



IMMUNE HEALTH **OPTIMIZATION** Comprehensive Nutrient Panel

Patient: **SPECTRACELL, TEST**

Accession ID: 2107220126

Provider: Sample Provider, M.D.

Order Status: Complete

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 **SpectraCell Laboratories**
Science + Health + Solutions

PATIENT		SPECIMEN		PROVIDER	
NAME SPECTRACELL, TEST	AGE 52	ACCESSION ID 2107220126	DATE COLLECTED Date Not Entered	ACCOUNT ID 00000000	CLIENT NAME Sample Provider, M.D.
DOB 1/1/1970	GENDER Male	ORDER ID 1126-MD Location-210722	DATE RECEIVED 07/22/2021	ADDRESS 123 S. Any Street ANYWHERE, TX 77000	
PATIENT ID 19-115-00445			DATE REPORTED 07/23/2021		

Your Micronutrient Results Summary

These cellular deficiencies may suggest the underlying cause of a myriad of unwanted symptoms and if corrected, can optimize overall health and performance.

Functional Deficiencies

Abnormal	Suggested Supplementation *
Coenzyme Q10	100 mg daily of CoQ10 Take each dose with a meal
Glutathione	600 mg b.i.d. (1200 mg daily) of N-Acetylcysteine (NAC) Take each dose with a meal
Vitamin A	5000 IU of Vitamin A and 25,000 IU beta-carotene for 6 months and then retest.
Zinc	25 mg daily

Borderline Deficiencies

NO BORDERLINE DEFICIENCIES

Micronutrients and Immune Health

The immune system is a highly complex adaptive system that serves to protect us from exogenous (originating outside the body) threats like viruses and bacteria and also from endogenous (originating within the body) threats such as tumor cells or cancer. How well our immune systems protects us is highly dependent on our micronutrient status. Micronutrient deficiency may manifest clinically as increased infections or susceptibility to pathogens.

Cell-mediated immunity is an immune response that does not involve antibodies. Rather, it is the activation immune cells (typically white blood cells also known as T-cells). The primary way to improve your cell-mediated immune response is to correct micronutrient deficiencies that directly compromise T-cell function. Even a single nutrient deficiency can dramatically lower the Immune response, so correcting nutritional deficiencies is absolutely essential.

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* SpectraCell is a CLIA certified laboratory that reports functional micronutrient deficiencies in an individuals' cells, which is the purpose of this report. It is not intended to diagnose or treat specific medical conditions. The quality and bio-availability of supplements varies considerably and should be taken into account when developing a repletion regimen.

* The RDA (Recommended Daily Allowance) was first published in 1968 primarily for use in nutritional labeling of packaged foods. The DRI (Dietary Reference Intake), published in 1997, serves as replacements for the former RDA, although the actual values are generally within an order of magnitude, and are also primarily for use in nutritional labeling and fortification of packaged foods. In most cases, neither the RDA nor the DRI will be adequate to replete a nutrient in people who demonstrate a functional cellular deficiency of said nutrient. An evidence based approach was used to develop clinically relevant repletion recommendations, consisting of data from published studies and clinician expertise. However, the information presented is not intended nor implied to be a substitute for professional medical advice, diagnosis or treatment.

* Listed repletion suggestions are for patients 12 and older.

* For more information on nutrients (food sources, symptoms of deficiency, physiological functions), go to www.spectracell.com.

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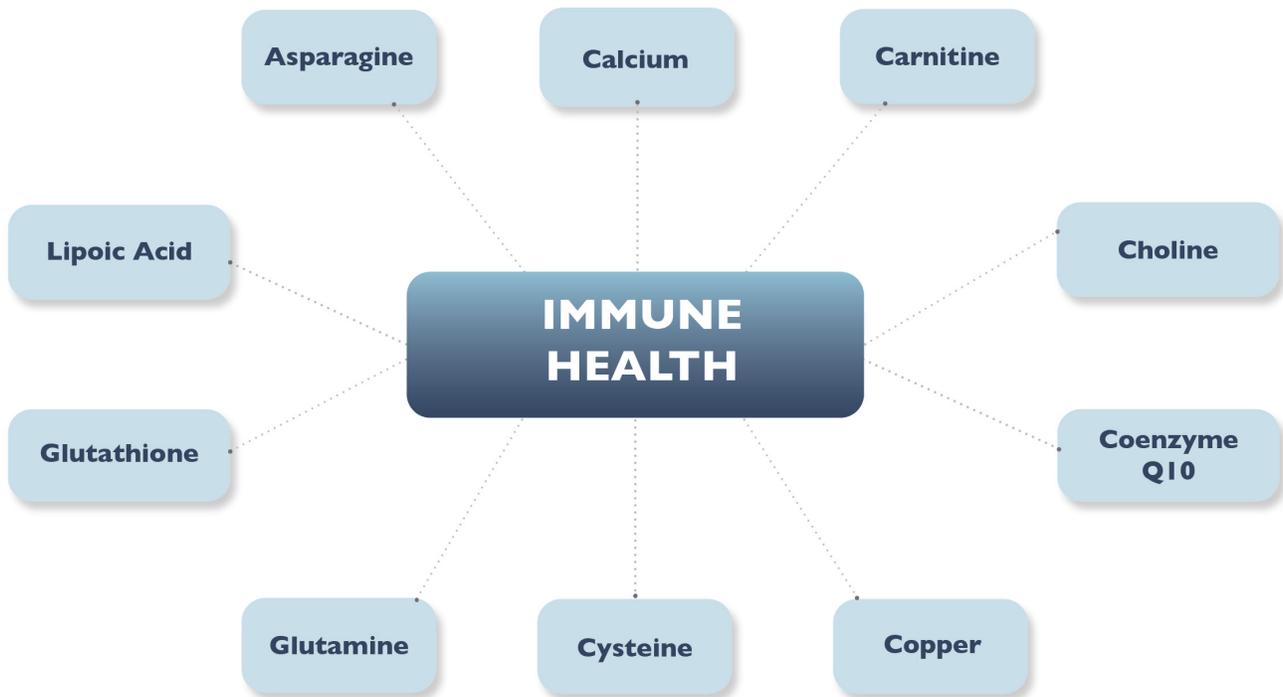
Micronutrients	Patient Results	Reference Range	Patient Result	Interpretation
VITAMINS				
Vitamin A		>70%	70	Deficient
Choline		>20%	25	
Vitamin D3		>50%	63	
MINERALS				
Calcium		>38%	47	
Copper		>42%	53	
Magnesium		>37%	52	
Selenium		>74%	78	
Zinc		>37%	36	Deficient
AMINO ACIDS AND METABOLITES				
Asparagine		>39%	53	
Carnitine		>46%	62	
Cysteine		>41%	52	
Glutamine		>37%	48	
Serine		>30%	50	
Oleic Acid		>65%	63	Deficient
ANTIOXIDANTS				
Coenzyme Q10		>86%	84	Deficient
Glutathione		>42%	39	Deficient
Alpha Lipoic Acid		>81%	90	
Vitamin C		>40%	51	
Vitamin E		>84%	91	
CELL HEALTH				
Spectrox		>40-86%	51	
Immunidex		>40-86%	53	

