



FunctionalDX

Essential
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Bespoke Panel
Functional
Performance
Analysis



SAMPLE SNAPSHOT REPORT

Professional Report

Prepared for Man Essentials-Plus

Requested by Therapist Name

Test date Jun 02, 2022

SAMPLE SNAPSHOT REPORT



An introduction to functional blood chemistry analysis and your report.

Introduction

- Contents
- Functional BCA
- Professional Report

SAMPLE SNAPSHOT REPORT

Contents

An introduction to functional blood chemistry analysis and your report.

Your view into your client's health through an in-depth functional system and nutrient evaluation.

A full breakdown of all individual biomarker results, showing distance from optimal, comparative and historical views.

Highly detailed and interpretive descriptions of the results presented in each of the assessment and analysis section reports.

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Functional Blood Chemistry Analysis

Functional Blood Chemistry Analysis can be defined as the process by which complex and comprehensive blood biomarkers are organized, analyzed and interpreted to provide a comprehensive assessment of the state and trends of the main body systems, the supporting body accessory systems, along with the status of nutrients and trends towards and away from clinical dysfunction.

WHY BLOOD TESTING?

Blood has a lot to tell us about our state of health and the blood chemistry and CBC / hematology test is the most commonly ordered medical lab test worldwide. These blood tests are an integral part of Western clinical medicine and are used to aid in the diagnostic decision-making process. Patients understand and are educated that blood testing is the norm for health assessment.

However, many, many people start to feel unwell long before a traditional blood test becomes diagnostic and more often than not, our patients are told by their physician that "everything on your blood test looks normal."

"NORMAL" IS NOT OPTIMAL

Most patients who feel "unwell" will come out "normal" on a blood test. Clinical experience suggests that these people are by no means "normal" and are a far cry from being functionally optimal. They may not yet have progressed to a known disease state but they are what we call dysfunctional, i.e. their physiological systems are no longer functioning properly and they are starting to feel un-well.

The issue is not that the blood test is a poor diagnostic tool, far from it. The issue is that the ranges used on a traditional lab test are based on statistics and not on whether a certain value represents good health or optimal physiological function. The problem is that "normal" reference ranges usually represent "average" populations rather than the optimal level required to maintain good health. Most "normal" ranges are too broad to adequately detect health problems before they become pathology and are not useful for detecting the emergence of dysfunction.

THE FUNCTIONAL APPROACH

The functional approach to chem screen and CBC analysis is oriented around changes in physiology and not pathology. We use ranges that are based on optimal physiology and not the "normal" population. This results in a tighter "Functional Physiological Range", which allows us to evaluate the area within the "Normal" range that indicates that something is not quite right in the physiological systems associated with this biomarker. This gives us the ability to detect patients with changes in physiological "function". We can identify the factors that obstruct the patient from achieving optimal physiological, biochemical, and metabolic functioning in their body.

Another thing that separates the Functional Blood Chemistry Analysis from the Traditional approach is we are not simply looking at one individual biomarker at a time in a linear report of the data. Rather, we use trend analysis between the individual biomarkers to establish a client's otherwise hidden trend towards or away from a functional health optimal.

THE FUNCTIONAL HEALTH REPORT

The Functional Health Report is the result of a detailed algorithmic analysis of your blood test results. Our analytical and interpretive software analyzes the blood test data for its hidden meaning and reveals the subtle, web-like patterns hidden within the numbers that signal the first stages of functional change in the body.

SUMMARY

In closing, Blood testing is no longer simply a part of disease or injury management. It's a vital component of a comprehensive Functional Medicine work up and plays a vital role in uncovering hidden health trends, comprehensive health promotion and disease prevention.

Professional Report

Your Professional Report is the result of a detailed and proprietary algorithmic analysis of your patient's complex and comprehensive blood biomarkers.



