◇ verisana

Jane Smith
1234 Main Street
ANYTOWN CA 45789
USA

Surname, First name	Smith,Jane
DOB	05/01/1980
Sex	female
Lab number	4-1000
Report date	04/01/2020

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results you will also receive a brief summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending or changing any medication or therapy without consulting your doctor or practitioner.

Test: Metabolic Typing Test

Sample material: blood   **Date collected:** 03/14/2019   **Date received:** 03/18/2019

Analyte	Result	Reference range	Result
Metabolic type	Carbohydrate-Efficient Metabolic Type		
Blood lipids			
High-density lipoprotein	35mg/dl	>35mg/dl	
Low-density lipoprotein	124mg/dl	<=130mg/dl	
TC/HDL Quotient	5,2	<=3,5	
Triglycerides	92mg/dl	<=150mg/dl	
Cholesterol	182mg/dl	<=200mg/dl	

Verisana LAB
818 N Quincy Street Unit 806
Arlington, VA 22203

Email: contact@verisana.com
Phone: (703) 722 6067
www.verisana.com

verisana

Surname, First name	DOB	Lab number	Report date
Smith,Jane	05/01/1980	4-1000	04/01/2020

Metabolic type

Your full blood lipid profile indicates that your metabolism responses best to a carbohydrate-favored diet. Because of the ease your metabolism digests and utilizes carbohydrates you will be less likely to develop blood-sugar-related illnesses and more likely to develop problems related to elevated cholesterol.

High-density lipoprotein

High-density lipoprotein (HDL) carries excess cholesterol from the body's periphery to the liver, where it can be cleared. Therefore, HDL is sometimes referred to as "good cholesterol". Low HDL cholesterol puts you at higher risk for heart disease. Overweight can be a key factor leading to (too) low HDL cholesterol levels. Other factors associated with low HDL are e.g. type 2 diabetes, smoking, being sedentary and genetic predisposition.

Low-density lipoprotein

Low-density lipoprotein (LDL) transports cholesterol from the liver to the body's periphery. As it can deposit in arteries, it is generally considered the "bad cholesterol". Levels within the normal range are considered good for heart health.

TC/HDL Quotient

The total cholesterol/HDL ratio reflects your risk of stroke and heart attack. The lower the number, the lower your risk. A ratio above 5:1 indicates a significant risk.

Triclycerides

Triglycerides are the primary form of fat and play a major role as an energy source. They circulate in the bloodstream either to provide energy for the cells or to be stored in adipose tissue throughout the body for future energy requirements. Triglyceride levels are usually lowest after fasting and highest after eating. An amount of under 150 mg/dl triglycerides found in the blood is considered normal.

Cholesterol

Cholesterol is a waxy, fat-like substance that is vital for the normal functioning of the body. In the blood, cholesterol is transported in the form of lipoprotein complexes (HDL and LDL). Total cholesterol is a measure of the total amount in the blood, including all the different cholesterol components. Concentrations below 200 mg/dl are considered healthy levels.

Yours sincerely,
Your laboratory team