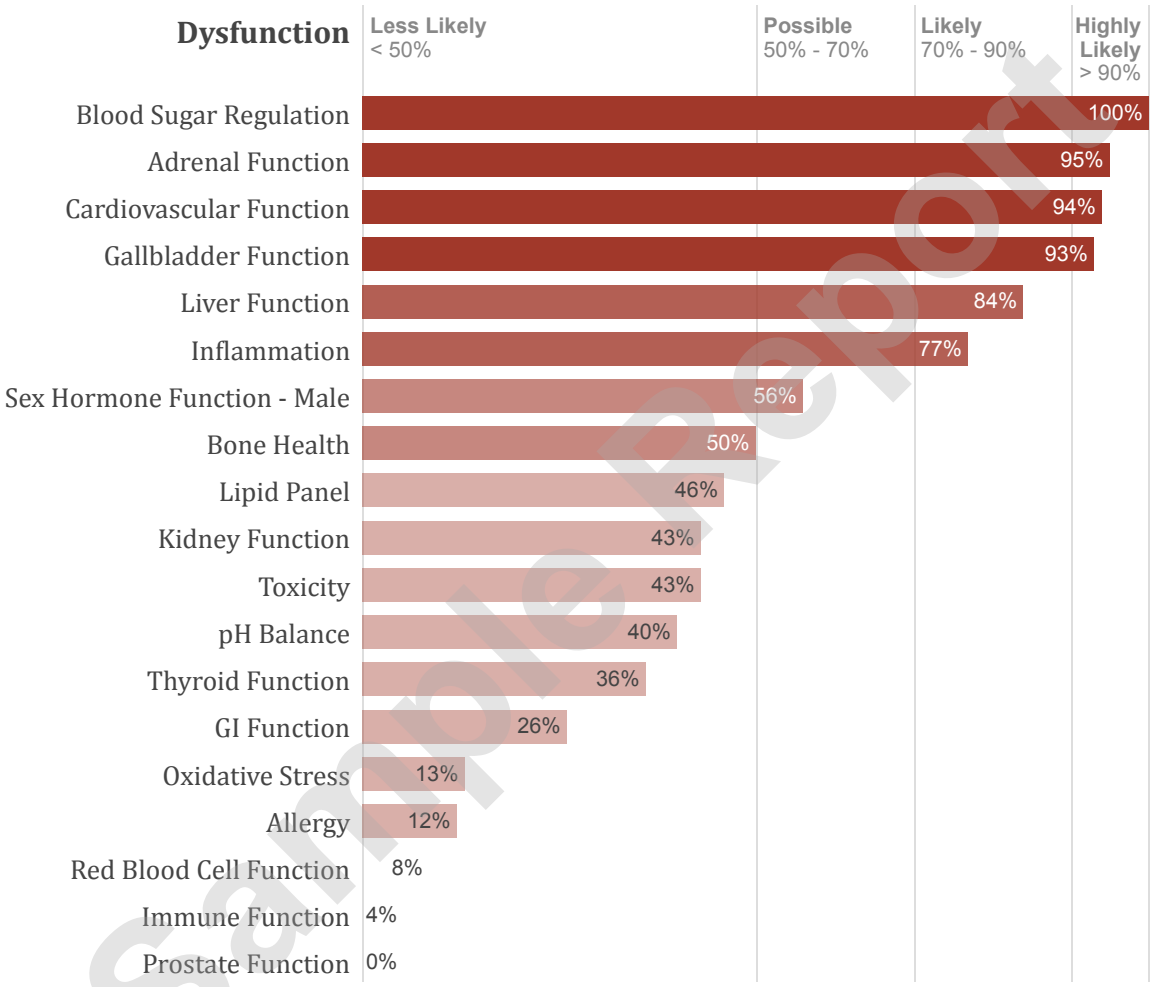
Biomarker	Impr	Previous Jun 06 2021	Current Jul 14 2021	Optimal Range	Standard Range	Units
Glucose - Fasting	👍	99.20 ↑↑	92.40 ↑	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C		5.40	5.30	4.60 - 5.50	0 - 5.70	%
eAG		108.28	105.41	82.00 - 111.00	82.00 - 154.00	mg/dl
Insulin - Fasting	👍	26.15 ↑↑	14.20 ↑	2.00 - 5.00	2.00 - 19.00	µIU/ml
HOMA2-%B	👍	181.80 ↑↑	137.00 ↑↑	90.00 - 110.00	70.00 - 120.00	%
HOMA2-%S	👍	29.70 ❗	54.50 ↓↓	85.00 - 200.00	75.00 - 250.00	%
HOMA2-IR	👍	3.36 ⚠	1.83 ↑↑	0.75 - 1.25	0.50 - 1.75	Index
QUICKI	👍	0.29 ↓↓	0.32 ↓↓	0.35 - 5.00	0.34 - 5.00	Index
BUN			18.67 ↑	10.00 - 16.00	7.00 - 25.00	mg/dL
Creatinine		0.93	0.97	0.80 - 1.10	0.40 - 1.50	mg/dL
BUN : Creatinine			19.25 ↑	10.00 - 16.00	6.00 - 22.00	Ratio
PSA - Total		0.52	0.80	0 - 2.50	0 - 4.00	ng/ml
Sodium		136.00	140.00	135.00 - 142.00	135.00 - 146.00	mEq/L
Potassium	👎	4.60 ↑	3.00 ↓↓	4.00 - 4.50	3.50 - 5.30	mEq/L
Sodium : Potassium	👎	29.57 ↓↓	46.67 ⚠	30.00 - 35.00	30.00 - 35.00	ratio
Chloride		100.00	100.00	100.00 - 106.00	98.00 - 110.00	mEq/L
Uric Acid - Male	👎	8.00 ↑	3.40 ↓↓	3.50 - 5.90	3.45 - 8.00	mg/dL
Albumin		4.50	5.00	4.00 - 5.00	3.60 - 5.10	g/dL
Albumin : Globulin		1.60	1.70	1.40 - 2.10	1.00 - 2.50	ratio
Calcium		9.30	9.70	9.20 - 10.00	8.60 - 10.40	mg/dL
Calcium : Albumin		2.07	1.94	0 - 2.60	0 - 2.60	ratio
Magnesium - Serum	👍	1.96 ↓	2.16 ↓	2.20 - 2.50	1.50 - 2.50	mg/dl
Copper - Serum	👍	195.00 ↑↑	126.00	70.00 - 175.00	70.00 - 175.00	µg/dL
Zinc - Serum	👍	139.00 ↑↑	102.00 ↑	80.00 - 100.00	50.00 - 130.00	ug/dL
Alk Phos	👎	84.00	125.00 ↑↑	70.00 - 100.00	35.00 - 115.00	IU/L
AST	👎	20.00	38.00 ↑↑	10.00 - 26.00	10.00 - 35.00	IU/L
ALT	👎	17.00	215.00 ⚠	10.00 - 26.00	6.00 - 29.00	IU/L