**MR. JONATHAN COHEN, MSC MBANT CNHC
REG**

Other Practitioner

THE FUNCTIONAL HEALTH REPORT

The Functional Health Report uniquely organises and creates an interpretation providing a comprehensive insight and assessment into the state of previously hidden health trends of the main body systems, its supporting body accessory systems, along with reporting on the status of key nutrients and trends to and from clinical dysfunction.

The analytical and interpretive software analyzes the blood test data for its hidden meaning and reveals the subtle, web-like patterns hidden within the numbers that signal the first stages of functional change in the body.

ASSESSMENT

The Assessment section is at the very heart of the Functional Health Report. It is here that the findings of the algorithmic trend analysis are presented. The Body Systems and Accessory Reports show the level of dysfunction that exists in the various physiological and supporting accessory systems in the body. The Nutrient Systems report gives you an indication of your client's general nutritional status as well as the degree of deficiency for individual nutrients.

All the information on the Assessment section of the report is summarized in the Health Improvement Plan, which focuses on the top areas of need as presented in this report.

The Assessment section also includes the Practitioner Only "Clinical Dysfunctions Report", which lists the individual dysfunctions and conditions themselves that may be causing the changes seen in the Body and Accessory Systems reports.

Based on the results of the analysis of this blood test, there may be a "Recommended Further Testing" report, which indicates areas that may require further investigation.

ANALYSIS

The Analysis section shows you the actual results of the blood test itself.

The Blood Test Results Report lists the results of the patient's blood test results and shows you if an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

The Blood Test Results Comparative Report compares results of the patient's latest and previous Chemistry Screen and Hematology test and gives you a sense of whether or not there has been an improvement on the individual biomarker level.

The Blood Test History report allows you to compare results over time and see where improvement has been made and allows you to track progress in the individual biomarkers.

A Deviation from Optimal report is made showing which markers exhibit the largest shifts away from an optimal norm either higher or lower.

APPENDIX

The appendices contain highly detailed descriptions and interpretation explanations of the results presented in each of the reports in the assessment and analysis sections.

Here you will be able to read in depth what each biomarker means, see the patterns used in the algorithmic analysis and see what factors have gone into the creation of the health trend assessment levels reported.

This section is both informative and highly educational.

Your view into your client's health through an in-depth functional system and nutrient evaluation.

Assessment

- Functional Body Systems
- Accessory Systems
- Nutrient Status
- Nutrient Deficiencies
- Health Improvement



