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

SAMPLE REPORT

09-May-1990 Female

16 HARKER STREET
BURWOOD VIC 3125

LAB ID : 3814193
UR NO. :
Collection Date : 09-May-2022
Received Date:09-May-2022



3814193

INTEGRATIVE MEDICINE

BLOOD - SERUM

	Result	Range	Units	
VITAMIN B12.	286	130 - 780	pmol/L	
VITAMIN B9 (Folate)	25	6 - 45	nmol/L	



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Vitamin B group Comments

VITAMIN B1 FUNCTIONS::

Essential for carbohydrate metabolism and energy production
Important for healthy nervous system

Disease Implications:

Frank deficiency causes beri-beri. (muscle wasting, nervous system interruption)
Less severe deficiency can cause a number of illnesses including depression, loss of appetite and the diseases associated with appetite suppression.
Deficiency has also been associated with dementia

Major Sources:

Liver, pork, brewer's yeast, brown rice, cereals, bread, pork, beans.

VITAMIN B2 FUNCTIONS:

Important for carbohydrate metabolism and energy production . Essential for growth and maintenance.

Disease Implications:

Because of its importance to healthy mucous membranes, deficiency of this vitamin leads to a host of symptoms associated with defective membrane integrity, such as sore tongue, mouth and lips, flaky skin, dry eyes.

Anemia, Implicated in nervous system disorders including depression.

Major Sources:

Liver, kidney, poultry, eggs, grains, milk, bread, dark green vegetables (spinach), nuts, cheese, brewer's yeast.

VITAMIN B6 FUNCTIONS:

Essential in neurotransmitter synthesis and maintaining healthy nervous system
Necessary in protein synthesis, Necessary for normal growth, Helps in energy production from glycogen.

Essential for linolenic acid metabolism and conversion to prostaglandin E1.

Disease Implications:

Frank deficiency leads to dwarfism.

Deficiency symptoms include fatigue, poor growth, night blindness, reduced sperm counts, hair loss, loss of appetite, dermatitis, anemia.

Deficiency associated with dementia and depression, In osteoporosis, this vitamin can enhance structural bone protein and is recommended (5-50 mg)

B6 supplementation helpful in depression acting to stimulate neurotransmitter synthesis

Major Sources:

Meat, liver, kidney, Chicken, Brewer's yeast, salmon, trout, beans, brown rice, brown or enriched bread, whole grain, cereals, sunflower seeds, tomato juice.

ELEVATED VITAMIN B6:

Fasting B6 >400 nmol/L is suggestive of Genetic Hypophosphatasia in patients not receiving B6 supplements.

Sustained fasting B6 levels >250 nmol/L may be associated with a sensory neuropathy, although symptoms can take 3-6 months to develop at these levels. Symptoms will gradually resolve after B6 supplements are ceased. Energy drinks can contain vitamins



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including B6. Excessive intake of these drinks may produce elevated blood levels of B6.

VITAMIN B12 FUNCTIONS:

Helps in DNA synthesis, Involved in protein synthesis and fat and carbohydrate metabolism

Necessary for formation of red blood cells, necessary to maintain health nervous system.

Assists calcium adsorption,

Disease Implication:

Frank Deficiency leads to megaloblastic anemia, deficiency symptoms include confusion, poor growth in children, hair loss, loss of appetite.

deficiency associated with peripheral nerve degeneration, dementia, depression.

Major Sources:

Meats, Liver, Kidney, chicken, cereals, brewer's yeast, dairy products egg.

Note: since the main sources are meats, vegans need to ensure they are taking adequate amounts from other sources to avoid any deficiency arising.

VITAMIN B2	341	180 - 470	nmol/L	
BLOOD - EDTA				
VITAMIN B1	102	66 - 200	units	
VITAMIN B6	210 *H	20 - 190	nmol/L	

Tests ordered: VITB1,VITB2,VITB6,IMPEI,VITBcomms,VITB12,CFee,VitB9

(*) Result outside normal reference range (H) Result is above upper limit of reference rang