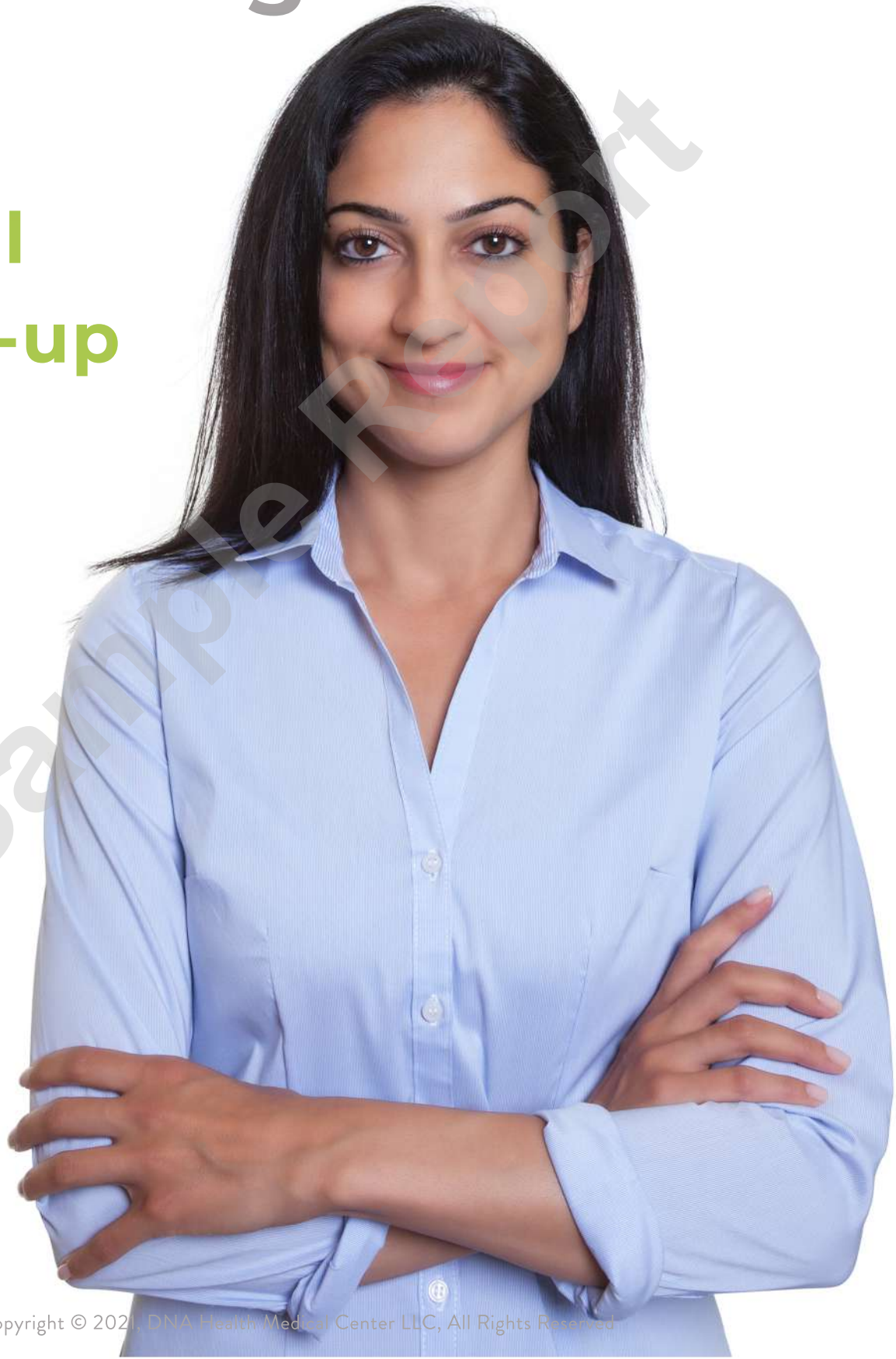


Wellness Screening

**Annual
Check-up**



Sample Report

Sample Report
Annual Screening
Wednesday, July 14, 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.

The most comprehensive, detailed and accurate Health Screening Report

Use The Latest Health & Wellness Analytical Software

Wellness Screening
Executive Check-up

Sample Report

Lab Test on Jul 14, 2019
Dr. Nour Al-Jafari

Report

Above Standard Range
Alarm High

Below Standard Range
Alarm Low

Target Range
120/60-140/85
18.5-25.9

Minerals
Zinc - Serum
98.00 µg/dL
Magnesium - Serum
2.27 mg/dL

Cholesterol HDL
5.30 mmol/L
Triglyceride HDL
5.20 mmol/L

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

Page 1, Page 2, Page 3, Page 4, Page 11

We use your health data to put together a unique treatment plan designed to bring your body back into a state of functional 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

Next Screening Date

...../...../.....

...../...../.....



REALISE YOUR POTENTIAL

HEALTH REPORT

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Sample Report

Dr. Al Jafari's Notes



Dear Mr.,

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.

Summary of Findings

- Low Magnesium
- Improved Liver function tests
- Lipids much improved but still sub-optimal
- Vitamin D3 improved but not optimal
- Low-normal Testosterone

Recommendations

Nutritional

- Your lipid (cholesterol & triglycerides) & Insulin profile suggests an underlying **Insulin Resistance** picture. TO **MUCH SUGAR**
- Do not go heavy on refined carbohydrates or starches – **REDUCE** as much as possible
- 8-hr eating window (so 16-hrs fasted)) – this should be achieved on most days (but the idea is not to deprive yourself of the required energy during your eating periods).
- Doing periods of longer 'water fasting' occasionally is therapeutic, particularly for reducing inflammation – (i.e. attempt a 24hr 'water only' fast once weekly)
- An option that you can try once monthly for 2 or 3 cycles would be –
 - <https://prolon.ae/>

(*See guides attached in appendix)

Exercise

- Resistance training would also be most effective
- Scale back the long cardio
- Occasionally do HIIT sessions BUT (see below) – depends on recovery
- Train intuitively; i.e. if your body is tired then it needs the break.
- To help with Bio-feedback, obtain an
 - Oura ring - <https://ouraring.com/> OR
 - Whoop - <https://www.whoop.com/>

This will help track your sleep and recovery

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>
- Cold therapy (showers) in the day
 - <https://www.wimhofmethod.com/>
 - <https://medium.com/personalgrowth/why-freezing-your-butt-off-will-make-you-stronger->

[9e583448274b](#)

Sleep

- Set circadian rhythm in the morning; sun exposure for 15-to-30mins
- You should aim to be in bed early – 10 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.
- Reduce caffeine
- Consider Blue Blockers in the evening - <https://www.blublox.com/>
- Note previous suggestion of Oura & Whoop.