SAMPLE SNAPSHOT REPORT

Functional Body Systems

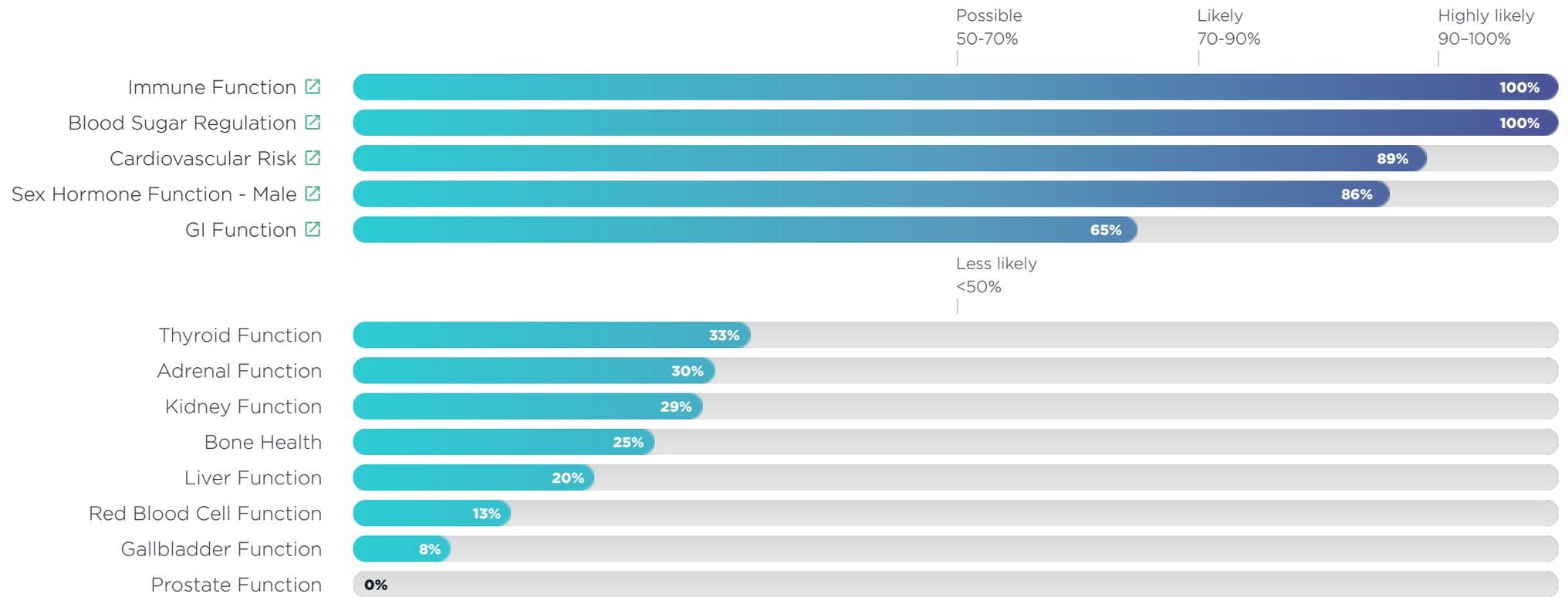
The Functional Body System results opposite represent an algorithmic analysis of this blood test. These results have been converted into your client's individual Functional Body Systems Report based on our latest research.

This report gives you an indication of the level of dysfunction that exists in the various physiological systems in the body.

Please use this report in conjunction with the "Practitioner's Only Clinical Dysfunctions Report" to identify which dysfunctions and conditions are causing changes in the Functional Body Systems.

Each Body System that has a probability of dysfunction above 50% is hyperlinked into the appendix section so you can read a highly detailed description and individual explanation of the results shown in this report.

