

DOB::	11/04/1977	Gender:	F	Lab ID:	68220
Received:	01/02/2022	Collected:	01/01/2022	Reported:	02/02/2022
Clinic ID:	10804	HCP:	Sample Physician		

### CMA (CELLULAR MICRONUTRIENT ASSAY)

100% - 109% Nutrient Sufficiency

110% - 119% Borderline

>= 120% Insufficiency

#### Vitamins

Biotin		131% <b>Insufficient</b>	Vitamin B2		
Delta tocotrienol			Vitamin B3		
MK4		130% <b>Insufficient</b>	Vitamin B6		
MK7			Vitamin B9		115% <b>Borderline</b>
Pantothenic acid			Vitamin C		119% <b>Borderline</b>
Vitamin A			Vitamin D		
Vitamin B1			Vitamin K1		
Vitamin B12		118% <b>Borderline</b>			

#### Minerals

Boron			Manganese		
Calcium			Molybdenum		
Chromium			Potassium		
Copper		124% <b>Insufficient</b>	Selenium		132% <b>Insufficient</b>
Iodine			Strontium		
Iron			Vanadium		
Lithium		113% <b>Borderline</b>	Zinc		123% <b>Insufficient</b>
Magnesium					

#### Amino Acids

Arginine			L-Tyrosine		
Asparagine			Lysine		>140% <b>Insufficient</b>
Cysteine		>140% <b>Insufficient</b>	Methionine		111% <b>Borderline</b>
Glycine		>140% <b>Insufficient</b>	Phenylalanine		
Histidine		116% <b>Borderline</b>	Taurine		
Isoleucine			Threonine		
Leucine			Tryptophan		
L-Glutamine			Valine		
L-Serine					

#### Other Nutrients

Alpha-Ketoglutarate			Glutathione		118% <b>Borderline</b>
Carnitine		>140% <b>Insufficient</b>	Inositol		124% <b>Insufficient</b>
Choline					

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### Significant Micronutrients

#### Lysine

Lysine is an essential amino acid that plays an important role in the production of enzymes and hormones, as well as the growth and development of bones and muscles.

**+ Important for:** • Building muscle protein • Increasing collagen production and tissue repair • Supporting the production of enzymes, antibodies, and hormones • Promoting calcium absorption • Immune support

**+ May be useful for the prevention/treatment of:** recurring herpes simplex infections/cold sores, diabetes, high triglycerides, and stress

**+ Good food sources:** Meat, fish, poultry, dairy, eggs, soybeans, and legumes. Note: a significant amount of lysine is destroyed by harsh cooking techniques like high temperature baking, grilling, and frying.

#### Cysteine

L-cysteine is classified as a "semi-essential" amino acid manufactured from methionine. It is made in small amounts by the liver, but the availability of methionine is necessary

**+ Important for:** • Protein synthesis • Support of the synthesis of glutathione, the body's "master antioxidant" • Immune support • Lipid metabolism • Digestive support • Vascular support • Antioxidation • Anti-inflammation • Nerve protection • Detoxification

**+ May be useful for the prevention/treatment of:** Alzheimer's disease, Parkinson's disease, arthritis, poor intestinal health, dementia, multiple sclerosis, male infertility, and osteoporosis

**+ Good food sources:** beef, pork, chicken, sunflower seeds, walnuts, and soy

#### Carnitine

L-carnitine is a derivative of the amino acids, methionine and lysine, and is synthesized in the liver, kidneys, and brain. It plays a key role in energy production and is found in almost every cell of the body. Only L-carnitine is biologically active and is the form found in food. It is concentrated in skeletal and cardiac muscle tissues.

**+ Important for:** • Mitochondrial function and energy production • Immune, brain, liver, and cardiac function • Elimination of toxic compounds • Blood lipid levels-reduction of triglycerides, increase in HDL

**+ May be useful for the prevention/treatment of:** certain cardiovascular issues and common diagnoses such as asthma, celiac disease, cirrhosis, IBD, diabetes, erectile dysfunction, NAFLD, fatigue, PCOS, COPD, and more.