Supplements & Medications

- Magnesium Phospholipid complex – three capsules at night
- Methyl-B-Comple x – take two capsules daily in the morning
- **Increase your Synjard to two times daily** (12.5/1000 twice daily)

Attachments

- Guide to anti-inflammatory foods
- Guide to Carbs & Protein
- Guide to Intermittent Fasting
- Guide to Sleep
- Guide to Meditation

Important Links

- **Weight Loss:** <https://www.weightlossclinic.ae/blog/>
- **Hormonal mechanisms** - <https://goop.com/wellness/health/why-youre-not-losing-weight/>
- METABOLISM : <https://www.nytimes.com/2016/05/02/health/biggest-loser-weight-loss.html>
- <https://www.nytimes.com/2017/10/31/health/biggest-losers-weight-loss.html>
- CORTISOL : <https://inbodyusa.com/blogs/inbodyblog/can-your-stress-hurt-your-fitness-progress/>

Further Investigations

- Not currently

Follow-up

- 3-to-6 months to re-check sub-optimal parameters

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 14 Current ↑	Above Standard Range 10 Current ↑↑	Alarm High 0 Current ⚠
Below Optimal Range 12 Current ↓	Below Standard Range 0 Current ↓↓	Alarm Low 0 Current ⚠

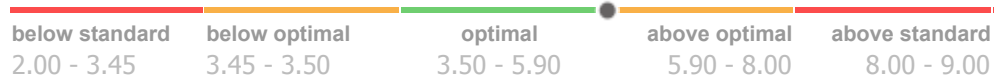
Blood Glucose



Metabolic

Uric Acid - Male

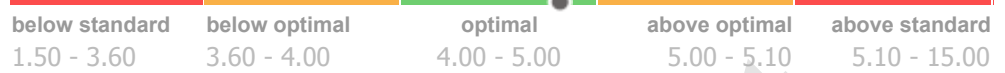
6.00 mg/dL



Proteins

Albumin

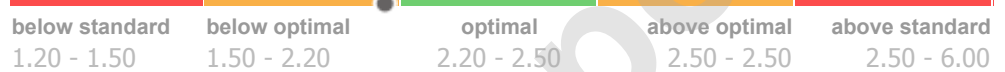
4.80 g/dL



Minerals

Magnesium - Serum

2.14 mg/dl



Zinc - Serum

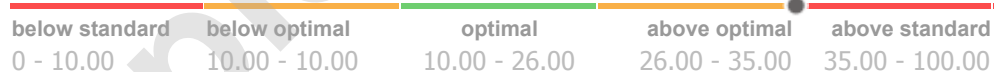
87.00 ug/dL



Liver and GB

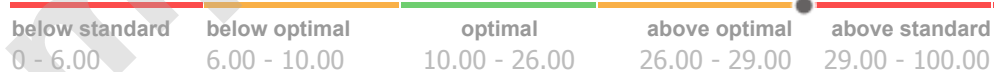
AST

35.00 IU/L



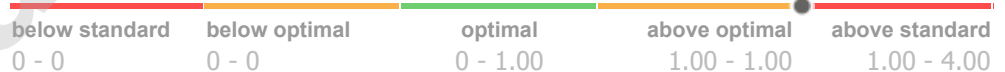
ALT

32.00 IU/L



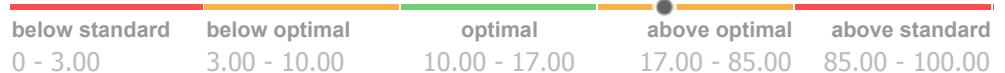
AST : ALT

1.09 Ratio



GGT

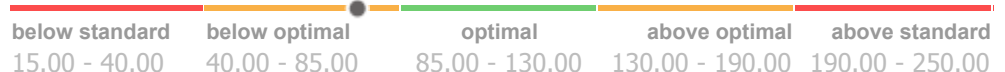
40.00 IU/L



Iron Markers

Iron - Serum

74.66 µg/dL



Lipids

Cholesterol - Total 204.00 mg/dL	below standard 110.00 - 125.00	below optimal 125.00 - 160.00	optimal 160.00 - 180.00	above optimal 180.00 - 200.00	above standard 200.00 - 300.00
Triglycerides 78.00 mg/dL	below standard 0 - 0	below optimal 0 - 70.00	optimal 70.00 - 80.00	above optimal 80.00 - 150.00	above standard 150.00 - 250.00
LDL Cholesterol 140.20 mg/dL	below standard 0 - 0	below optimal 0 - 80.00	optimal 80.00 - 100.00	above optimal 100.00 - 100.00	above standard 100.00 - 156.00
HDL Cholesterol 48.40 mg/dL	below standard 35.00 - 46.00	below optimal 46.00 - 55.00	optimal 55.00 - 70.00	above optimal 70.00 - 100.00	above standard 100.00 - 120.00
LDL : HDL - Male 2.90 Ratio	below standard 0 - 0	below optimal 0 - 0	optimal 0 - 2.28	above optimal 2.28 - 4.90	above standard 4.90 - 8.00
Non-HDL Cholesterol 155.60 mg/dl	below standard 0 - 0	below optimal 0 - 0	optimal 0 - 130.00	above optimal 130.00 - 130.00	above standard 130.00 - 220.00
VLDL Cholesterol 15.60 mg/dl	below standard 0 - 0	below optimal 0 - 0	optimal 0 - 10.00	above optimal 10.00 - 29.00	above standard 29.00 - 32.00
Cholesterol : HDL 4.20 Ratio	below standard 0 - 0	below optimal 0 - 0	optimal 0 - 3.00	above optimal 3.00 - 5.00	above standard 5.00 - 5.50
Triglyceride:HDL 1.60 ratio	below standard 0 - 0	below optimal 0 - 0.50	optimal 0.50 - 1.90	above optimal 1.90 - 2.00	above standard 2.00 - 3.50
Apolipoprotein A-1 141.10 mg/dl	below standard 30.00 - 94.00	below optimal 94.00 - 115.00	optimal 115.00 - 176.00	above optimal 176.00 - 176.00	above standard 176.00 - 200.00

Lipoproteins

Apolipoprotein B 114.40 mg/dl	below standard 25.00 - 52.00	below optimal 52.00 - 52.00	optimal 52.00 - 80.00	above optimal 80.00 - 119.00	above standard 119.00 - 175.00
Apo B : Apo A-1 0.81 Ratio	below standard 0 - 0	below optimal 0 - 0	optimal 0 - 0.25	above optimal 0.25 - 0.29	above standard 0.29 - 4.00