Biomarker	Impr	Previous Jun 06 2021	Current Jul 14 2021	Optimal Range	Standard Range	Units
AST : ALT		1.18 ↑↑	0.18	0 - 1.00	0 - 1.00	Ratio
GGT		33.00 ↑	187.00 ⚠	10.00 - 17.00	3.00 - 85.00	IU/L
Bilirubin - Total		0.20 ↓	0.20 ↓	0.30 - 0.90	0.20 - 1.20	mg/dL
Bilirubin - Direct		0.10	0.10	0 - 0.19	0 - 0.20	mg/dL
Bilirubin - Indirect		0.10 ↓↓	0.10	0.10 - 0.70	0.20 - 1.20	mg/dL
Iron - Serum		56.46 ↓	98.26	85.00 - 130.00	40.00 - 190.00	µg/dL
Ferritin		115.00 ↑	176.20 ↑	30.00 - 70.00	16.00 - 232.00	ng/mL
TIBC		358.00 ↑	312.00	250.00 - 350.00	250.00 - 425.00	µg/dL
Cholesterol - Total		250.00 ↑↑	167.00	160.00 - 180.00	125.00 - 200.00	mg/dL
Triglycerides		75.00	61.00 ↓	70.00 - 80.00	0 - 150.00	mg/dL
LDL Cholesterol		164.70 ⚠	112.90 ↑↑	80.00 - 100.00	0 - 100.00	mg/dL
HDL Cholesterol		56.00	41.50 ↓↓	55.00 - 70.00	46.00 - 100.00	mg/dL
LDL : HDL - Male		2.94 ↑	2.72 ↑	0 - 2.28	0 - 4.90	Ratio
Non-HDL Cholesterol		194.00 ↑↑	125.50	0 - 130.00	0 - 130.00	mg/dl
VLDL Cholesterol		8.50	12.10 ↑	0 - 10.00	0 - 29.00	mg/dl
Cholesterol : HDL		4.30 ↑	4.00 ↑	0 - 3.00	0 - 5.00	Ratio
Triglyceride:HDL		2.30 ↑↑	1.50	0.50 - 1.90	0 - 2.00	ratio
Apolipoprotein A-1		156.50	127.10	115.00 - 176.00	94.00 - 176.00	mg/dl
Apolipoprotein B		78.20	82.60 ↑	52.00 - 80.00	52.00 - 119.00	mg/dl
Apo B : Apo A-1		0.50 ↑↑	0.65 ↑↑	0 - 0.25	0 - 0.29	Ratio
Lipoprotein (a)		10.00	10.00	0 - 18.00	0 - 75.00	nmol/L
TSH		0.95 ↓	1.35	1.30 - 3.00	0.40 - 4.50	µU/mL
T4 - Free		1.10	1.40	1.00 - 1.50	0.80 - 1.80	ng/dL
T3 - Free		2.40 ↓	4.00 ↑	3.00 - 3.50	2.30 - 4.20	pg/ml
Free T3 : Free T4		2.18 ↓↓	2.86 ↑	2.40 - 2.70	2.20 - 2.90	Ratio
Thyroid Peroxidase (TPO) Abs		9.16 ↑↑	7.63 ↑	0 - 6.80	0 - 9.00	IU/ml
Thyroglobulin Abs		1.00	1.00	0 - 1.00	0 - 1.00	IU/ml
Hs CRP - Male		0.80 ↑	2.60 ↑	0 - 0.55	0 - 2.90	mg/L
Homocysteine		5.60	11.24 ↑↑	5.00 - 7.20	0 - 10.30	µmol/L
Vitamin D (25-OH)		11.30 ⚠	30.90 ↓	50.00 - 90.00	30.00 - 100.00	ng/ml
Vitamin B12		317.90 ↓	669.00	450.00 - 800.00	200.00 - 1100.00	pg/ml
Folate - Serum		5.90 ↓	8.40 ↓	15.00 - 25.00	5.50 - 27.00	ng/ml
DHEA-S - Male		393.10	152.00 ↓	350.00 - 690.00	50.00 - 690.00	mcg/dl
Testosterone Total - Male		425.00 ↓	510.00 ↓	700.00 - 900.00	250.00 - 1100.00	ng/dl
Testosterone Free - Male		107.00 ↓	122.00 ↓	150.00 - 224.00	46.00 - 224.00	pg/ml
% Testosterone Free - Male		2.52 ↑	2.39 ↑	1.60 - 2.20	1.00 - 2.90	%
Testosterone Bioavailable - Male		262.36 ↓	332.37 ↓	375.00 - 575.00	110.00 - 575.00	ng/dl
% Testosterone Bioavailable - Male		61.73	65.17 ↑↑	53.00 - 65.00	35.00 - 65.00	%

Biomarker	Impr	Previous Jun 06 2021	Current Jul 14 2021	Optimal Range	Standard Range	Units
Sex Hormone Binding Globulin - Male		21.00 ↓	21.00 ↓	30.00 - 40.00	10.00 - 50.00	nmol/L
Cortisol - AM	👎	14.50	7.29 ↓	10.00 - 15.00	4.00 - 22.00	µg/dL
Hemoglobin - Male	👎	15.10 ↑	15.90 ↑	14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit - Male	👎	45.30	49.50 ↑	40.00 - 48.00	38.50 - 50.00	%
MCV	👍	95.30 ↑	84.90	82.00 - 89.90	80.00 - 100.00	fL
MCH	👎	31.80	27.30 ↓	28.00 - 31.90	27.00 - 33.00	pg
Platelets		307.00	330.00	155.00 - 385.00	140.00 - 400.00	10E3/µL
Total WBCs	👍	13.30 ↑↑	6.50	5.50 - 7.50	3.80 - 10.80	k/cumm
Neutrophils - %	👍	77.52 ↑↑	50.15	40.00 - 60.00	38.00 - 74.00	%
Eosinophils - %		1.58	1.54	0 - 3.00	0 - 3.00	%
Basophils - %	👎	0.68	1.23 ↑↑	0 - 1.00	0 - 1.00	%
Neutrophils - Absolute	👍	10.31 ⚠	3.26	1.90 - 4.20	1.50 - 7.80	k/cumm
Eosinophils - Absolute		0.21	0.10	0 - 0.30	0 - 0.50	k/cumm
Basophils - Absolute		0.09	0.08	0 - 0.10	0 - 0.20	k/cumm

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.