**+ Good food sources:** animal foods such as meat, fish, poultry, and dairy products (mostly in whey).

#### Glycine

Although not considered "essential" because it is made from serine, glycine is considered a conditionally essential amino acid because there are many metabolic demands for it- including heme biosynthesis, collagen formation, and its role in digestion, detoxification and neurotransmitter action.

**+ Important for:** • Collagen formation • Heme synthesis • Detoxification • Glutathione synthesis • Energy source/synthesis of glucose • Brain neurotransmitter effect/CNS function • Anti-cancer • Antioxidation

**+ May be useful for the prevention/treatment of:** • Schizophrenia • Stroke • Seizures • Memory and cognitive performance in psychosis risk syndrome • Cystic fibrosis • Gout • Insomnia • Venous leg ulcers • Certain types of cancer

**+ Good food sources:** gelatin, protein rich foods including meat, fish, dairy, and legumes

#### Selenium

Selenium is an essential trace mineral found in soil, water, and some foods.

**+ Important for:** • Antioxidation • Anti-inflammatory • Immune function enhancement • Antiviral • Reproductive support • Thyroid hormone metabolism • DNA synthesis

**+ May be useful for the prevention/treatment of:** burns, depression, certain types of cancer, cardiovascular disease, CHF, dementia/cognitive decline, Down syndrome, hepatitis, male infertility, lymphedema, myotonic dystrophy, oral leukoplakia, Osgood-Schlatter, and thyroiditis

**+ Good food sources:** seafood and organ meats. Brazil nuts, sunflower seeds, brown rice, shiitake mushrooms, chia seeds, lima beans, cabbage, spinach

#### Biotin

Biotin is an essential B vitamin also known as vitamin B7.

**+ Important for:** • The conversion of carbohydrates, proteins and fats into energy. • Health of skin, nails, eyes, liver, and nervous system.

**+ May be useful for the prevention/treatment of:** diabetes, brittle nails, seborrheic dermatitis of infancy, MS, and uremic neuropathy

**+ Good food sources:** meat, fish, egg yolks, liver, poultry, dairy products, seeds, nuts, sweet potatoes, spinach, and broccoli

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### Significant Micronutrients

#### MK4

Vitamin K is a general name of a family of compounds with a common chemical structure-Vitamin K1 (phyloquinone or phytonadione), vitamin K2 (menaquinone), and vitamin K3 (menadione- no longer used in fortified foods/supplements). Vitamin K2 is a group of compounds which are classified according to their chemical structures- MK4 through MK13.. MK4, MK7, and MK9 are the most well studied menaquinones. Menaquinones, mostly originating from bacteria, are present in various animal based and fermented foods. Menaquinones are also produced by bacteria in the gut. MK4 is produced from vitamin K1 (phyloquinone).

**+ Important for:** • Regulation of bone demineralization Directs calcium deposits to bones instead of soft tissue • Anti-inflammation • Anticoagulation • Antioxidation • Supports bone growth and development • Supports cardiovascular health • insulin sensitivity, energy utilization

**+ May be useful for the prevention/treatment of:** beta-thalassemia, rheumatoid arthritis, cirrhosis, hepatitis, myelodysplasia, cardiovascular issues, osteoporosis, Alzheimer's disease, cognitive decline, wrinkles, diabetes, metabolic syndrome, arthritis, neurological issues, certain types of cancer, kidney disease, kidney stones, PCOS, anxiety, depression, postmenopausal bone loss, and cavities

**+ Good food sources:** Dietary vitamin K2 is found in some fermented foods (ie, natto, cheese) where the specific menaquinone compound that is formed depends on the bacterial species and fermentation conditions. So not all fermented foods have the same menaquinone profile. An individual's dietary intake of vitamin K2 can vary greatly based on food selection and geography. MK4 is typically found in eggs, grass-fed meat, chicken, soft cheese, butter, liver (goose, chicken) chicken

#### Copper

Copper is an essential trace mineral found in all body tissues.