Thyroid

TSH
1.60 $\mu\text{U/mL}$

below standard	below optimal	optimal	above optimal	above standard
0.30 - 0.40	0.40 - 1.30	1.30 - 3.00	3.00 - 4.50	4.50 - 20.00

T4 - Free
1.40 ng/dL

below standard	below optimal	optimal	above optimal	above standard
0.57 - 0.80	0.80 - 1.00	1.00 - 1.50	1.50 - 1.80	1.80 - 2.34

T3 - Free
3.80 pg/ml

below standard	below optimal	optimal	above optimal	above standard
1.60 - 2.30	2.30 - 3.00	3.00 - 3.50	3.50 - 4.20	4.20 - 6.00

Free T3 : Free T4
2.71 Ratio

below standard	below optimal	optimal	above optimal	above standard
1.00 - 2.20	2.20 - 2.40	2.40 - 2.70	2.70 - 2.90	2.90 - 6.00

Thyroid Peroxidase (TPO) Abs
12.50 IU/ml

below standard	below optimal	optimal	above optimal	above standard
0 - 0	0 - 0	0 - 6.80	6.80 - 9.00	9.00 - 18.00

Thyroglobulin Abs
1.00 IU/ml

below standard	below optimal	optimal	above optimal	above standard
0 - 0	0 - 0	0 - 1.00	1.00 - 1.00	1.00 - 2.00

Inflammation

Hs CRP - Male
0.50 mg/L

below standard	below optimal	optimal	above optimal	above standard
0 - 0	0 - 0	0 - 0.55	0.55 - 2.90	2.90 - 6.00

Homocysteine
13.23 $\mu\text{mol/L}$

below standard	below optimal	optimal	above optimal	above standard
0 - 0	0 - 5.00	5.00 - 7.20	7.20 - 10.30	10.30 - 15.00

Vitamins

Vitamin D (25-OH)
48.60 ng/ml

below standard	below optimal	optimal	above optimal	above standard
20.00 - 30.00	30.00 - 50.00	50.00 - 90.00	90.00 - 100.00	100.00 - 130.00

Vitamin B12
603.60 pg/ml

below standard	below optimal	optimal	above optimal	above standard
200.00 - 200.00	200.00 - 450.00	450.00 - 800.00	800.00 - 1100.00	1100.00 - 1500.00

Folate - Serum
10.60 ng/ml

below standard	below optimal	optimal	above optimal	above standard
3.40 - 5.50	5.50 - 15.00	15.00 - 25.00	25.00 - 27.00	27.00 - 30.00

Hormones

DHEA-S - Male
289.60 mcg/dl

below standard	below optimal	optimal	above optimal	above standard
20.00 - 50.00	50.00 - 350.00	350.00 - 690.00	690.00 - 690.00	690.00 - 850.00

Testosterone Total - Male
652.00 ng/dl

below standard	below optimal	optimal	above optimal	above standard
170.00 - 250.00	250.00 - 700.00	700.00 - 900.00	900.00 - 1100.00	1100.00 - 1275.00

Testosterone Free - Male
117.00 pg/ml

below standard	below optimal	optimal	above optimal	above standard
33.00 - 46.00	46.00 - 150.00	150.00 - 224.00	224.00 - 224.00	224.00 - 300.00

% Testosterone Free - Male
1.79 %

below standard	below optimal	optimal	above optimal	above standard
0.25 - 1.00	1.00 - 1.60	1.60 - 2.20	2.20 - 2.90	2.90 - 5.00

Testosterone Bioavailable - Male
306.00 ng/dl

below standard	below optimal	optimal	above optimal	above standard
50.00 - 110.00	110.00 - 375.00	375.00 - 575.00	575.00 - 575.00	575.00 - 750.00

% Testosterone Bioavailable - Male
46.93 %

below standard	below optimal	optimal	above optimal	above standard
3.00 - 35.00	35.00 - 53.00	53.00 - 65.00	65.00 - 65.00	65.00 - 75.00

Sex Hormone Binding Globulin - Male
42.00 nmol/L

below standard	below optimal	optimal	above optimal	above standard
5.00 - 10.00	10.00 - 30.00	30.00 - 40.00	40.00 - 50.00	50.00 - 65.00

Cortisol - AM
15.50 µg/dL

below standard	below optimal	optimal	above optimal	above standard
2.90 - 4.00	4.00 - 10.00	10.00 - 15.00	15.00 - 22.00	22.00 - 28.50

CBC/Hematology

Hemoglobin - Male
14.90 g/dl

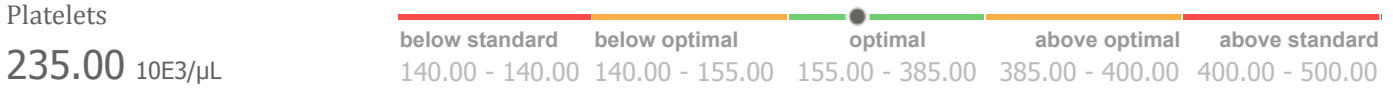
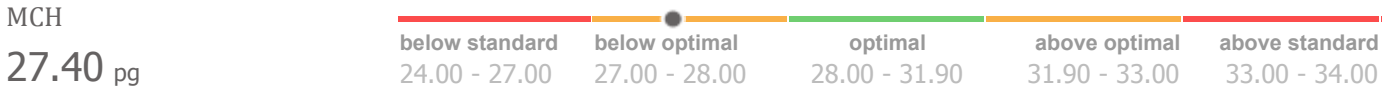
below standard	below optimal	optimal	above optimal	above standard
10.00 - 13.20	13.20 - 14.00	14.00 - 15.00	15.00 - 17.10	17.10 - 18.00