Blood Sugar Regulation

The Blood Sugar Regulation score tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Glucose - Fasting ↑, Insulin - Fasting ↑, HDL Cholesterol ↓, DHEA-S - Male ↓

Adrenal Function

The Adrenal Function score reflects the degree of function in your adrenal glands. The adrenal glands produce certain hormones in response to stress. They are responsible for what is commonly called “the fight or flight response”. Unfortunately, when your body is under constant stress, which is very common, your adrenal glands become less functional. Adrenal dysfunction can be caused by an increased output of stress hormones (adrenal stress) or more commonly a decreased output of adrenal hormones (adrenal insufficiency).

[95%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Sodium : Potassium ↑, Potassium ↓, Cortisol - AM ↓, BUN ↑, Triglycerides ↓, DHEA-S - Male ↓

Cardiovascular Function

The Cardiovascular Function score looks at biomarkers on a blood test to assess your risk of cardiovascular dysfunction. A high Cardiovascular Function score indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Function score will be used along with information from an examination of your diet, lifestyle, exercise, body mass index, and family history to give us a more complete picture of what is going on.

[94%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Glucose - Fasting ↑, AST ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Ferritin ↑, Hs CRP - Male ↑, Homocysteine ↑, Testosterone Total - Male ↓, Insulin - Fasting ↑, Vitamin D (25-OH) ↓, Testosterone Free - Male ↓

Gallbladder Function

The Gallbladder Function Index reflects the degree of function in your gallbladder. The gallbladder plays an essential role in helping your body digest the fat in the diet. It does this through the release of a substance called bile. Bile is not only essential for fat digestion but it also helps the body get rid of certain toxins and also excess cholesterol from the body. Factors affecting gallbladder function include the inability of the liver to produce bile (a condition called biliary insufficiency), the progressive thickening of the bile in the gallbladder (a condition called biliary stasis), or the presence of obstructions in the gallbladder itself (a condition called biliary obstruction).

[93%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
GGT ↑, Alk Phos ↑, ALT ↑, Triglycerides ↓

Liver Function

The Liver Function score reflects the degree of function in your liver. The liver has over 500 known functions. It is involved in detoxification, digestion, the hormonal system, the immune system, controlling blood sugar, storing nutrients, and protein and fat metabolism. The liver also produces a substance called bile that is stored in the gallbladder. Bile is essential for proper fat digestion and is also a major route of elimination for the body. Factors affecting liver function include the accumulation of fat within the liver (a condition called fatty liver), inflammation of the liver cells from infections, toxins, etc. (a condition called hepatitis), actual damage to the liver cells themselves (a condition called cirrhosis) or a decrease in the ability of the liver to detoxify, which leads to detoxification issues. There are biomarkers in the blood that we can measure that can indicate the relative function of the liver.

[84%] - Dysfunction Likely. Improvement required.

Rationale:
ALT ↑, Alk Phos ↑, AST ↑, Triglycerides ↓, Ferritin ↑, GGT ↑

Inflammation

The Inflammation score can help us identify whether or not you are suffering from inflammation. This is important because inflammation can be silent, i.e. not have any symptoms. A number of biomarkers on a blood test can indicate the presence of inflammation. These are markers of inflammation and are not specific to any particular inflammatory condition or disease but they can help us look at the underlying dysfunctions that are the true cause of inflammation in the body.

[77%] - Dysfunction Likely. Improvement required.

Rationale:
Hs CRP - Male ↑, Homocysteine ↑, Sodium : Potassium ↑, Ferritin ↑, Basophils - % ↑, ALT ↑, Vitamin D (25-OH) ↓, Alk Phos ↑

Sex Hormone Function - Male

The Male Sex Hormone Function score helps us assess levels of important hormones in your body: testosterone, DHEA, progesterone, and estradiol. Blood levels of these crucial hormones diminish with age, contributing to age-related dysfunctions such as low libido, blood sugar problems, excess weight, heart disease, etc. We can measure sex hormone levels in your blood and determine from the Sex Hormone Function score whether the levels are optimal for your continued optimal health and wellness.

[56%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Testosterone Free - Male ↓, Testosterone Total - Male ↓

Bone Health

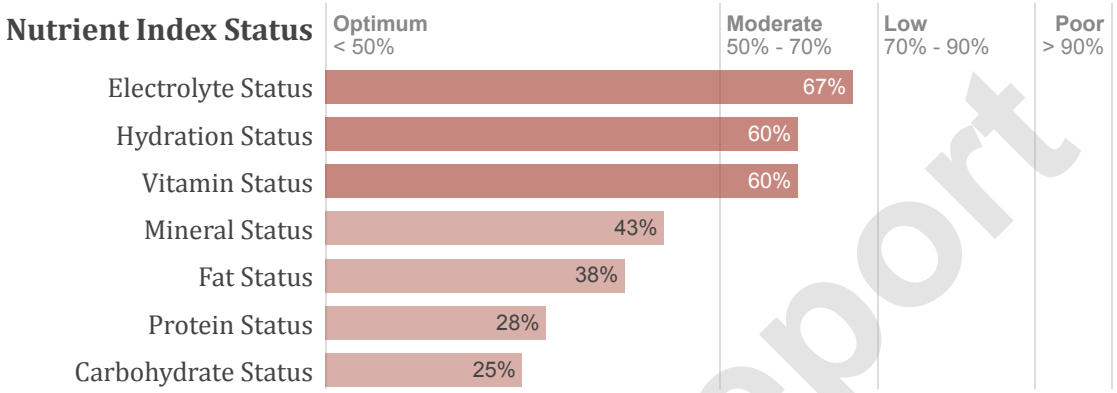
The Bone Health score allows us to assess the state of function in your bones. When the body's regulation of bone density is in a state of equilibrium there is a healthy balance between bone formation and bone resorption. Biomarkers on a blood test allow us to check and see if the bone system is in a state of balance or not. Some of the factors to consider include a low bone mineral density, loss of bone minerals from the body, a decrease in absorption of minerals necessary for bone formation, poor vitamin D status, the trend towards osteoporosis or osteopenia and a reduction in bone formation.

[50%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Hs CRP - Male ↑, Alk Phos ↑, DHEA-S - Male ↓, Glucose - Fasting ↑, Potassium ↓, Vitamin D (25-OH) ↓

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.



Electrolyte Status

The Electrolyte Status score gives us a sense of the balance of electrolytes in your body. Electrolytes such as calcium, potassium, sodium, and magnesium are essential for optimal health and wellness. An electrolyte imbalance can show up as low blood pressure, cold hands or feet, poor circulation, swelling in the ankles, and immune insufficiency.

[67%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
Potassium ↓

Hydration Status

The Hydration Status score gives us a good indication of how well hydrated you were at the time your blood was drawn. Adequate hydration is necessary for many basic chemical reactions in your body, including digestion, electrolyte balance, hormone transport, and kidney and heart function. Dehydration is a very common problem and is most often due to insufficient water intake and/or excessive use of diuretics (substances that increase water loss from the body). These would include certain over the counter and prescription drugs, botanical medicines, caffeine, etc. These are some of the most common causes of dehydration and may be a cause of an increased Hydration Status score.

