

P: 1300 688 522  
E: info@nutripath.com.au

16 HARKER STREET  
BURWOOD VIC 3125

Dr.SAMPLE REPORT  
TEST HEALTH CENTRE  
123 TEST STREET  
BURWOOD VIC 3125

LAB ID : 3814189  
UR NO. :  
Collection Date : 09-May-2022  
Received Date:09-May-2022



3814189

### INTEGRATIVE MEDICINE

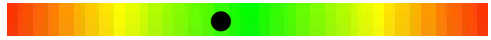


URINE, SPOT	Result	Range	Units
<b>URINE IODINE</b>	<b>49</b>		ug/L
<b>Urine Iodine Corrected</b>	<b>54.9</b>		ug/gCR

#### Urine Iodine Comment

#### RANDOM IODINE COMMENT:

Random Iodine levels are expressed as ug Iodine/g Creatinine (to correct for urine conc), with the following reference ranges;

> 100 ug Iodine/g Creatinine	Normal Iodine Level
51 - 100 ug Iodine/g Creatinine	Mild Deficiency
< 50 ug Iodine/g Creatinine	Moderate to severe deficiency

<b>Creatinine, Urine Spot.</b>	<b>7.9</b>	5.0 - 13.0	mmol/L	
URINE, 24 HOUR				
<b>24hr Urine Volume</b>	<b>1635</b>	693 - 3741	mL	
<b>Ur Iodine, Loading</b>	<b>9025</b>		ug/L	
<b>Urine Iodine Loading Test</b>				
<b>Ur Iodine Loading, Conc.</b>	<b>14.76</b>		mg/24hr	
<b>Ur Iodine Loading, Excreted</b>	<b>29.5 *L</b>	> 90.0	% Excretion	

#### Urine Iodine Loading comment

#### IODINE LOADING TEST COMMENT:

Iodine/iodide is required in sufficient levels for adequate thyroid hormone production. Thyroid hormones are important for growth regulation, metabolic rate, energy levels and temperature control. Iodine deficiency may be associated with an enlarged thyroid gland (goiter), fatigue, reduced cognition, constipation, hair loss, low libido, slow pulse, brittle hair/nails, fibrocystic breasts and increased cancer risk. Many cases of hypothyroidism (low thyroid hormone levels) are due to low iodine in the diet. Iodine levels are influenced by diet and exposure to environmental factors, including toxins that compete for iodine metabolism, e.g. chlorine and bromide used in pools, spas, drinking water, pastries and breads, carbonated beverages, pesticides and medications.

As there is no optimal range for a random iodine test, the spot urine test is used to determine the patients pre-load test status.

The Loading Test then compares how much of the iodine/iodide dose is absorbed versus how much is passed out in the urine by the kidneys. The total amount passed in the urine is inversely related to the amount your body needs and determines if you have sufficient iodine or need supplementation.

For the Urine Iodine Loading Test, 50 mg of an iodine/iodide mixture is given as a loading dose and the amount of iodine excreted in the urine over the next 24 hours is measured.

#### IODINE LOADING TEST REFERENCE RANGE

In an iodine sufficient state, approx. 90% of a mixture of a 50mg dose of iodine/iodide would be excreted (i.e. 45mg) and 10% of the iodine would be retained (i.e. 5mg). Levels below 90% excretion would indicate an iodine deficient state.

Tests ordered: UCR,UR-IODINE,IMPEI,uIodEx,UIodL,usCr

(\*) Result outside normal reference range

(L) Result is below lower limit of reference range