PROBABILITY OF DYSFUNCTION



SAMPLE SNAPSHOT REPORT

PROBABILITY OF DYSFUNCTION

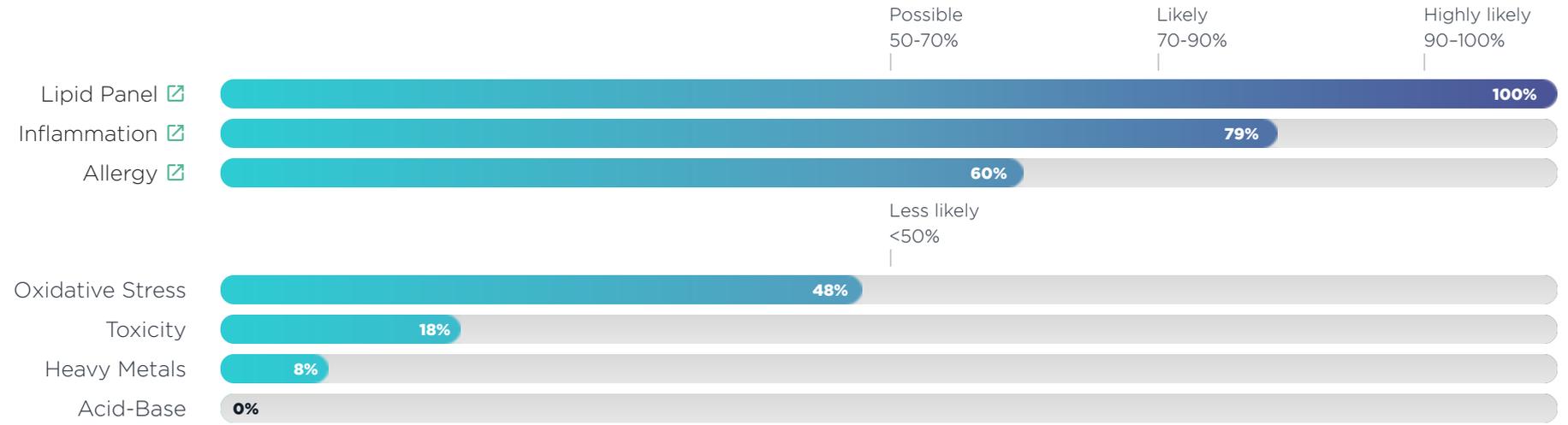
Accessory Systems

The Accessory System results opposite represent an algorithmic analysis of this blood test. These results have been converted into your client's individual Accessory 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 the body.

Please use this report in conjunction with the "Practitioner's Only Clinical Dysfunctions Report" to identify which dysfunctions and conditions are causing changes in the Accessory Systems.

Each Accessory System that has a probability of dysfunction above 50% is hyperlinked into the appendix section so you can read a highly detailed description and individual explanation of the results shown in this report.



SAMPLE SNAPSHOT REPORT

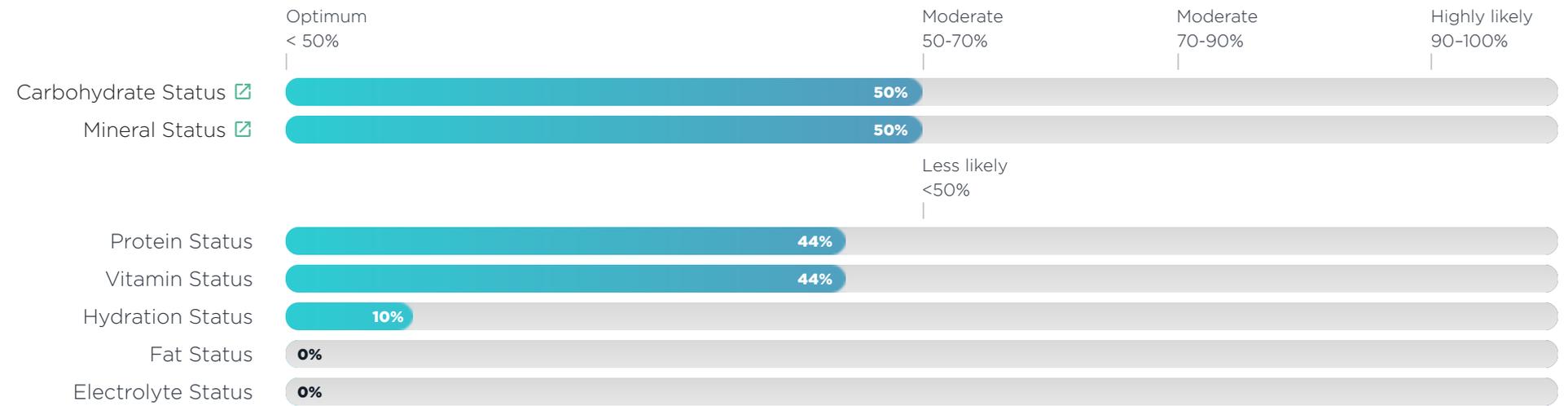
NUTRIENT INDEX STATUS

Nutrient Status

The Nutrient Status results represent an algorithmic analysis of this blood test. These results have been converted into your client's individual Nutrient Status Report based on our latest research.

This report gives you an indication of your client's general nutritional dysfunction. The Nutrient Status is influenced by actual dietary intake, digestion, absorption, assimilation, and cellular uptake of the nutrients themselves.

Each Nutrient category that has a probability of dysfunction above 50% is included in the section that follows so you can read a highly detailed description and individual explanation of the results shown in this report.



