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Plasma Amino Acids

Doctor ID 6206		Patient Name Doe, John		
Age 52	Sex M	Date of Birth	Accession # 500003	Test Code 1113
Date Collected	Date Received	Date Reported 1/2/2009	Tech	
Comments Overtrained, injury-prone.				

Doctor Name and Address:

Sample Report

Fax:

Phone:

Amino Acid	Result	Abnormal Result	Reference Range
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Essential Amino Acids

Histidine	64 $\mu\text{mol/L}$	Yes - Low	67 - 101 $\mu\text{mol/L}$
Isoleucine	47 $\mu\text{mol/L}$		47 - 98 $\mu\text{mol/L}$
Leucine	104 $\mu\text{mol/L}$		87 - 161 $\mu\text{mol/L}$
Lysine	205 $\mu\text{mol/L}$		135 - 235 $\mu\text{mol/L}$
Methionine	24 $\mu\text{mol/L}$		18 - 32 $\mu\text{mol/L}$
Phenylalanine	56 $\mu\text{mol/L}$		50 - 81 $\mu\text{mol/L}$
Taurine	38 $\mu\text{mol/L}$		37 - 103 $\mu\text{mol/L}$
Threonine	111 $\mu\text{mol/L}$		90 - 166 $\mu\text{mol/L}$
Tryptophan	65 $\mu\text{mol/L}$		42 - 70 $\mu\text{mol/L}$
Valine	185 $\mu\text{mol/L}$		167 - 305 $\mu\text{mol/L}$

Non-Essential Amino Acids

Arginine	55 $\mu\text{mol/L}$	Yes - Low	63 - 130 $\mu\text{mol/L}$
Aspartic Acid	8 $\mu\text{mol/L}$		6 - 15 $\mu\text{mol/L}$
Asparagine	35 $\mu\text{mol/L}$	Yes - Low	36 - 60 $\mu\text{mol/L}$
Glutamic Acid	23 $\mu\text{mol/L}$	Yes - Low	33 - 144 $\mu\text{mol/L}$
Glutamine	472 $\mu\text{mol/L}$		456 - 641 $\mu\text{mol/L}$
Glycine	150 $\mu\text{mol/L}$	Yes - Low	186 - 430 $\mu\text{mol/L}$
Serine	77 $\mu\text{mol/L}$		77 - 133 $\mu\text{mol/L}$
Tyrosine	130 $\mu\text{mol/L}$	Yes - High	47 - 89 $\mu\text{mol/L}$
Citrulline	13 $\mu\text{mol/L}$	Yes - Low	25 - 51 $\mu\text{mol/L}$
Ornithine	39 $\mu\text{mol/L}$	Yes - Low	41 - 107 $\mu\text{mol/L}$

Essential Amino Acid Result & Supplementation Program

Accession Number 500003
 Patient: Doe, John
 Dr./Clinic: Sample Report

Sample Received:
 Sample Drawn:

Method: High Performance Liquid Chromatography (HPLC)

Amino Acid	A. A. Result	Normal Range (umol/L)		Calculated Supplement (In Grams %)
		Min	Max	
Histidine	64	67	101	5.14
Threonine	111	90	166	9.86
Taurine	38	37	103	12.34
Tryptophan	65	42	70	2.44
Methionine	24	18	32	5.60
Valine	185	167	305	15.73
Phenylalanine	56	50	81	10.05
Isoleucine	47	47	98	13.28
Leucine	104	87	161	16.51
Lysine	205	135	235	9.05

Date Reported 1/2/2009

Total: 100

Technician:

Comments: Overtrained, injury-prone.

Frequently recommended dose: 10 grams BID

However, doses should be adjusted according to clinical circumstances.

This recommendation is based on a formula by Dr. Jonathan Wright. Please review chart for any necessary adjustment. For example, a depressed individual may require upward adjustment of tryptophan, phenylalanine, and tyrosine. Individuals with insomnia may require upward adjustment of tryptophan.

Recommended Dose: _____ (_____ day supply)
 10 grams = 1 level Tablespoon 7.5 grams = 2.5 teaspoons

Additional amino acid _____

Other: _____

Powder should be mixed with applesauce or blended with any substance of suitable consistency.

Refill: 1 2 prn

Dr. _____ Date: _____