Hematocrit - Male
46.30 %

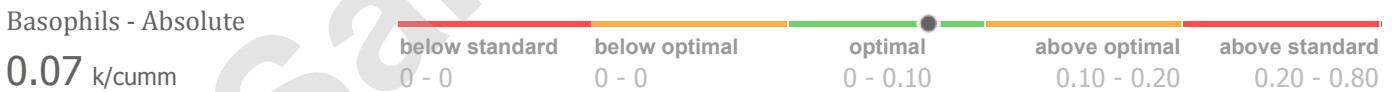
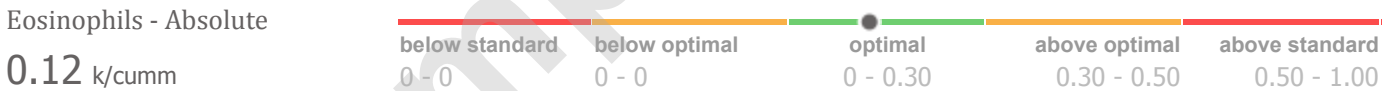
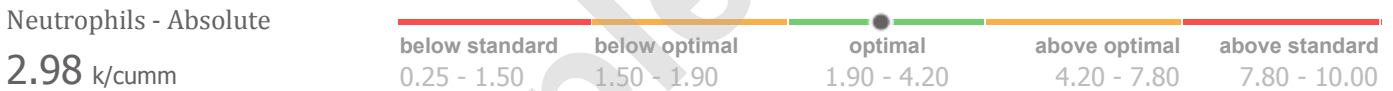
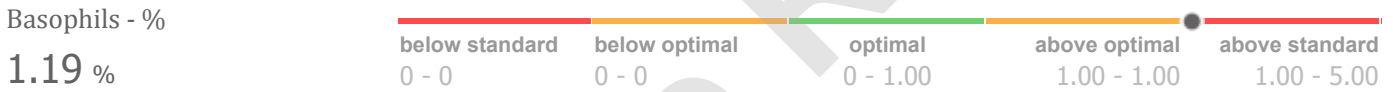
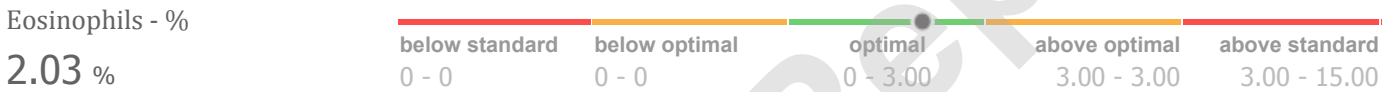
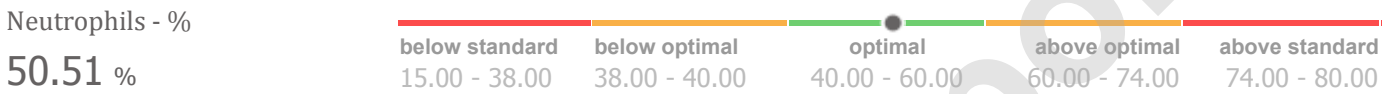
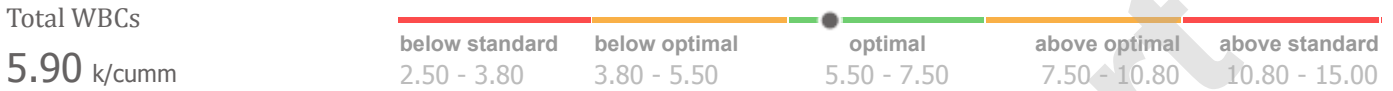
below standard	below optimal	optimal	above optimal	above standard
32.00 - 38.50	38.50 - 40.00	40.00 - 48.00	48.00 - 50.00	50.00 - 52.00

MCV
85.30 fL

below standard	below optimal	optimal	above optimal	above standard
76.00 - 80.00	80.00 - 82.00	82.00 - 89.90	89.90 - 100.00	100.00 - 110.00



White Blood Cells



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 14 Current 6 Previous ↑	Above Standard Range 10 Current 7 Previous ↑↑	Alarm High 0 Current 2 Previous ⚠
Below Optimal Range 12 Current 5 Previous ↓	Below Standard Range 0 Current 4 Previous ↓↓	Alarm Low 0 Current 0 Previous ⚠