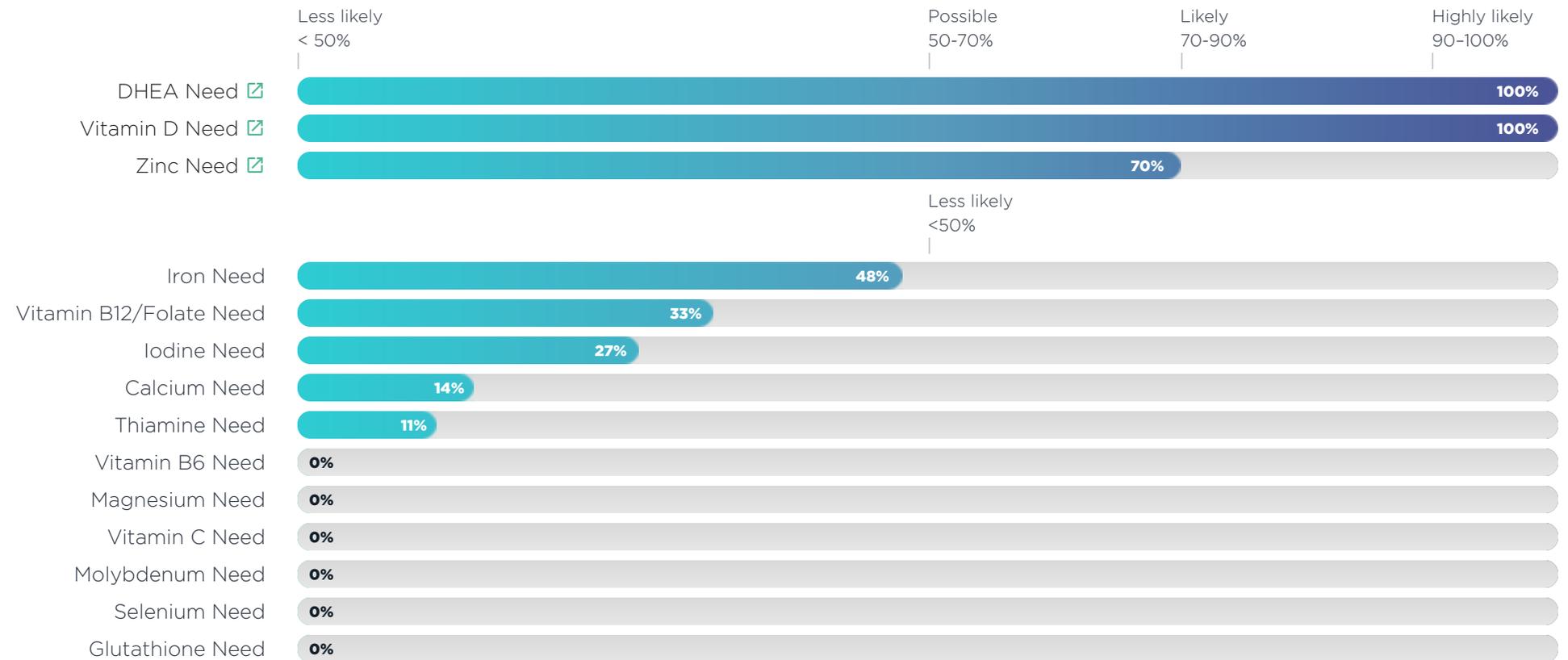
SAMPLE SNAPSHOT REPORT

Individual Nutrient Deficiencies

The values opposite represent the degree of deficiency for individual nutrients based on your client's 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 your client actually needs an individual nutrient.

Each individual Nutrient Deficiency that has a probability of dysfunction above 50% is hyperlinked into the appendix section so you can read a highly detailed description and individual explanation of the results shown in this report.

