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MyVitamins^{RX}

A measurement of an advanced marker for nitric oxide (NO) production. Nitric oxide is a naturally-occurring compound involved in a host of metabolic processes such as immune, nervous, and vascular system functions. Exciting research on nitric oxide prompted the American Association for the Advancement of Science to name nitric oxide the “Molecule of the Year” in 1992, based on its vital role in regulatory functions. Studies have demonstrated that either too much or too little nitric oxide can have its own specific set of effects. Excess is associated with inflammatory processes in the body while inadequate nitric oxide is associated with susceptibility to infection and vascular issues. In the last two decades, research has exploded on nitric oxide, and the laboratory methods for measuring its production have been refined. This exciting new measurement, ADMA, is the most recent advance in determining nitric oxide regulation in the body. ADMA levels must be carefully balanced in your body because ADMA is a compound that easily modulates your body’s production of nitric oxide. If ADMA levels are too high, significant effects can occur. In humans, high ADMA has caused increased vascular resistance, decreased blood flow in the brain, increased sodium retention, and decreased heart output, among many other effects. In fact, high ADMA has been associated with everything from poor control of blood pressure, to pregnancy and fertility issues, accelerated aging, and erectile dysfunction — just to name a few health challenges related to altered NO production. Gene researchers have identified 979 genes that change expression when exposed to high levels of ADMA. If your ADMA level is outside the balanced range, you need extra support with targeted nutrients that impact the nitric oxide production pathways, and these will be added to your Custom Essentials. In addition, even if your oxidative stress level is within the desirable range as measured by the DOG level in your PrivaTest, a high ADMA level requires additional antioxidant nutrients to help modulate the effects of excessive ADMA.

**ADMA results for: Customer ,
CustomerTest ID: 000000000
Date: 00/00/0000**

The recommended range is in between the values of 19.98 and 42.52 umol/g creatinine. Your ADMA Score is: 26.1

Nitric oxide is a naturally-occurring compound that has been discovered by researchers to be a critical regulatory molecule in the functions of the immune, nervous, gastrointestinal, and vascular systems. The well-regulated production of nitric oxide by your body is vital for the healthy function of these systems, particularly for blood vessel function and inflammatory processes. In a delicate balancing act, nitric oxide must be produced in just the right amount, neither too much (which can aggravate inflammation in the body), nor too little (which may lead to cardiovascular dysfunction). An essential player in this balancing act is asymmetric dimethylarginine (ADMA), which helps to keep nitric oxide well-regulated. However, at abnormally high levels, ADMA blocks the production of nitric oxide too much, greatly increasing the chances of poor function in your vascular system and elsewhere. On the flip side, while still under scientific investigation, very low ADMA levels may allow uncontrolled production of nitric oxide, leading to chronic inflammatory states. The good news is that your ADMA test result is currently within the balanced production range. To assist you in maintaining your level in this range, your Custom Essentials foundation formulation in this category has been blended with specialized ingredients in amounts needed to maintain your balanced nitric oxide production, including a synergistic complement of B-complex activating cofactors.

A measurement of a DNA-repair product in response to oxidative stress. Oxidative stress is the term used to describe an imbalance between the production of reactive oxygen damage and the body's ability to quench these oxidative fires and/or repair the DNA damage. Oxidative stress results when the body's antioxidant free-radical-quenching system is overwhelmed and free-radical compounds go uncontrolled. Free radicals are molecular thieves that have an excited, unpaired electron in their outer shell, making them unstable. They will steal an electron from another molecule in order to stabilize themselves. However, in the process, the victim molecule becomes a free radical, which then steals an electron from another molecule, which then steals an electron from another molecule, and so on.

The mechanism of electron transfer is vital to basic life processes, and the body has a system in place (the antioxidant system) to make sure that it proceeds in a controlled manner. This antioxidant system, made up primarily of specific vitamins, minerals, and enzymes, quenches these little metabolic fires at just the right time so that free radicals do not get out of hand and cause cellular damage. Unfortunately, in our industrialized world, this system sometimes becomes overwhelmed by all the other sources of oxidative stress, including environmental pollution, petrochemical exposure, and even increased exercise levels. (Part of the training effect seen over time in regular moderate exercisers is an increase in activity in the antioxidant system enzymes as a protection against the increased generation of free radicals. Erratic exercise patterns increase oxidative stress by generating more free radicals, but do not result in a complementary increase in antioxidant activity.)

In the laboratory, we measure the level of 8-hydroxy-2-deoxyguanosine – DOG for short. DOG is only produced when your body is called upon to repair oxidative damage to your cellular DNA – the structure that contains all the genetic instructions that make you, who you are. When DNA is damaged, the body mobilizes specialized “excision enzymes.” Like microscopic tailors, these targeted enzymes “snip out” the oxidized DNA sections and repair the DNA strand. The oxidized sections that are released and eliminated in your urine are DOG. Measuring DOG, in effect, takes a deep look into your genetic machinery, actually assessing the degree of free-radical oxidative “hits” that your DNA is experiencing and repairing. If your DOG level is high, it indicates you need extra antioxidant support, and these specialized nutrients will be added to your Custom Essentials formula.

DOG results for: Customer, Customer

Test ID: 000000000

Date: 00/00/0000

If you are currently on nutritional supplements, the recommended value is less than 4.1 ng/mg creatinine and if you are not, less than 5.3 ng/mg creatinine. Your DOG Score is: 7.6

A measurement of the availability of sulfate and other sulfur containing compounds which are essential to your liver's ability to break down toxic substances. In addition to the normal metabolic by-products that your liver must clear every day (such as hormones, fat-soluble vitamins, and food chemicals), your modern body is exposed to man-made chemicals that previous generations of humans never had to process. Some researchers estimate that between 30,000 and 100,000 chemicals a year are synthesized and distributed for use around the world. The effects of human exposure to multiple chemicals are not fully known. But it is a fact that your liver is the hard-working organ that must deal with each of the chemicals that you come into contact with every day of your life. Sulfur-containing compounds are used by the liver to turn harmful toxic substances into more neutral compounds and/or water-soluble compounds that can be eliminated in the urine or bile. Sulfur-containing compounds such as glutathione also have valuable antioxidant properties. A higher level of sulfate reserves is desirable for proper liver and antioxidant function.

Sulfate results for: Customer, Customer

Test ID: 000000000

Date: 00/00/0000

To be in the more desirable range, your sulfate score should have a value of greater than 16.26 mmol/g creatinine. Your Sulfate Score: 14