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
BUN ↑, Hemoglobin - Male ↑, Hematocrit - Male ↑

Vitamin Status

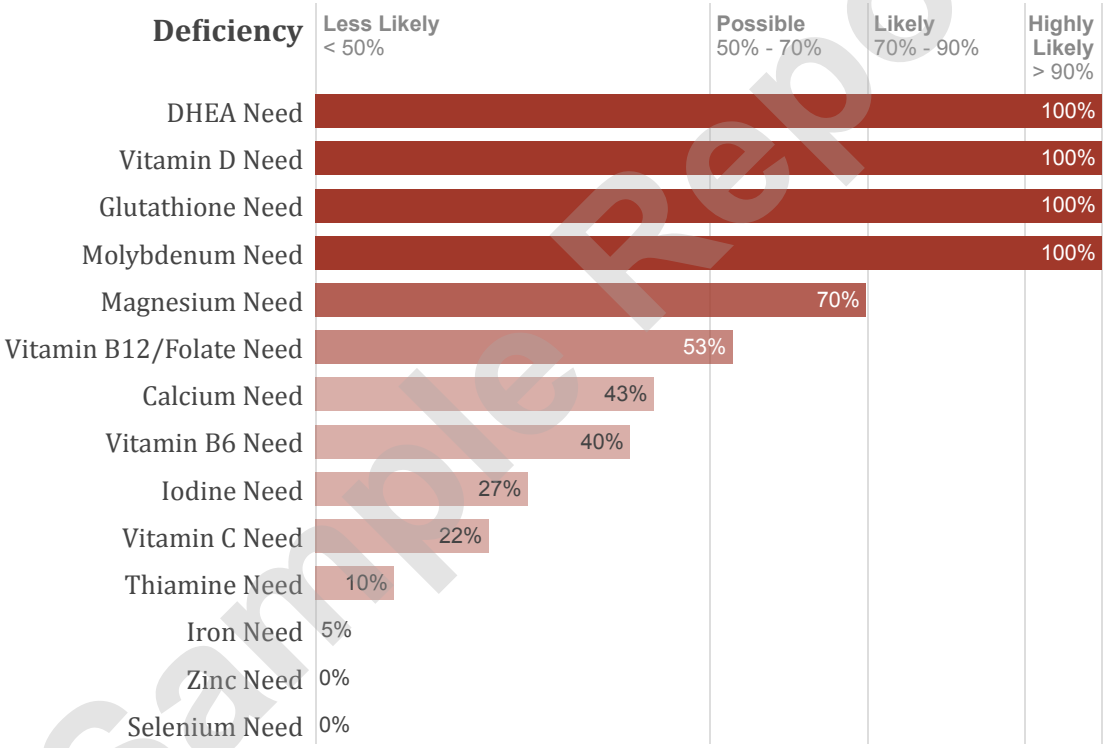
The Vitamin Status score gives us a general indication of the balance of certain vitamins in your body. Vitamin levels are constantly fluctuating based on a number of factors, such as the amount in your diet, your ability to digest and break down individual vitamins from the food or supplements you consume, the ability of those vitamins to be absorbed, transported and ultimately taken up into the cells themselves.

[60%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:
Homocysteine ↑, Vitamin D (25-OH) ↓, Folate - Serum ↓

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.



DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
DHEA-S - Male ↓

Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Vitamin D (25-OH) ↓

Glutathione Need

The results of your blood test indicate that your glutathione levels might be lower than optimal. Glutathione is one of the most powerful antioxidants in your body.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
GGT ↑

Molybdenum Need

The results of your blood test indicate that your molybdenum levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:
Uric Acid - Male ↓

Magnesium Need

The results of your blood test indicate that your magnesium levels might be lower than optimal.

[70%] - Dysfunction Likely. Improvement required.

Rationale:
Magnesium - Serum ↓

Vitamin B12/Folate Need

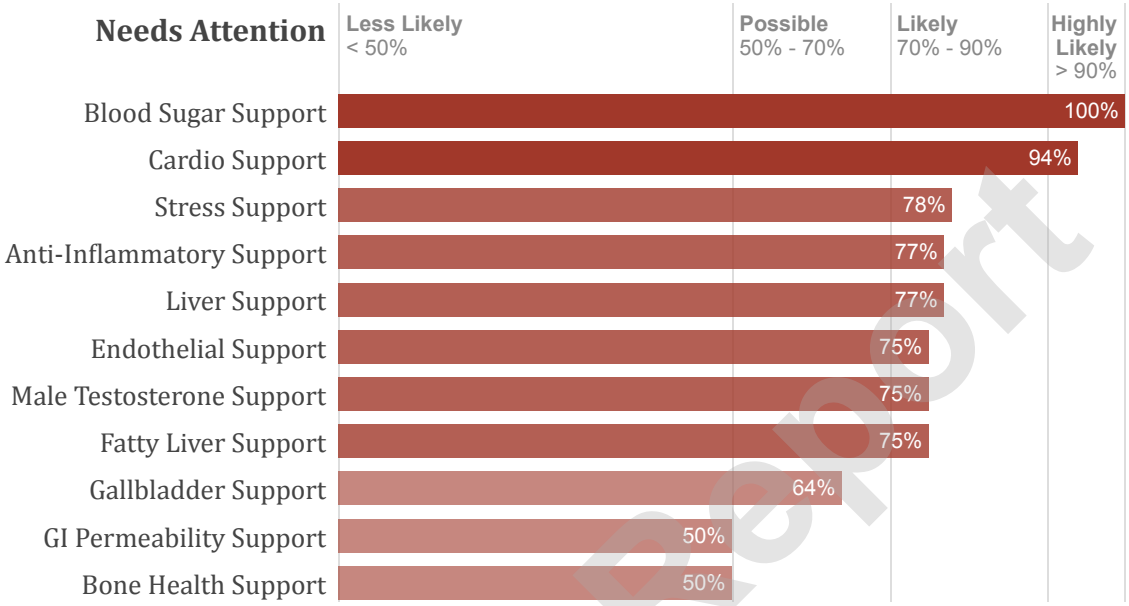
The results of your blood test indicate that your Vitamin B12 and Folate levels might be lower than optimal.

[53%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:
Homocysteine ↑, Uric Acid - Male ↓, Folate - Serum ↓

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.



Blood Sugar Support

The results of your blood test indicate a tendency towards metabolic syndrome and a need for blood sugar support.

Rationale:
Glucose - Fasting ↑, Insulin - Fasting ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, DHEA-S - Male ↓, Sex Hormone Binding Globulin - Male ↓

Cardio Support

The results of your blood test indicate a higher than optimal cardiovascular risk and show a need for cardiovascular support.