DEFICIENCY



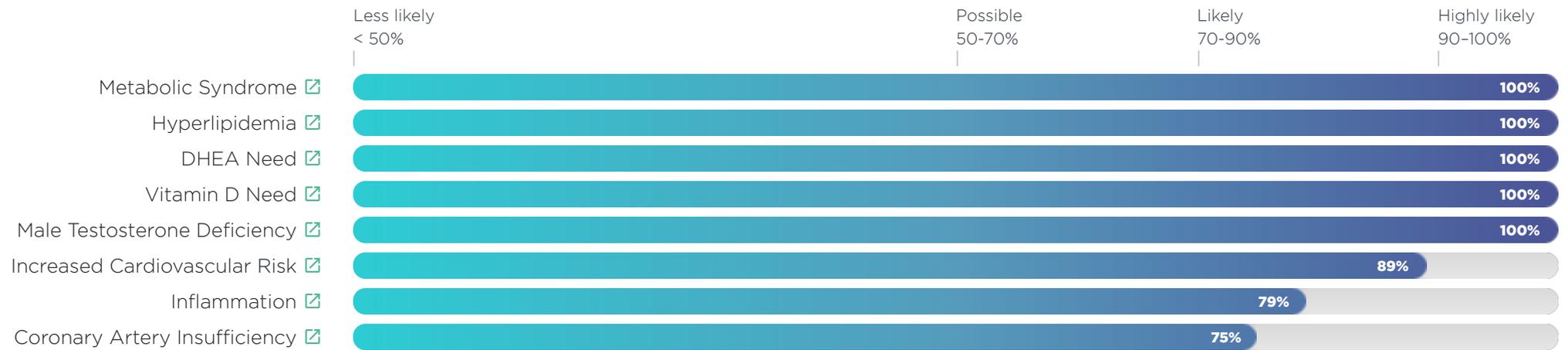
SAMPLE SNAPSHOT REPORT

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.

Each area of Health Improvement that has a probability of dysfunction above 50% is hyperlinked into the appendix section so you can read a highly detailed description and individual explanation of the results shown in this report.

NEEDS ATTENTION



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A full breakdown of all individual biomarker results, showing distance from optimal, comparative and historical views.

Analytics

- Blood Test Results
- Blood Test History
- Out of Optimal Range

Blood Glucose
Iron Markers
White Blood Cells

Renal Lipids

Prostate Thyroid

Metabolic Inflammation

Enzymes Vitamins

Proteins Hormones

Liver and GB
CBC/Hematology

Blood Test Results

The Blood Test Results Report lists the results of the client'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 are grouped into their most common categories.

Each biomarker in the Blood Test results report that is above or below the Optimal or Standard Range hyperlinks into our Out of Optimal Range report so you can read a description of the biomarker and some of the reasons why it may be high or low.