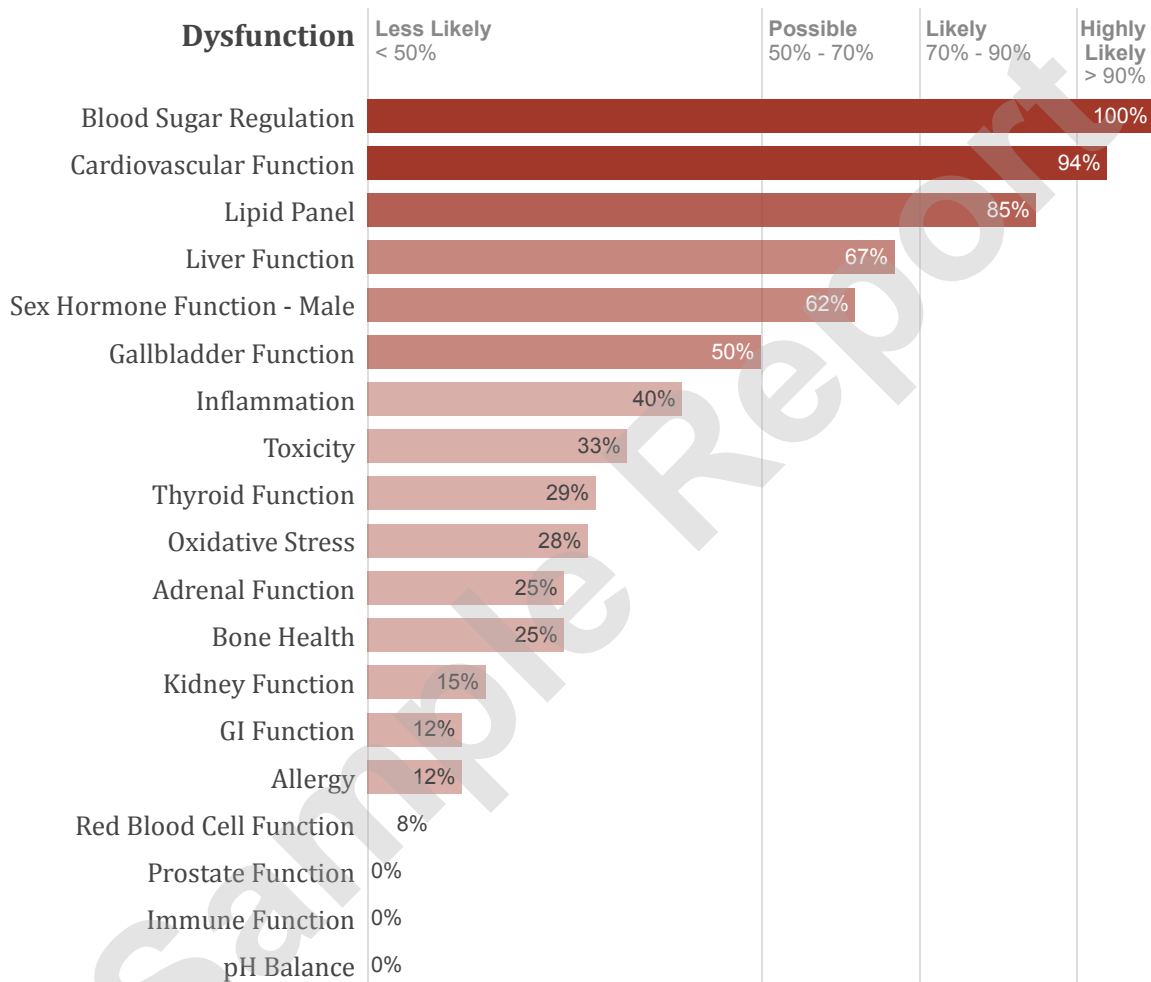
Biomarker	Impr	Previous Apr 05 2021	Current Jul 14 2021	Optimal Range	Standard Range	Units
Glucose - Fasting	👎	97.10	↑ 97.60	75.00 - 86.00	65.00 - 99.00	mg/dL
Hemoglobin A1C	👎	5.30	5.80 ↑↑	4.60 - 5.50	0 - 5.70	%
eAG	👎	105.41	119.76 ↑	82.00 - 111.00	82.00 - 154.00	mg/dl
Insulin - Fasting	👍	11.00	↑ 7.91	2.00 - 5.00	2.00 - 19.00	µIU/ml
HOMA2-%B	👎	104.40	82.60 ↓	90.00 - 110.00	70.00 - 120.00	%
HOMA2-%S	👍	69.10	↓↓ 95.40	85.00 - 200.00	75.00 - 250.00	%
HOMA2-IR	👍	1.44	↑ 1.04	0.75 - 1.25	0.50 - 1.75	Index
QUICKI	👍	0.33	↓↓ 0.35	0.35 - 5.00	0.34 - 5.00	Index
Uric Acid - Male			6.00 ↑	3.50 - 5.90	3.45 - 8.00	mg/dL
Albumin			4.80	4.00 - 5.00	3.60 - 5.10	g/dL
Magnesium - Serum	👎	2.27	2.14 ↓	2.20 - 2.50	1.50 - 2.50	mg/dl
Zinc - Serum		98.00	87.00	80.00 - 100.00	50.00 - 130.00	ug/dL
AST	👎	19.00	35.00 ↑	10.00 - 26.00	10.00 - 35.00	IU/L
ALT	👎	19.00	32.00 ↑↑	10.00 - 26.00	6.00 - 29.00	IU/L
AST : ALT	👎	1.00	1.09 ↑↑	0 - 1.00	0 - 1.00	Ratio
GGT	👎	20.00	↑ 40.00	10.00 - 17.00	3.00 - 85.00	IU/L
Iron - Serum	👍	59.39	↓ 74.66	85.00 - 130.00	40.00 - 190.00	µg/dL
Cholesterol - Total	👍	211.00	↑↑ 204.00	160.00 - 180.00	125.00 - 200.00	mg/dL
Triglycerides	👍	205.00	↑↑ 78.00	70.00 - 80.00	0 - 150.00	mg/dL
LDL Cholesterol	👍	148.00	↑↑ 140.20	80.00 - 100.00	0 - 100.00	mg/dL
HDL Cholesterol	👍	39.80	↓↓ 48.40	55.00 - 70.00	46.00 - 100.00	mg/dL
LDL : HDL - Male	👍	3.72	↑ 2.90	0 - 2.28	0 - 4.90	Ratio
Non-HDL Cholesterol	👍	171.20	↑↑ 155.60	0 - 130.00	0 - 130.00	mg/dl
VLDL Cholesterol	👍	41.00	⚠ 15.60	0 - 10.00	0 - 29.00	mg/dl
Cholesterol : HDL	👍	5.30	↑↑ 4.20	0 - 3.00	0 - 5.00	Ratio
Triglyceride:HDL	👍	5.20	⚠ 1.60	0.50 - 1.90	0 - 2.00	ratio

Biomarker	Impr	Previous Apr 05 2021	Current Jul 14 2021	Optimal Range	Standard Range	Units
Apolipoprotein A-1		143.40	141.10	115.00 - 176.00	94.00 - 176.00	mg/dl
Apolipoprotein B		140.90 ↑↑	114.40 ↑	52.00 - 80.00	52.00 - 119.00	mg/dl
Apo B : Apo A-1		0.98 ↑↑	0.81 ↑↑	0 - 0.25	0 - 0.29	Ratio
TSH		1.88	1.60	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		2.90 ↓	3.80 ↑	3.00 - 3.50	2.30 - 4.20	pg/ml
Free T3 : Free T4		2.64	2.71 ↑	2.40 - 2.70	2.20 - 2.90	Ratio
Thyroid Peroxidase (TPO) Abs		9.00 ↑	12.50 ↑↑	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		0.20	0.50	0 - 0.55	0 - 2.90	mg/L
Homocysteine			13.23 ↑↑	5.00 - 7.20	0 - 10.30	μmol/L
Vitamin D (25-OH)		27.90 ↓↓	48.60 ↓	50.00 - 90.00	30.00 - 100.00	ng/ml
Vitamin B12		442.40 ↓	603.60	450.00 - 800.00	200.00 - 1100.00	pg/ml
Folate - Serum		12.70 ↓	10.60 ↓	15.00 - 25.00	5.50 - 27.00	ng/ml
DHEA-S - Male			289.60 ↓	350.00 - 690.00	50.00 - 690.00	mcg/dl
Testosterone Total - Male			652.00 ↓	700.00 - 900.00	250.00 - 1100.00	ng/dl
Testosterone Free - Male			117.00 ↓	150.00 - 224.00	46.00 - 224.00	pg/ml
% Testosterone Free - Male			1.79	1.60 - 2.20	1.00 - 2.90	%
Testosterone Bioavailable - Male			306.00 ↓	375.00 - 575.00	110.00 - 575.00	ng/dl
% Testosterone Bioavailable - Male			46.93 ↓	53.00 - 65.00	35.00 - 65.00	%
Sex Hormone Binding Globulin - Male			42.00 ↑	30.00 - 40.00	10.00 - 50.00	nmol/L
Cortisol - AM			15.50 ↑	10.00 - 15.00	4.00 - 22.00	μg/dL
Hemoglobin - Male			14.90	14.00 - 15.00	13.20 - 17.10	g/dl
Hematocrit - Male			46.30	40.00 - 48.00	38.50 - 50.00	%
MCV		89.00	85.30	82.00 - 89.90	80.00 - 100.00	fL
MCH		30.30	27.40 ↓	28.00 - 31.90	27.00 - 33.00	pg
Platelets		363.00	235.00	155.00 - 385.00	140.00 - 400.00	10E3/μL
Total WBCs		5.20 ↓	5.90	5.50 - 7.50	3.80 - 10.80	k/cumm
Neutrophils - %		53.08	50.51	40.00 - 60.00	38.00 - 74.00	%
Eosinophils - %		1.35	2.03	0 - 3.00	0 - 3.00	%
Basophils - %		0.96	1.19 ↑↑	0 - 1.00	0 - 1.00	%
Neutrophils - Absolute		2.76	2.98	1.90 - 4.20	1.50 - 7.80	k/cumm
Eosinophils - Absolute		0.07	0.12	0 - 0.30	0 - 0.50	k/cumm
Basophils - Absolute		0.05	0.07	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 ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, 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 ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Homocysteine ↑, Hemoglobin A1C ↑, Testosterone Total - Male ↓, Insulin - Fasting ↑, Vitamin D (25-OH) ↓, Testosterone Free - Male ↓