Rationale:
Glucose - Fasting ↑, AST ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Ferritin ↑, Hs CRP - Male ↑, Homocysteine ↑, Testosterone Total - Male ↓, Insulin - Fasting ↑, Vitamin D (25-OH) ↓, Testosterone Free - Male ↓

* 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.

Stress Support

The results of your blood test indicate a tendency towards adrenal stress and adrenal hyperfunction and a need for adrenal gland support.

Rationale:
Potassium ↓, Sodium : Potassium ↑, BUN ↑, Triglycerides ↓

Anti-Inflammatory Support

The results of your blood test indicate a tendency towards inflammation and show a need for anti-inflammatory support.

Rationale:
Hs CRP - Male ↑, Homocysteine ↑, Sodium : Potassium ↑, Ferritin ↑, Basophils - % ↑, Alk Phos ↑, Vitamin D (25-OH) ↓, ALT ↑

Liver Support

The results of your blood test indicate a tendency towards liver dysfunction and a need for liver support.

Rationale:
ALT ↑, Ferritin ↑, Alk Phos ↑, AST ↑, GGT ↑, Triglycerides ↓

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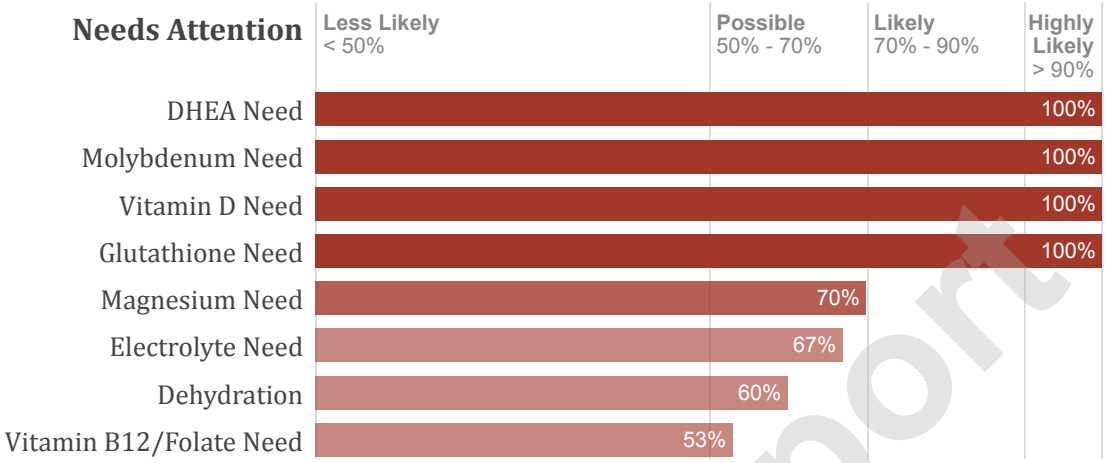
This Health Improvement Plan has been prepared for **Executive Sample Report** by **Dr. Nasr Al Jafari**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

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.



DHEA Need

The results of your blood test indicate that your DHEA levels might be lower than optimal and shows a need for DHEA supplementation.

Rationale:
DHEA-S - Male ↓

Molybdenum Need

The results of your blood test indicate that your molybdenum levels might be lower than optimal and shows a need for molybdenum supplementation and/or liver support.

Rationale:
Uric Acid - Male ↓

Vitamin D Need

The results of your blood test indicate that your vitamin D levels might be lower than optimal and shows a need for vitamin D supplementation.

Rationale:
Vitamin D (25-OH) ↓

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Glutathione Need

The results of your blood test indicate that your glutathione levels might be lower than optimal and may show a need for glutathione supplementation.

Rationale:
GGT ↑

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This Health Improvement Plan has been prepared for **Executive Sample Report** 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.

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Neither this Report, nor any information contained in this Report, should be considered complete, or exhaustive. This report does not contain information on all diseases, ailments, physical conditions or their treatment. This report is based on the lab data provided, which may or may not include all relevant and appropriate measures of your biochemistry.

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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

Proficiency Healthcare Diagnostics

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www.phd-laboratories.com

Laboratory Investigation Report

PHD No.	:	Age/Gender	:	Sample No.	:
Name	:			Collection Date	:
Doctor	:			Received Date	:
Centre	:	Ref No.	:	Reporting Date	:

DNA Executive Annual Male Check

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
Glucose (fasting), plasma	92.4	mg/dL	74 - 109	Enzymatic
Magnesium, serum	2.160	mg/dL	1.6 - 2.6	Colorimetric
Iron, serum	98.26	ug/dL	59 - 158	Colorimetric
TOTAL IRON BINDING CAPACITY				
Iron, serum	98.26	ug/dL	59 - 158	Colorimetric
Unsaturated Iron Binding Capacity (UIBC)	214	ug/dL	112 - 346	Colorimetric
Total Iron Binding Capacity (TIBC)	312	ug/dL	228 - 428	Calculation
Ferritin, serum	176.20	ng/mL	30 - 400	ECLIA
Vitamin B12, serum	669.00	pg/mL	211 - 946	ECLIA
25-OH Vitamin D (Total), serum	30.9	ng/mL	Normal: >= 30 Insufficient: 21 - 29 Deficient: <= 20	ECLIA

*** End Of Report ***

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ENDOCRINOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
TSH, serum	1.35	uIU/mL	Euthyroid: 0.27 - 4.2	ECLIA
Free T4, serum	1.4	ng/dL	Euthyroid: 1.0 - 1.7	ECLIA
	18.0	*pmol/L*	12.87 - 21.88	
Free T3, serum	4.0	pg/mL	Euthyroid: 2.0 - 4.4	ECLIA
	6.2	*pmol/L*	3.08 - 6.78	
FREE TESTOSTERONE CALCULATION				
Albumin (S), serum	5.0	g/dL	3.5 - 5.2	Colorimetric
SHBG, serum	21.00	nmol/L	18 - 54	ECLIA
Testosterone (total)	5.10	ng/mL	2.8 - 8.0	ECLIA
	510.00	*ng/dL*	280 - 800	
Free Testosterone	0.122	ng/mL	0.090 - 0.30	Calculation
Insulin (fasting), serum	14.20	uIU/mL	2.6 - 24.9	ECLIA

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DNA Executive Annual Male Check

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
HBA1C, EDTA WHOLE BLOOD				
DCCT HbA1c	5.3	%	Normal: <5.7 Pre-diabetes: 5.7-6.4 Diabetes: >=6.5	Turbidimetric inhibition immunoassay (TINI
IFCC HbA1c	34.426	mmol/mol	Normal: < 38.8 Pre-diabetes: 38.8 - 46.4 Diabetes: >=46.5	Calculation
Estimated Average Glucose (eAG)	105	mg/dL	< 120	Calculation

REMARKS:
American Diabetes Association (ADA) defines certain criteria in the diagnosis of diabetes:
1-HbA1c >= 6.5% DCCT (48 mmol/mol IFCC).
2- Glucose-fasting >= 126 mg/dL (no caloric intake for at least 8 hours)
3- Glucose-2 hrs >= 200 mg/dL during OGTT using a glucose load of 75 g.
4- Glucose-random >= 200 mg/dL in a patient with classic symptoms of hyperglycemia or hyperglycemic crisis.