**+ Important for:** • Red blood cell formation (along with iron), anemia prevention • Myocardial contractility • Maintenance of the health of blood vessels, nerves • Immune support, wound healing • Generation of energy from carbohydrate • Antioxidation (cofactor for SOD- superoxide dismutase) • Anti-inflammation support • Bone and tissue integrity • Cholesterol and glucose regulation

**+ May be useful for the prevention/treatment of:** aortic aneurysm, burns, osteoporosis, peptic ulcer, RA, and disorders of taste

**+ Good food sources:** Organ meats, seafood, nuts, especially cashews and walnuts, seeds, especially sesame and sunflower seeds, legumes, lentils. soybean, shiitake mushrooms, greens, asparagus, summer squash, wheat-bran cereals, and whole-grains and cocoa.

#### Inositol

Inositol is structurally similar to glucose. It was once considered to be part of the B vitamin complex but now known to be produced in the human body so is now referred to as a pseudovitamin. Inositol is present in two forms, myo-inositol and D-chiro-inositol.

**+ Important for:** • Cell membrane components, cell signaling • Lipoprotein components • Proper function of hormones • Possibly enhancing insulin sensitivity

**+ May be useful for the prevention/treatment of:** Alzheimer's disease, bronchopulmonary dysplasia (BPD), depression, diabetes (d-chiro inositol)/gestational diabetes, NAFLD, OCD, panic attacks, and PCOS

**+ Good food sources:** whole grains, buckwheat, peanuts, legumes, nuts, seeds, grapefruit, other citrus fruits, and cantaloupe

#### Zinc

Zinc is an essential mineral involved in numerous aspects of cellular metabolism. It is a major component of over 300 metabolic enzymes.

**+ Important for:** • Immune function and wound healing • Protein and DNA synthesis • Growth and development • Proper sense of taste and smell, visual function, hearing • Antioxidation and anti-inflammation • Protection of cell membranes Production of stomach acid

**+ May be useful for the prevention/treatment of:** acne, brittle nails, warts, hearing, olfactory and taste disorders, colds, gastroenteritis, age-related macular degeneration, anorexia nervosa, ADHD, depression, RA, psoriatic arthritis, BPH, body odor, cirrhosis, cancer, and more.

**+ Good food sources:** Oysters, meat, poultry, seafood, legumes, nuts, seeds, peanuts, egg yolks, whole grains, wheat bran, wheat germ, fruit, and dairy products.

#### Vitamin C

Vitamin C (ascorbic acid) is a water soluble vitamin that is essential for human survival.

**+ Important for:** • Antioxidation • Anti-inflammation • Immune function • Blood vessel formation • Muscle formation • Collagen production • Brain Health/neurotransmitter production • Absorption of iron • Blood lipid regulation • Detoxification

**+ May be useful for the prevention/treatment of:** allergic rhinitis, asthma, cardiovascular issues, certain types of cancer, cold and flu, GI issues- constipation, gallstones, gastritis, UTIs, muscle cramps, dysfunctional uterine bleeding, glaucoma, depression, diabetes, obesity, post exercise muscle soreness, and sinusitis

**+ Good food sources:** citrus fruits, raspberries, strawberries pineapple, kiwi, cantaloupe, greens, cruciferous vegetables- Brussels sprouts, broccoli, squash, green beans, carrots, potatoes, tomatoes, peppers

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### Significant Micronutrients

#### Vitamin B12

Vitamin B12 is a group of compounds called cobalamins.

- + **Important for:** • DNA (genetic material) synthesis • Red blood cell formation • Nervous system and immune system function • Metabolism of homocysteine
- + **May be useful for the prevention/treatment of:** issues of the skin, ears/nose/throat, issues associated with aging, and certain conditions/disorders of the cardiovascular, gastrointestinal, musculoskeletal, immune, and nervous systems
- + **Good food sources:** Vitamin B12 is found almost exclusively in animal products- meat, poultry, fish, eggs, and dairy products. Beef liver and clams are the highest sources. B12 fortified breakfast cereals and nutritional yeasts.