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.

[85%] - Dysfunction Likely. Improvement required.

Rationale:

Cholesterol - Total ↑, LDL Cholesterol ↑, Cholesterol : HDL ↑, HDL Cholesterol ↓

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.

[67%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

ALT ↑, AST ↑, Cholesterol - Total ↑, GGT ↑

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.

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

Rationale:

Testosterone Free - Male ↓, Testosterone Total - 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).

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

Rationale:

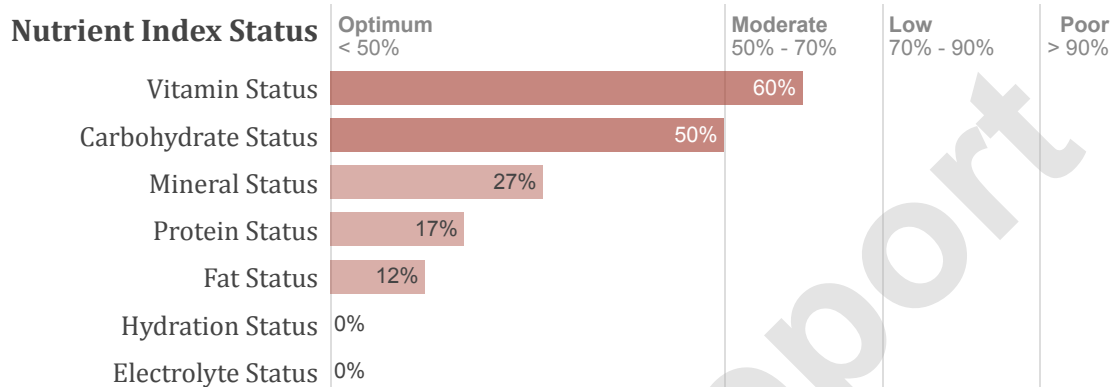
GGT ↑, AST : ALT ↑, Cholesterol - Total ↑, ALT ↑

Sample Report

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.



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 ↓

Carbohydrate Status

The Carbohydrate Status score gives us an assessment of how your body copes with your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood.

[50%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

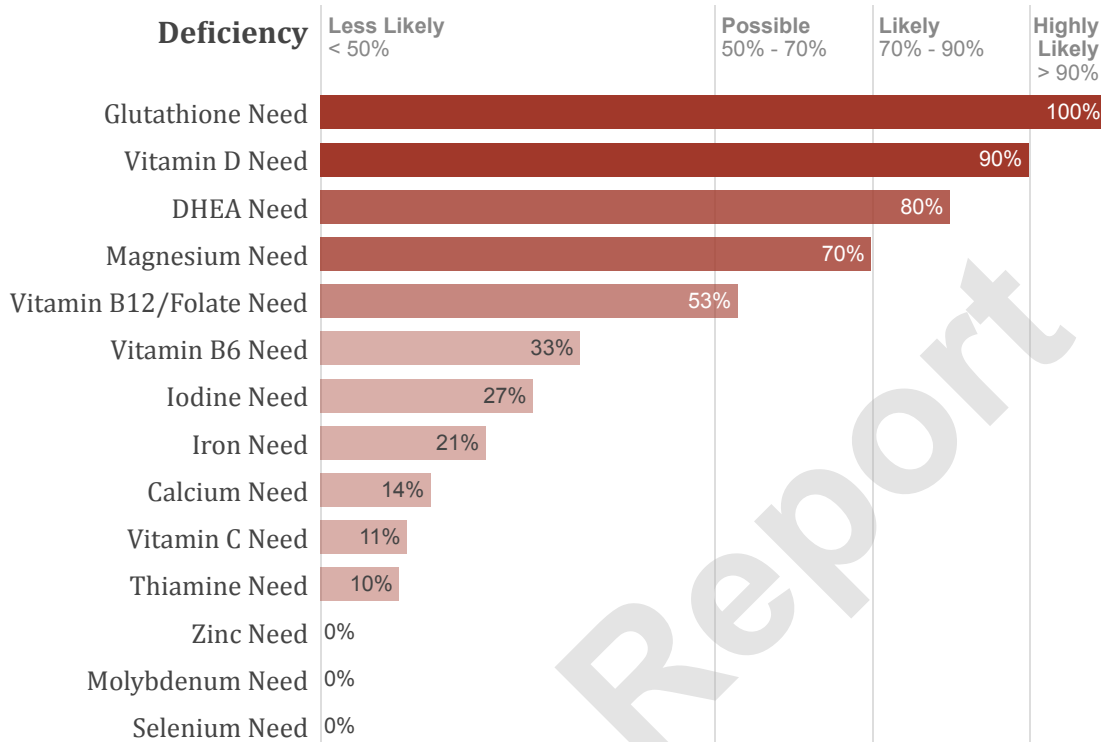
Rationale:

Glucose - Fasting ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

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.



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 ↑

Vitamin D Need

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

[90%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Vitamin D (25-OH) ↓

DHEA Need

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

[80%] - Dysfunction Likely. Improvement required.

