



# GLUTEN FREE SOCIETY

**INA**

**Test Results for:**

**SAMPLE, PRETEND**

Date of Birth: 09/04/1972

Lab ID: 123456

Received: 02/02/2022

**Your test results include:**

- Nutrient insufficiency
- Borderline nutrient insufficiency
- Nutrient sufficiency
- Detailed description of nutrient insufficiencies
- Gluten/Grain free food sources
- Suggested Supplementation

## INTRACELLULAR NUTRIENT ANALYSIS

### VITAMINS

Biotin		Vitamin B2	
Delta tocotrienol		Vitamin B3	
MK4		Vitamin B6	
MK7		Vitamin B9	
Pantothenic acid		Vitamin C	
Vitamin A		Vitamin D	
Vitamin B1		Vitamin K1	
Vitamin B12			

### MINERALS

Boron	115% Borderline	Magnesium	110% Borderline
Calcium		Manganese	
Chromium		Molybdenum	
Copper		Selenium	
Iodine		Strontium	
Iron		Vanadium	
Lithium		Zinc	

### AMINO ACIDS

Arginine		L-Tyrosine	
Asparagine		Lysine	
Cysteine		Methionine	
Glycine		Phenylalanine	116% Borderline
Histidine	110% Borderline	Taurine	
Isoleucine		Threonine	
Leucine		Tryptophan	
L-Glutamine		Valine	
L-Serine			

### OTHER NUTRIENTS

Carnitine		Lipoic Acid	
Choline		Omega 3 DHA	
Coenzyme Q10		Omega 3 EPA	
Glutathione	>140% Insufficient	Omega 9	
Inositol			

	100% - 109%		Nutrient Sufficiency
	110% - 119%		Borderline Insufficiency
	≥ 120%		Insufficiency*

These laboratory results are not intended to diagnose a disease state. The recommendations on this report are general guidelines for replenishing nutrient levels to support overall health and wellness. The information presented is not intended nor implied to be a substitute for professional medical advice, diagnosis, or treatment.

## Nutrient Insufficiency

The descriptions that follow are for educational purposes only. Statements are not to be interpreted as treatment recommendations and do not take the place of advice from a qualified practitioner.

**Glutathione:** Glutathione is produced in the liver from the amino acids, glycine, cysteine, and glutamic acid. It is considered the body's "master antioxidant". + **It is important for:** • DNA synthesis and repair • Metabolism of toxins and carcinogens • Immune support • Prevention of oxidative cell damage • Protein and prostaglandin synthesis • Transport of amino acids • Antioxidation, fights free radicals • Antiviral • Anti-inflammation. + **Insufficiencies have been associated with:** cancer, Parkinson's disease, neurodegenerative disorders, flu, AMD, glaucoma, cataracts, diabetes, heart disease, asthma (not inhaled glutathione), lung disease, liver disease, GI disease, CFS, and side effects of chemotherapy. + **Gluten/Grain free food sources:** Fruit, vegetables, and meat but glutathione is poorly absorbed from the GI tract. Consuming foods used in cysteine production is recommended, onions, garlic, chives, leeks. Supplementing with N-acetyl L Cysteine can also help boost glutathione levels. + **Suggested Supplementation:** 250mg-500mg daily

### Borderline Nutrient Insufficiency

The descriptions that follow are for educational purposes only. Statements are not to be interpreted as treatment recommendations and do not take the place of advice from a qualified practitioner.

**Boron:** Boron is a trace mineral that is not yet classified as an essential nutrient for humans but is gaining acceptance as one. + **It is important for:** • Bone formation/health • Mineral, calcium metabolism • Membrane function • Synthesis of steroid hormones (estradiol, testosterone, dehydroepiandrosterone, and 1,25-dihydroxyvitamin D. • reproduction and development • Brain function • Antimicrobial • Antioxidation • Insulin and energy substrate metabolism • immunity. + **Insufficiencies have been associated with:** Dysmenorrhea, osteoarthritis (preliminary evidence), osteoporosis (preliminary evidence), prostate, cervical, and lung cancer, and age-related cognitive decline (preliminary evidence). Topically, boric acid, the most common form of boron, is used as an astringent, to prevent skin infection, and as an ophthalmological irrigant. Another form of boron, sodium pentaborate pentahydrate, is used to prevent radiation dermatitis (preliminary evidence). Intravaginally, boron is used for vaginal candidiasis. + **Gluten/Grain free food sources:** fruit, vegetables, tubers, and legumes, prune juice, avocado, raisins, peaches, grape juice, apples, pears, peanuts, peanut butter, refried beans, grapes, oranges, lima beans. + **Suggested Supplementation:** 2mg-4mg daily

**Magnesium:** magnesium is an essential mineral, a cofactor in more than 300 cellular reactions, and necessary for the synthesis of energy. + **It is important for:** • Structural integrity of teeth and bones Energy, DNA, RNA, and protein synthesis Essential fatty acid metabolism • Glutathione (antioxidant) synthesis • Immune support • Transport of calcium and potassium ions across cell membranes • Muscle contraction and nerve function • Regulation of heart rhythm • Regulation of blood glucose • Blood pressure regulation • Regulation of stress response. + **Insufficiencies have been associated with:** angina, arrhythmias, CHF, hypertension, stroke, brittle nails, Meniere's disease, olfactory issues, gastrointestinal issues, constipation, fibromyalgia, headaches, migraines, muscle cramps (especially nocturnal), anxiety, depression, cognitive decline, fatigue, menstrual cramps, PMS, and glucose tolerance. + **Gluten/Grain free food sources:** spinach, swiss chard, beet greens, turnip greens, summer squash, pumpkin seeds, sesame seeds, sunflower seeds, cashews, almonds, kidney beans, tofu. + **Suggested Supplementation:** 200mg-400mg daily + [Check out our full crash course here.](#)

**Histidine:** Histidine, an essential amino acid, is involved in a wide range of metabolic processes in the body, and is needed for growth and tissue repair. + **It is important for:** • Protection of nerve cells • Metabolism of the neurotransmitter, histamine • Immune, gastric, and sexual function • Manufacturing of red and white blood cells • Protection of tissues against radiation and heavy metals. + **Insufficiencies have been associated with:** rheumatoid arthritis, allergic diseases, ulcers, and anemia caused by kidney failure or kidney dialysis. + **Gluten/Grain free food sources:** beef, lamb, pork, poultry, fish, cheese, nuts, seeds, eggs, and legumes. + **Suggested Supplementation:** 650mg-1950mg daily

**Phenylalanine:** Phenylalanine is an essential amino acid used by the body to produce proteins and neurotransmitters. + **It is important for:** • Mood and appetite regulation • Mental function • Pain tolerance. + **Insufficiencies have been associated with:** depression, attention deficit-hyperactivity disorder (ADHD), Parkinson's disease, chronic pain, osteoarthritis, rheumatoid arthritis, alcohol withdrawal symptoms, and vitiligo. + **Gluten/Grain free food sources:** Meat, seafood, eggs, cheese, milk, peanuts, pumpkin seeds, bananas, almonds, avocados. + **Suggested Supplementation:** 500mg-1000mg daily