Source: Diabetes Care January 2014 vol. 37 no. Supplement 1 S14-S80

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BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
LIPID PROFILE				
Cholesterol (total), serum	167	mg/dL	Desirable : < 200 Borderline high : 200-239 High : >240	Enzymatic
Triglycerides, serum	61	mg/dL	Optimal: < 150 Borderline High: 150-200 High: > 200	Enzymatic
HDL Cholesterol, serum	41.5	mg/dL	No risk: > 55 Moderate risk: 35 - 55 High risk: < 35	Enzymatic
LDL Cholesterol, serum	112.9	mg/dL	Optimal: < 100 Near optimal: 100 - 129 Borderline high: 130 - 159 High: 160 - 190 Very high: >190	Enzymatic
VLDL Cholesterol	12.1	mg/dL	10 - 35	Calculation
Cholesterol / HDL ratio	4.0	Ratio	< 5.0	Calculation
TG / HDL Ratio	1.5	Ratio	< 2.0	Calculation
LDL / HDL Ratio	2.7	Ratio	< 3.5	Calculation

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BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
LIVER FUNCTION TESTS				
AST, serum	38	U/L	< 40	Enzymatic
ALT, serum	215	U/L	< 41	Enzymatic
Gama GT, serum	187	U/L	< 61	Enzymatic
ALP, serum	125	U/L	< 128	Colorimetric
Protein (total), serum	8.0	g/dL	6.4 - 8.3	Colorimetric
Albumin (S), serum	5.0	g/dL	3.5 - 5.2	Colorimetric
Bilirubin (direct), serum	0.1	mg/dL	< 0.20	Colorimetric
Bilirubin (indirect)	0.1	mg/dL	< 0.7	Calculation
Bilirubin (total), serum	0.2	mg/dL	< 1.0	Colorimetric
Globulin	3.0	g/dL	1.2 - 5.3	
A/G RATIO	1.7	Ratio	1.0 - 2.2	

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HEMATOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
COMPLETE BLOOD COUNT, EDTA whole blood				Cellular Impedence
RBCs	5.8	10^6/ul	4.5 - 5.7	
Hgb	15.9	g/dL	13.5 - 17.5	
HCT	49.5	%	40 - 50	
MCV	84.9	fL	80 - 100	
MCH	27.3	pg	27 - 32	
MCHC	32.1	g/dL	31.5 - 35.0	
Platelets	330	10^3/cmm	150 - 400	
RDW	12.4	%	11.5 - 15.5	
WBCs	6.5	10^3/ul	4 - 11	
DIFFERENTIAL COUNT				
Neutrophils (Seg)	50.1	%	40 - 75	
Neutrophils (Band)		%	1 - 5	
Lymphocytes	41.2	%	22 - 48	
Monocytes	6.0	%	2 - 10	
Eosinophils	1.5	%	0 - 6	
Basophils	1.2	%	0 - 1	
Promyelocytes				
Myelocytes				
Juveniles				
Blast				
ABSOLUTE COUNT				
Neutrophils #	3.256	10^3/ul	2 - 7	
Lymphocytes #	2.678	10^3/ul	1.0 - 3.0	
Monocytes #	0.390	10^3/ul	0.2 - 1.0	

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DNA Executive Annual Male Check

HEMATOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
Eosinophils #	0.098	10^3/ul	0.02 - 0.5	
Basophils #	0.078	10^3/ul	0.02 - 0.1	

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DNA Executive Annual Male Check

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
RENAL FUNCTION TESTS				
Urea, serum	40	mg/dL	19 - 49	Enzymatic
Creatinine, serum	0.97	mg/dL	< 1.17	Kinetic Jaffe
Uric Acid, serum	3.4	mg/dL	3.4 - 7.0	Enzymatic
Sodium, serum	140	mmol/L	136 - 145	ISE
Calcium (serum)	9.7	mg/dL	8.6 - 10	Colorimetric
Potassium, serum		mmol/L	3.5 - 5.1	ISE
Chloride, serum	100	mmol/L	98 - 107	ISE

*** End Of Report ***

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BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
* CRP (C-Reactive Protein) HS	2.6	mg/l	< 5.0	Immunoturbidimetry
	24.8	*nmol/l*	*< 47.6*	
Sample Type : Serum				
Copper	126.0	ug/dl	75 - 145	
	19.8	*umol/L*		
Sample Type : Serum				
Zinc (Serum)	102.0	ug/dL	46-150	Colorimetric
	15.6	*umol/L*	*7 - 23*	
Sample Type : Serum				
Apolipoprotein B	82.6	mg/dL	66 - 133	Immunoturbidimetric
	0.8	*g/L*	*0.66 - 1.33*	
Sample Type : Serum				
Apolipoprotein A 1	127.1	mg/dL	104 - 202	Immunoturbidimetric
	1.3	*g/L*	*1.04 - 2.02*	
Sample Type : Serum				

*** End Of Report ***

Verified By : KBL
Laboratory Technologist, GT15301

Dr. Lobna O.Elmessery, MD
Laboratory Director , D4817

Tests Marked with (*) are accredited by ISO 15189:2012 Accreditation.

Proficiency Healthcare Diagnostics

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Tel: +971 2 491 9300 / +971 2 491 9301,
Fax: +971 2 650 7791 / 6507464
Email: proficiencylab@gmail.com
www.phd-laboratories.com

Laboratory Investigation Report

PHD No. :	Age/Gender :	Sample No. :	
Name :		Collection Date :	
Doctor :		Received Date :	
Centre :	Ref No. :	Reporting Date :	

ENDOCRINOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
* Dehydroepiandrosterone Sulphate (Dheas)	152.0	ug/dl	160 - 449	ECLIA
	4.1	*umol/L*	*4.34 - 12.2*	
Sample Type : Serum				
* Anti TPO (Thyroid Peroxidase / Microsomal Antibodies)	7.63	IU/ml	< 34	ECLIA
Sample Type : Serum				
* Folate Serum	8.4	ng/ml	4.4 - 31.0	ECLIA
	19.1	*nmol/L*		
Sample Type : Serum				
Total PSA	0.808	ng/ml	< 1.4	ECLIA
Sample Type : Serum				

Probability of detecting PCA on needle biopsy in urologically referred men with Digital Rectal Examination (DRE) results not suspicious for prostate cancer

tPSA ng/mL	Probability of PCA %	95% confidence interval
< 4.0	17.1	12.4 - 21.6
4.0 - 10.0	30.3	26.8 - 33.8
> 10.0	49.1	42.5 - 55.7

The probability of finding prostate cancer PCA with tPSA in the gray zone (4-10 ng/mL) increases with increasing age and with decreasing fPSA/tPSA ratios.