Rationale:

DHEA-S - 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:

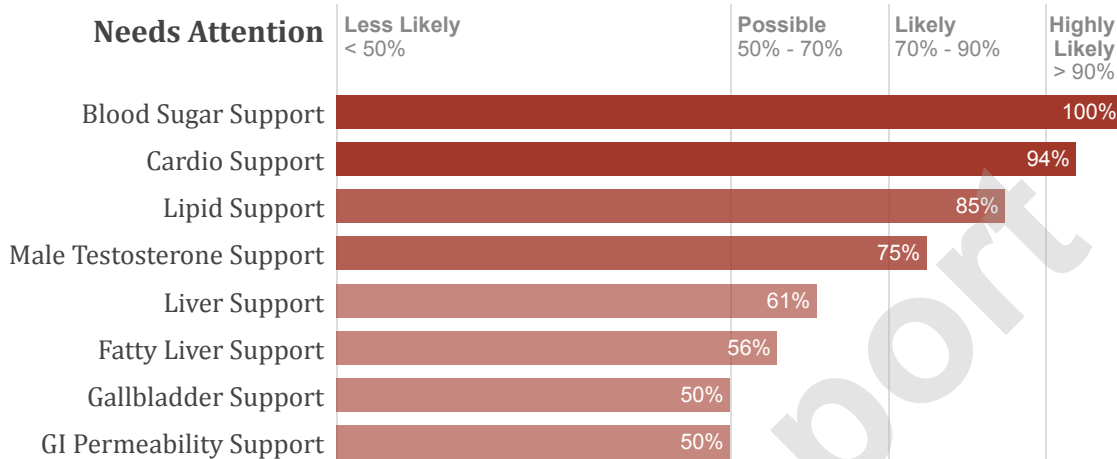
Homocysteine ↑, Folate - Serum ↓

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.



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 ↑, Hemoglobin A1C ↑, Insulin - Fasting ↑, Uric Acid - Male ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, DHEA-S - 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 ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Homocysteine ↑, Hemoglobin A1C ↑, Testosterone Total - Male ↓, Insulin - Fasting ↑, Vitamin D (25-OH) ↓, Testosterone Free - Male ↓

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 ↑, Cholesterol : HDL ↑, HDL Cholesterol ↓

* 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.

Male Testosterone Support

The results of your blood test indicate a trend towards testosterone deficiency and a need for testosterone metabolism support.

Rationale:

Testosterone Total - Male ↓, Testosterone Free - Male ↓

Liver Support

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

Rationale:

ALT ↑, AST ↑, GGT ↑, Cholesterol - Total ↑, AST : ALT ↑

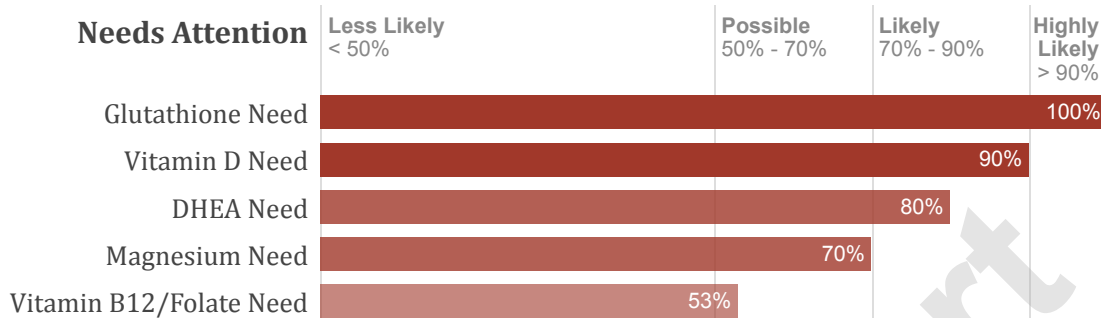
* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

This Health Improvement Plan has been prepared for **Sample Report Annual** 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

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.



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 ↑

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) ↓

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 ↓

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This Health Improvement Plan has been prepared for **Sample Report Annual** 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

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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.

The absence of a warning for a given drug or supplement or any combination thereof in no way should be construed to indicate that the drug or supplement or any combination thereof is safe, effective, or appropriate for you. Statements made about a supplement, product or treatment have not been evaluated by any healthcare authority in any jurisdiction including, without limitation, the Food and Drug Administration (FDA), the UAE Ministry of Health, the Dubai Health Authority, Health Authority Abu Dhabi (the "Authorities") and any mentioned supplement, product or treatment is not intended to diagnose, treat, cure or prevent any disease. The information contained in this Report has not been evaluated by any Authority in any jurisdiction.

You are encouraged to confirm any information obtained from this Report with other sources, and review all information regarding any medical condition or the treatment of such condition with your physician.

NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE, DELAY SEEKING MEDICAL ADVICE OR TREATMENT, OR STOP CURRENT MEDICAL TREATMENT, BECAUSE OF SOMETHING YOU HAVE READ IN THIS REPORT.

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**

Laboratory Investigation Report

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

DNA CORPORATE TESTING I - MALE

BIO CHEMISTRY

<u>Test / Parameters</u>	<u>Result</u>	<u>Units</u>	<u>Reference Range</u>	<u>Methodology</u>
Glucose (fasting), plasma	97.6	mg/dL	74 - 109	Enzymatic
AST, serum	35	U/L	< 40	Enzymatic
ALT, serum	32	U/L	< 41	Enzymatic
Gama GT, serum	40	U/L	< 61	Enzymatic
Uric Acid, serum	6.0	mg/dL	3.4 - 7.0	Enzymatic
Magnesium, serum	2.140	mg/dL	1.6 - 2.6	Colorimetric
Iron, serum	74.66	ug/dL	59 - 158	Colorimetric
Vitamin B12, serum	603.60	pg/mL	211 - 946	ECLIA
25-OH Vitamin D (Total), serum	48.6	ng/mL	Normal: ≥ 30 Insufficient: 21 - 29 Deficient: ≤ 20	ECLIA

*** End Of Report ***



Dr. Maysaa Sherif
License No : DHAD00169849

Laboratory Investigation Report

PHD No. :	Age/Gender :	Sample No. :
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Doctor :		Received Date :
Center :	Ref No. :	Reporting Date :

DNA CORPORATE TESTING I - MALE

ENDOCRINOLOGY

<u>Test / Parameters</u>	<u>Result</u>	<u>Units</u>	<u>Reference Range</u>	<u>Methodology</u>
TSH, serum	1.60	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	3.8	pg/mL	Euthyroid: 2.0 - 4.4	ECLIA
	5.9	pmol/L	3.08 - 6.78	
FREE TESTOSTERONE CALCULATION				
Albumin (S), serum	4.8	g/dL	3.5 - 5.2	Colorimetric
SHBG, serum	42.00	nmol/L	18 - 54	ECLIA
Testosterone (total)	6.52	ng/mL	2.8 - 8.0	ECLIA
	652.00	ng/dL	280 - 800	
Free Testosterone	0.117	ng/mL	0.090 - 0.30	Calculation
Insulin (fasting), serum	7.91	uIU/mL	2.6 - 24.9	ECLIA