SAMPLE SNAPSHOT REPORT

Total number of biomarkers by optimal range



Blood Glucose
Iron Markers
White Blood Cells

Renal Lipids

Prostate Thyroid

Metabolic Inflammation

Enzymes Vitamins

Proteins Hormones

Liver and GB
CBC/Hematology

BLOOD GLUCOSE

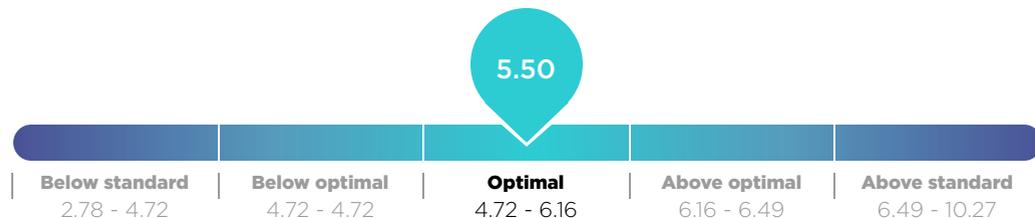
Glucose - Fasting [🔗](#)
mmol/L



Haemoglobin A1C %



eAG
mmol/L



SAMPLE SNAPSHOT REPORT

RENAL

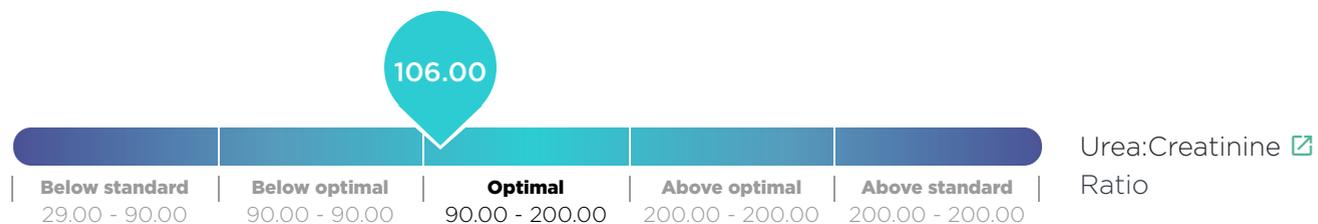
Urea
mmol/L



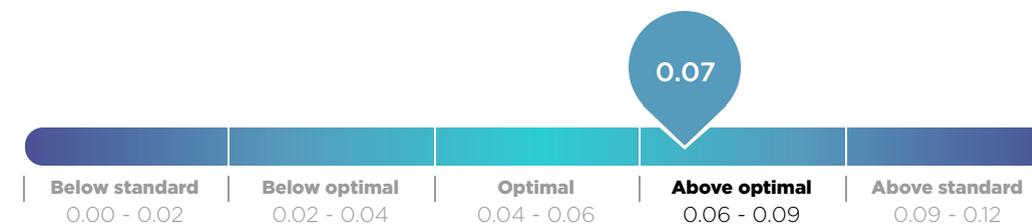
Creatinine
umol/L



eGFR
mL/min



Urea:Creatinine [🔗](#)
Ratio



Blood Glucose
Iron Markers
White Blood Cells

Renal Lipids

Prostate Thyroid

Metabolic Inflammation

Enzymes Vitamins

Proteins Hormones

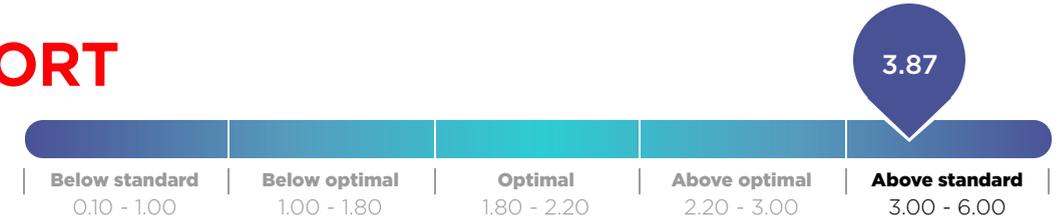
Liver and GB
CBC/Hematology

SAMPLE SNAPSHOT REPORT

Basophils - Absolute G/L



Neutrophil:Lymphocyte Ratio



Biomarker	Latest 1 Test Result Jun 02 2022
LDL/HDL - Male	3.03
Cholesterol:HDL	4.56
TSH	1.32
T3 - Free	6.30
C-Reactive Protein	3.80
Vitamin B12	563.00
Folate - Serum	9.60
FSH - Male	3.48
Testosterone Total - Male	19.85
% Testosterone Free - Male	1.60
% Testosterone Bioavailable - Male	39.95
Estradiol - Male	22.90
Prolactin - Male	21.26
Amylase	61.00
Haemoglobin - Male	148.00
MCV	84.60
MCHC	333.00
Platelets	273.00
Total WBCs	5.13

SAMPLE SNAPSHOT REPORT

Biomarker	Latest 1 Test Result Jun 02 2022
Non-HDL Cholesterol	3.92
Triglyceride:HDL	1.15
T4 - Free	13.90
Hs CRP - Male	3.53
Vitamin D (25-OH)	7.50 ▲
Active B12	149.30
LH - Male	3.20
DHEA-S - Male	128.70
Testosterone Free - Male	317.52
Testosterone Bioavailable - Male	7.93
Sex Hormone Binding Globulin - Male	49.90
Progesterone - Male	0.26
Cortisol - AM	12.49
RBC - Male	5.26
Haematocrit - Male	0.44
MCH	28.10
RDW	13.70
MPV	10.00
Neutrophils - %	70.20

Out of Optimal Range

The following report shows all of the biomarkers that are out of the optimal reference range and gives you some important information as to why each biomarker might be elevated or decreased.