* Anti TG (Thyroglobulin Antibodies)	13.6	IU/ml	< 115	ECLIA
Sample Type : Serum				
* Cortisol	201.2	nmol/l	AM (6-10am) : 166 - 507 PM (4-8pm) : 73.8 - 291	ECLIA
	72.9	*ug/L*	*AM : 60.17 - 183.7* *PM : 26.7 - 105.4*	
Sample Type : Serum				

*** End Of Report ***

Verified By : KBL
Laboratory Technologist, GT15301

Dr. Lobna O.Elmessery, MD
Laboratory Director , D4817

Tests Marked with (*) are accredited by ISO 15189:2012 Accreditation.

Proficiency Healthcare Diagnostics

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Laboratory Investigation Report

PHD No. :	Age/Gender :	Sample No.	:
Name :		Collection Date	:
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Centre :	Ref No. :	Reporting Date	:

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
* Homocysteine	11.24	umol/L		Enzymatic/Colorimetric

Sample Type : *Serum*

Age, pregnancy, and renal function are important. The intake of folic acid as either supplements or through fortification of foods must also be considered:

Group	Folate supplemented	Nonsupplemented
Fasting/basal tHcy, umol/L		
Pregnancy	8	10
Children < 15 Years	8	10
Adults 15-65 Years	12	15
Elderly > 65 Years	16	20

*** End Of Report ***

Verified By : KBL
Laboratory Technologist, GT15301

Dr. Lobna O.Elmessery, MD
Laboratory Director , D4817

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CAP ACCREDITED
COLLEGE of AMERICAN PATHOLOGISTS

PHD Proficiency Healthcare Diagnostics

Laboratory Investigation Report

PHD No. :	**Age/Gender :**	**Sample No. :**	
Name :		**Collection Date :**	
Doctor :		**Received Date :**	
Centre :	**Ref No. :**	**Reporting Date :**	

ENDOCRINOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
Total PSA	1.250	ng/ml	< 2.0	ECLIA
Sample Type : Serum				

Probability of detecting PCA on needle biopsy in urologically referred men with Digital Rectal Examination (DRE) results not suspicious for prostate cance

tPSA ng/mL	Probability of PCA %	95% confidence interval
< 4.0	17.1	12.4 - 21.6
4.0 - 10.0	30.3	26.8 - 33.8
> 10.0	49.1	42.5 - 55.7

The probability of finding prostate cancer PCA with tPSA in the gray zone (4-10 ng/mL) increases with increasing age and with decreasing fPSA/tPSA ratios.

* Free PSA	**0.200**	ng/ml		ECLIA
* Free PSA/ Total PSA Ratio	16.0	%		
Sample Type : Serum				

Probability of finding PCA on needle biopsy by age in years and % fPSA

%fPSA ratio	50-59	60-69	>=70
<=10	49.2	57.5	64.5
11-18	26.9	33.9	40.8
19-25	18.3	23.9	29.7
> 25	9.1	12.2	15.8

* CA -15.3	8.30	U/ml	<34.5	ECLIA
Sample Type : Serum				
* CA -19.9	1.10	U/ml	< 39	ECLIA
Sample Type : Serum				
* Alpha Fetoprotein	1.42	ng/ml	<= 7.0	ECLIA
	1.18	*IU/mL*		
Sample Type : Serum				
* CEA - Carcino Embryonic Antigen	1.55	ng/ml	NON-SMOKER : < 3.8 SMOKER : < 5.5	ECLIA
Sample Type : Serum				

Dr. Lobna O.Elmessery, MD
Laboratory Director , D4817

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LB-MED-037

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Toll free: 800-PHD-LAB (743-522) phdabudhabi@proficiencylab.org
Abu Dhabi | Al ain | Dubai | Sharjah www.phd-laboratories.com

InBody

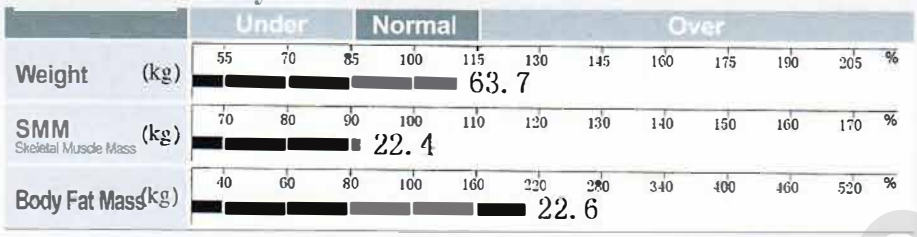
[InBody:270]

ID	Height	Age	Gender	Test Date & Time
0000	164cm	31	Female	07. 06. 2021 09:23

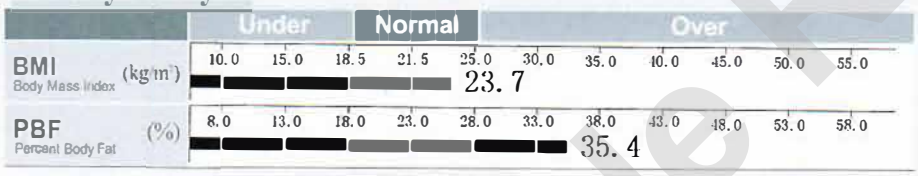
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	30.0	(29.4~36.0)
For building muscles	Protein	(kg)	8.1	(7.9~9.7)
For strengthening bones	Minerals	(kg)	2.99	(2.73~3.33)
For storing excess energy	Body Fat Mass	(kg)	22.6	(11.6~18.5)
Sum of the above	Weight	(kg)	63.7	(49.1~66.5)

Muscle-Fat Analysis



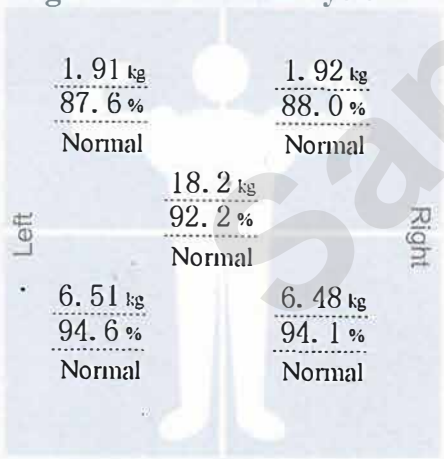
Obesity Analysis



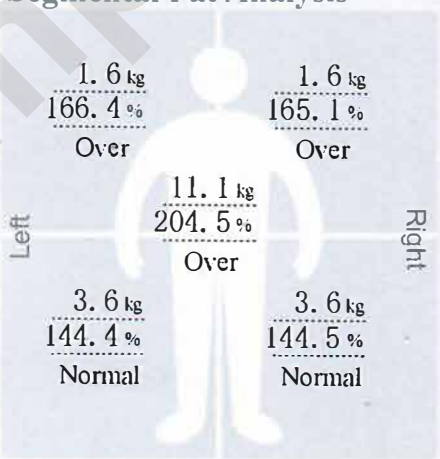
Lean Mass % Evaluation

Fat Mass % Evaluation

Segmental Lean Analysis



Segmental Fat Analysis



* Segmental fat is estimated.