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Asparagine - Deficiency is linked to immune dysregulation.

Calcium - Cofactor for several enzymes and cell-to-cell communication.

Carnitine - Transports fatty acids inside lymphocytes.

Choline - Helps cell detoxification process.

Coenzyme Q10 - Low levels seen in patients with viral infections.

Copper - Deficiency may lower immunity to pathogens.

Cysteine - Repairs tissues damaged by pathogens.

Glutamine - Maintains gut integrity which helps immunity.

Glutathione - Powerful antioxidant that inhibits viral proliferation in some.

Lipoic Acid - Helps repair damage to cells by pathogens.

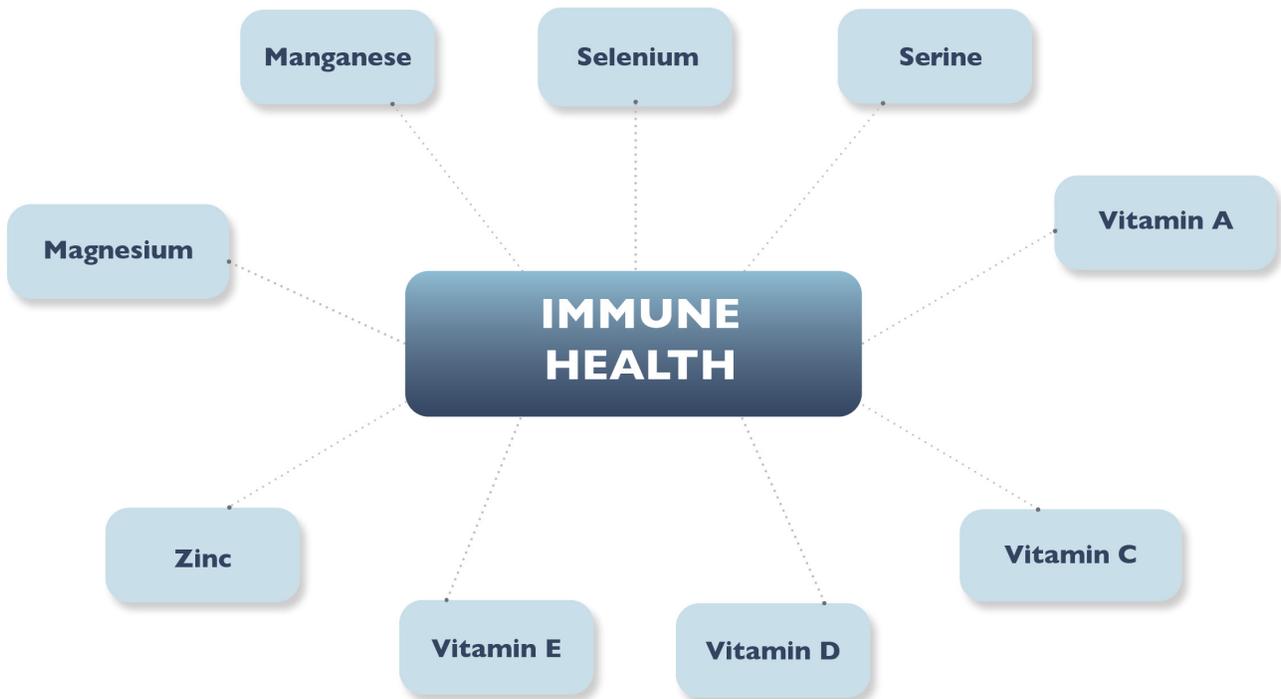
This list is non-exhaustive. Other nutrients affect immune health.

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Magnesium - Activates over 300 enzymes.

Manganese - Required cofactor for major antioxidants .

Selenium - Low selenium linked to infection severity.

Serine - Regulates neurotransmitters that directly affect immune function.

Vitamin A - Deficiency may increase susceptibility to infections.

Vitamin C - Exhibits well-documented anti-viral properties.

Vitamin D - Increases immune cells' ability to fight pathogens.

Vitamin E - Regulates expression of genes that directly impact immune function.

Zinc - Renders some pathogens unable to replicate.

This list is non-exhaustive. Other nutrients affect immune health.