#### Glutathione

Glutathione is produced in the liver from the amino acids, glycine, cysteine, and glutamic acid. It is considered the body's "master antioxidant".

- + **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
- + **May be useful for the prevention/treatment of:** 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
- + **Good 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 boost glutathione levels. Glutathione can be taken IV or in liposomal supplemental form.

#### 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.

- + **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
- + **May be useful for the prevention/treatment of:** rheumatoid arthritis, allergic diseases, ulcers, and anemia caused by kidney failure or kidney dialysis
- + **Good food sources:** beef, lamb, pork, poultry, fish, cheese, nuts, seeds, eggs, legumes, soybeans, quinoa, and whole grains.

#### Vitamin B9

Vitamin B9, more commonly known as folate (naturally-occurring form of B9) or folic acid (a synthetic form), is a water-soluble vitamin that is part of the B vitamin family.

- + **Important for:** • Growth and development • Homocysteine and vitamin B12 metabolism • Brain and CNS function • Immune system function • Cardiovascular support • Red blood cell production • Reproductive health
- + **May be useful for the prevention/treatment of:** Alzheimer's disease, cardiovascular disease, homocysteine lowering, anemia, migraines, restless legs, dermatitis, autism, depression, cognitive decline/dementia, age-related macular degeneration, birth defects, diarrhea, hearing loss, osteoporosis, cervical dysplasia, ulcerative colitis, and recurrent miscarriages
- + **Good food sources:** Spinach and other leafy greens, green vegetables, beets, banana, melon, legumes, yeast, mushrooms, oranges and tomato juice.

#### Lithium

Lithium is a trace mineral that is present in the diet, mainly in grains and vegetables. Some people use lithium supplements as medicine -lithium is available as an FDA approved prescription medication for use in psychiatric conditions. Supplements contain much smaller quantities than prescribed medication.

- + **Important for:** • Modulation of the nervous system function • Modulation of neurotransmitter activity- GABA, serotonin, melatonin • Modulation of circadian rhythms • May be required for normal metabolism and neural communication
- + **May be useful for the prevention/treatment of:** Bipolar disorder, depression, schizophrenia, impulsive aggressive behavior associated with ADHD.
- + **Good food sources:** depending on geographical location due to uneven distribution of lithium in the earth's crust: cereals, potatoes, tomatoes, cabbage, and some mineral waters. It may also be found in some spices such as nutmeg, coriander seeds, or cumin. Small amounts also found in foods from animal origin like sardines and egg yolks. **IMPORTANT:** Lithium interacts with a number of herbs, supplements, medications, and medical conditions. Lithium supplementation should only be used with guidance and monitoring by a qualified practitioner.

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Lab Director  
Harold Alvarez, M.D.

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### Significant Micronutrients

#### Methionine

Methionine is an essential amino acid that is involved in the synthesis of important protein molecules and other amino acids.

**+ Important for:** • The support of detoxification of toxins and heavy metals • Antioxidant function • Digestive support • The availability of folate • The support of healthy liver function • Reduction of histamine in blood • Exercise recovery, connective tissue production, and cardiovascular health • Hair and nail strength

**+ May be useful for the prevention/treatment of:** pancreatitis, Parkinson's disease, urinary tract infections, and diaper rash

**+ Good food sources:** Brazil nuts, meat, poultry, fish, yogurt, cheese, eggs, legumes, soybeans, sesame seeds, and grains

IMPORTANT! Identified adverse food reactions- allergies, sensitivities, and intolerances- should be avoided even if these cellular tests have shown those food sources of micronutrients/botanicals to be "beneficial". The CMA and APA test the responses of B and T lymphocytes, not antibodies (IgE-mediated allergies) or cells of the innate immune system (Alcat Test). Patients and practitioners are encouraged to carefully read all product/supplement labels and avoid all ingredients that are contraindicated for any reason.

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