Body Composition History

InBody Score

67/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	57.8 kg
Weight Control	−5.9 kg
Fat Control	−9.3 kg
Muscle Control	+3.4 kg

Obesity Evaluation

BMI: ☑ Normal ☐ Under ☐ Slightly Over ☐ Over

PBF: ☐ Normal ☐ Slightly Over ☑ Over

Waist-Hip Ratio

0.88 (0.75 – 0.85)

Visceral Fat Level

Level 10 (Low – 10 – High)

Research Parameters

Fat Free Mass	41.1 kg	
Basal Metabolic Rate	1258 kcal	(1324~1535)
Obesity Degree	110 %	(90~110)
SMI	6.3 kg/m²	
Recommended calorie intake	1641 kcal	

Calorie Expenditure of Exercise

Golf	112	Gateball	121
Walking	127	Yoga	127
Badminton	144	Table Tennis	144
Tennis	191	Bicycling	191
Boxing	191	Basketball	191
Mountain Climbing	208	Jumping Rope	223
Aerobics	223	Jogging	223
Soccer	223	Swimming	223
Japanese Fencing	319	Racketball	319
Squash	319	Taekwondo	319

* Based on your current weight
* Based on 30 minute duration

Impedance

Z(Ω)	RA	LA	TR	RL	LL
20 kHz	443.4	445.2	27.3	310.3	306.2
100 kHz	404.9	407.8	24.2	275.6	272.2

Name :
ID Number : 210608002
Sub-ID No. :
Gender :
Age :

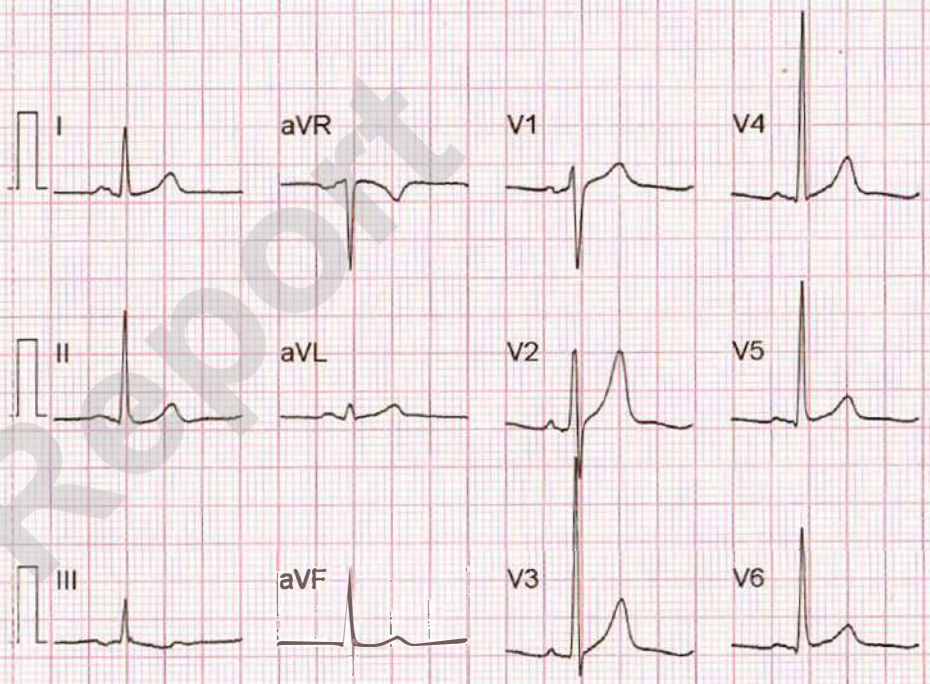
First Name
Male
Last Name
DOB DD/MM/YY
DNA Health
File Number
08 June 2021
Doctor

Heart rate : 75 bpm
P/QRS duration : 108/95 ms
P/QRS/T axis : 4/53/7°
RV5+SV1 voltage: 2.93 mV

PR interval : 127 ms
QT/QTC interval : 370/396 ms
RV5/SV1 voltage : 1.88/1.05 mV
[Minnesota code]
43 941

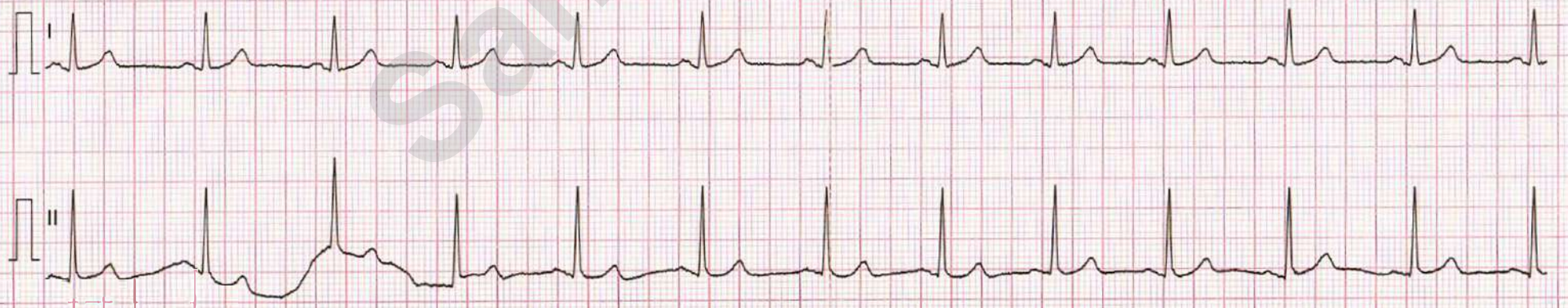
****** Analyse Result ******
8110 Sinus rhythm
** Normal ECG **

D N A HEALTH MEDICAL CENTER LLC
Dr Nasr Al [illegible] Medical Director
Consultant Family Medicine DHA-P-0182856



Doctor needs to confirm the report

10mm/mV 25mm/s AC:50Hz,0.8~150Hz



Print time: 2021/06/08,17:12:55 Biocare iE 12

Check time: 2021/06/08,17:12:45

“Eat Better Live More”

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Realise Your Potential