Each biomarker in the Out of Optimal Range report hyperlinks back into the Blood Test Results report so you can see a more detailed view of the blood test result itself.

SAMPLE SNAPSHOT REPORT

Total number of biomarkers by optimal range



3.92
nmol/L**NON-HDL CHOLESTEROL** 

Non-HDL cholesterol represents the circulating cholesterol that is not carried by HDL (the protective carrier that collects cholesterol from tissues and blood vessels and transports it back to the liver). An elevated Non-HDL Cholesterol is associated with an increase risk of cardiovascular disease and related events.

4.56
Ratio**CHOLESTEROL:HDL** 

The ratio of total cholesterol to HDL is a far better predictor of cardiovascular disease than cholesterol by itself. A lower ratio is ideal because you want to lower cholesterol (but not too low) and raise HDL. A level below 3.0 would be ideal. Every increase of 1.0, i.e. 3.0 to 4.0 increases the risk of heart attack by 60%.

SAMPLE SNAPSHOT REPORT

4.78
mmol/L**GLUCOSE - FASTING** 

Blood glucose levels are regulated by a number of important hormones including insulin and glucagon. Glucose is also directly formed in the body from carbohydrate digestion and from the conversion in the liver of other sugars, such as fructose, into glucose. Increased blood glucose is associated with type 1 & 2 diabetes, metabolic syndrome and insulin resistance. Decreased levels of blood glucose are associated with hypoglycemia.



% TRANSFERRIN SATURATION [🔗](#)

The % transferrin saturation index is a calculated value that tells how much serum iron is actually bound to the iron carrying protein transferrin. A % transferrin saturation value of 15% means that 15% of iron-binding sites of transferrin is being occupied by iron. It is a sensitive screening test for iron deficiency anemia if it is below the optimal range.



LYMPHOCYTES - ABSOLUTE [🔗](#)

Lymphocytes are a type of white blood cell. Decreased levels are often seen in a chronic viral infection when the body can use up a large number of lymphocytes and oxidative stress. A decreased **Lymphocytes - Absolute** count may also indicate the presence of a fatigued immune response, especially with a low Total WBC count.

SAMPLE SNAPSHOT REPORT

4

Highly detailed and interpretive descriptions of the results presented in each of the assessment and analysis section reports.

Appendix

- Functional Body Systems
- Accessory Systems
- Nutrient Status
- Nutrient Deficiencies
- Health Improvement
- Disclaimer

SAMPLE SNAPSHOT REPORT



60%

Dysfunction Possible. There may be improvement needed in certain areas.

ALLERGY [🔗](#)

The Allergy score reflects the degree of food or environmental sensitivities/allergies your patient may be dealing with. A number of biomarkers on a blood test may increase in association with food allergies and/or sensitivities. A high Allergy score may indicate the need for further assessment or evaluation through allergy elimination/challenge, more sophisticated allergy testing and/or GI function assessment.

Rationale

Eosinophils - % [↑](#)

Biomarkers considered

Eosinophils - %, Basophils - %

SAMPLE SNAPSHOT REPORT

Health Improvement Plan Details

This section contains detailed descriptions and explanations of the results presented in the Health Improvement Plan report including all the biomarkers considered in the algorithmic analysis and the rationale behind the interpretation.



100%

METABOLIC SYNDROME [🔗](#)

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

Rationale

Glucose - Fasting ↑, Triglycerides ↑, Uric Acid - Male ↑, Cholesterol - Total ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, DHEA-S - Male ↓



100%

HYPERLIPIDEMIA [🔗](#)

The results of this blood test indicate a tendency towards hyperlipidemia, which has been shown to increase the risk of developing atherosclerotic coronary artery disease.

Rationale

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



100%

DHEA NEED [🔗](#)

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

Rationale

DHEA-S - Male ↓

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