

Natalia Sveripska · Aug 2, 2022

Topics

Heavy Metals Detected

Heavy metals are natural elements with the potential to be harmful to your body at elevated levels. Talk to your practitioner about any symptoms you may be having, as well as how diet and lifestyle changes can reduce these levels.

RELATED RESULTS

Arsenic

25 ug/L
Out-of-range



Cadmium

26 ug/L
Out-of-range



Calcium Imbalance

Calcium is most closely associated with bone health but is also critical for several basic bodily functions. Additional testing is required to pinpoint the exact cause of your imbalance, which can be attributed to nutrition, medications, kidney and hormone health. Talk to your practitioner about how to ensure you are giving your body the nutrients to fuel your everyday.

RELATED RESULTS

8.3

10.6

Cobalamin Deficiency

When you don't have enough vitamin B12 (also known as cobalamin) in your diet, you can start to experience fatigue and tingling nerves. Not to worry – because you can get B12 from animal proteins and supplements, low levels can be rectified. Talk to your practitioner to learn more.

RELATED RESULTS

Vitamin B12 (Cobalamin)

152 pg/mL
Out-of-range

211

911

Highlights

Isolated High Folate

Folate is an essential nutrient, yet extra folate doesn't result in extra benefits, nor is it a cause for concern! If you're taking a folate supplement, your practitioner can help you fine-tune your supplement regimen.

RELATED RESULTS

Vitamin B9 (Folate)

7083 ng/mL
Out-of-range

280

791

Healthy Average Blood Sugar Levels

RELATED RESULTS

Hemoglobin A1c (HbA1c)

5.6 %
In-range



MESSAGE FROM YOUR DOCTOR



Dr. Massimi
Pathology

Hi Natalia, while nothing looks urgent, please schedule some time through Elaborate for us to discuss your results. Looking forward to seeing you soon.

Metabolic Health

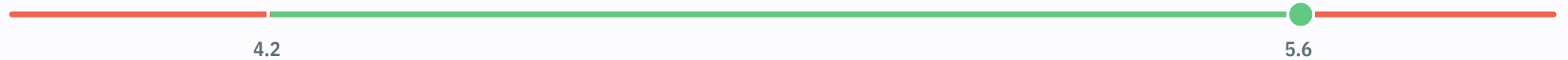
Calcium (Total)

11.3 mg/dL
Out-of-range



Hemoglobin A1c (HbA1c)

5.6 %
In-range



Blood Counts

Hematocrit (HCT)

42.1 %
In-range



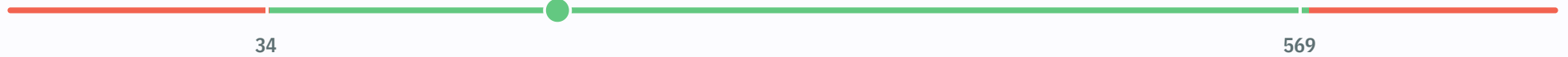
Hormones

Sex Hormone Binding Globulin (SHBG)

41.3 nmol/L
In-range



In-range



Minerals

Magnesium

2.8 mg/dL
Out-of-range



Copper

750 ug/L
In-range



Zinc

520 ug/L
Out-of-range



Selenium

152 ug/L
In-range



Vitamin A (Retinol)

101.2 ug/dL

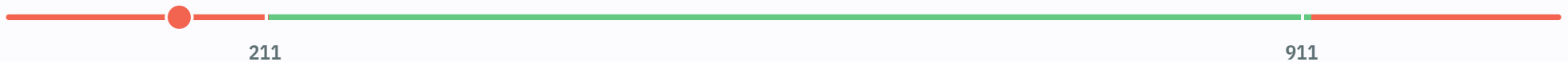
Out-of-range



Vitamin B12 (Cobalamin)

152 pg/mL

Out-of-range



Vitamin B9 (Folate)

7083 ng/mL

Out-of-range



Vitamin D (Total)

22.1 ng/mL

Out-of-range



Vitamin D2

25.3 ng/mL

In-range

Vitamin E

14.2 mg/L
In-range



Vitamin K

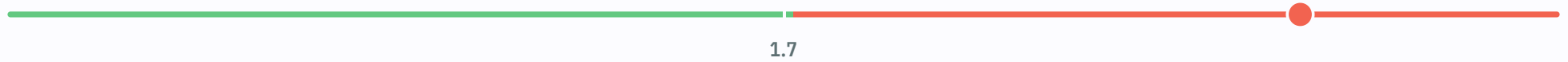
1421 pg/mL
In-range



Heavy Metals Testing

Cadmium

26 ug/L
Out-of-range



Mercury

8 ug/L
In-range