*** End Of Report ***



Dr. Maysaa Sherif
License No : DHAD00169849

Laboratory Investigation Report

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DNA CORPORATE TESTING I - MALE

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
HBA1C, EDTA WHOLE BLOOD				
DCCT HbA1c	5.8	%	Normal: <5.7 Pre-diabetes: 5.7-6.4 Diabetes: >=6.5	Turbidimetric inhibition immunoassay (TINI)
IFCC HbA1c	39.891	mmol/mol	Normal: < 38.8 Pre-diabetes: 38.8 - 46.4 Diabetes: >=46.5	Calculation
Estimated Average Glucose (eAG)	120	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

*** End Of Report ***



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Laboratory Investigation Report

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DNA CORPORATE TESTING I - MALE

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
LIPID PROFILE				
Cholesterol (total), serum	204	mg/dL	Desirable : < 200 Borderline high : 200-239 High : >240	Enzymatic
Triglycerides, serum	78	mg/dL	Optimal: < 150 Borderline High: 150-200 High: > 200	Enzymatic
HDL Cholesterol, serum	48.4	mg/dL	No risk: > 55 Moderate risk: 35 - 55 High risk: < 35	Enzymatic
LDL Cholesterol, serum	140.2	mg/dL	Optimal: < 100 Near optimal: 100 - 129 Borderline high: 130 - 159 High: 160 - 190 Very high: >190	Enzymatic
VLDL Cholesterol	15.6	mg/dL	10 - 35	Calculation
Cholesterol / HDL ratio	4.2	Ratio	< 5.0	Calculation
TG / HDL Ratio	1.6	Ratio	< 2.0	Calculation
LDL / HDL Ratio	2.9	Ratio	< 3.5	Calculation

*** End Of Report ***



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Laboratory Investigation Report

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DNA CORPORATE TESTING I - MALE

HEMATOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
<u>COMPLETE BLOOD COUNT, EDTA whole blood</u>				Cellular Impedence
RBCs	5.4	10 ⁶ /ul	4.5 - 5.7	
Hgb	14.9	g/dL	13.5 - 17.5	
HCT	46.3	%	40 - 50	
MCV	85.3	fL	80 - 100	
MCH	27.4	pg	27 - 32	
MCHC	32.2	g/dL	31.5 - 35.0	
Platelets	235	10 ³ /cmm	150 - 400	
RDW	13.4	%	11.5 - 15.5	
WBCs	5.9	10 ³ /ul	4 - 11	
<u>DIFFERENTIAL COUNT</u>				
Neutrophils (Seg)	50.5	%	40 - 75	
Neutrophils (Band)		%	1 - 5	
Lymphocytes	39.0	%	22 - 48	
Monocytes	7.3	%	2 - 10	
Eosinophils	2.0	%	0 - 6	
Basophils	<u>1.2</u>	%	0 - 1	
Promyelocytes				
Myelocytes				
Juveniles				
Blast				
<u>ABSOLUTE COUNT</u>				
Neutrophils #	2.980	10 ³ /ul	2 - 7	
Lymphocytes #	2.301	10 ³ /ul	1.0 - 3.0	
Monocytes #	0.431	10 ³ /ul	0.2 - 1.0	



Dr. Maysaa Sherif
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Laboratory Investigation Report

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DNA CORPORATE TESTING I - MALE

HEMATOLOGY

<u>Test / Parameters</u>	<u>Result</u>	<u>Units</u>	<u>Reference Range</u>	<u>Methodology</u>
Eosinophils #	0.118	10 ³ /ul	0.02 - 0.5	
Basophils #	0.071	10 ³ /ul	0.02 - 0.1	

*** End Of Report ***



Dr. Maysaa Sherif
License No : DHAD00169849

Laboratory Investigation Report

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Centre :

Age/Gender :
Ref No. :

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Reporting Date :

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
* CRP (C-Reactive Protein) HS	0.5	mg/l	< 5.0	Immunoturbidimetry
	4.8	nmol/l	< 47.6	
Sample Type : Serum				
Zinc (Serum)	87.0	ug/dL	46-150	Colorimetric
	13.3	umol/L	7 - 22.9	
Sample Type : Serum				
Apolipoprotein A 1	141.1	mg/dL	104 - 202	Immunoturbidimetric
	1.4	g/L	1.04 - 2.02	
Sample Type : Serum				
Apolipoprotein B	114.4	mg/dL	66 - 133	Immunoturbidimetric
	1.1	g/L	0.66 - 1.33	
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.

Laboratory Investigation Report

PHD No. :
Name :
Doctor :
Centre :

Age/Gender :
Ref No. :

Sample No. :
Collection Date :
Received Date :
Reporting Date :


ENDOCRINOLOGY

Test / Parameters	Result	Units	Reference Range	Methodology
* Dehydroepiandrosterone Sulphate (Dheas)	289.6	ug/dl	44.3 - 331	ECLIA
	7.9	umol/L	1.20 - 8.98	
Sample Type : Serum				
* Cortisol	427.6	nmol/l	AM (6-10am) : 166 - 507 PM (4-8pm) : 73.8 - 291	ECLIA
	155.0	ug/L	AM : 60.17 - 183.7 PM : 26.7 - 105.4	
Sample Type : Serum				
* Folate Serum	10.6	ng/ml	4.4 - 31.0	ECLIA
	24.1	nmol/L		
Sample Type : Serum				
* Anti TG (Thyroglobulin Antibodies)	12.5	IU/ml	< 115	ECLIA
Sample Type : Serum				
* Anti TPO (Thyroid Peroxidase / Microsomal Antibodies)	11.77	IU/ml	< 34	ECLIA
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.

Laboratory Investigation Report

PHD No. :
Name :
Doctor :
Centre :

Age/Gender :
Ref No. :

Sample No. :
Collection Date :
Received Date :
Reporting Date :

BIO CHEMISTRY

Test / Parameters	Result	Units	Reference Range	Methodology
* Homocysteine	<u>13.23</u>	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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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
<i>Sample Type : Serum</i>				

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.

* 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
<i>Sample Type : Serum</i>				
* CA -19.9	1.10	U/ml	< 39	ECLIA
<i>Sample Type : Serum</i>				
* 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
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Sample Type : Serum



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

Tests Marked with (*) are accredited by ISO 15189 Certification

Final Report

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