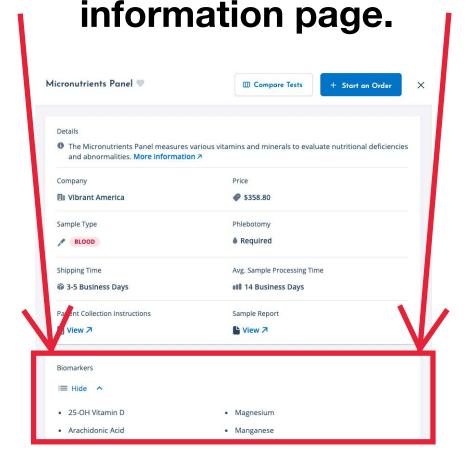
PLEASE NOTE:

Vibrant America does not provide individual test sample reports.

This report simply shows how results from Vibrant America are presented.

To determine the markers in a specific panel, please refer to the "Biomarkers" section of the Rupa Health test



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	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
10	Cholesterol, Total (mg/dL)	150			≤199	200~240	≥241	130 04/13/2019
Lipids	LDL Calculation (mg/dL)		124		≤99	100~129	≥130	103 04/13/2019
-	HDL Direct (mg/dL)			20	≥56	35~55	≤34	20 04/13/2019
	Triglyceride (mg/dL)	30			≤149	150~200	≥201	33 04/13/2019

Comments

Follow NCEP: ATPIII guidelines. Dietary strategies to consider include adequate intake of monounsaturated fats and omega-3 fatty acids, moderate alcohol intake, reduction of total carbohydrate to less than 50% of calories, emphasis on low glycemic-load foods and reduction of fructose, weight loss and regular exercise.

rect	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
LDL Di	LDL Direct (mg/dL)	60			≤99	100~129	≥130	50 04/13/2019

sins	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
orote	Apo A-1 (mg/dL)			14	≥120		≤119	12 04/13/2019
polipoproteins	Apo B (mg/dL)	16			≤89	90~119	≥120	12 04/13/2019
Apo	Apo B: Apo A-1			>1.00	≤0.69	0.70~0.90	≥0.91	1.00 04/13/2019

Comments

Apo A-1: Follow NCEP: ATPIII guidelines. Consider decreasing the saturated fat in the diet, maintaining a healthy weight, and exercising. Consider statins, niacin, omega-3 fatty acids, thiazolidinediones, and fibrates.

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LAST NAME FIRST NAME GENDER DATE OF BIRTH ACCESSION ID DATE OF SERVICE VIBRANT AMERICA **DEMO** MALE 1905130043 05-12-2019 09:43 1996-11-29

	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Ĕ	PLAC (nmol/min/mL)	54			≤224		≥225	23 04/13/2019
Inflammation	Homocysteine (µmol/L)			20	≤9	10~14	≥15	18 04/13/2019
lamr	hs-CRP (mg/L)			10.1	≤0.9	1.0~3.0	≥3.1	19.1 04/13/2019
Inf	ox-LDL* (U/L)	11.3			≤60.0	60.1~70.0	≥70.1	19.2 04/13/2019
	MPO* (pmol/L)	<227.9			≤599.9	600.0~ 2999.9	≥3000.0	<227.9 04/13/2019

Comments

Homocysteine: Consider vitamin supplementation with pyridoxine (vitamin B6), vitamin B12, and folic acid. A diet low in

methionine is recommended in addition to the B vitamins.;
Calculate DAS score. If DAS 6, likely diagnosis of rheumatoid arthritis as per ACR guidelines. Consider analgesics such as NSAIDs and disease-modifying anti rheumatic drugs (DMARDs). Regular exercise recommended.;

hs-CRP: Consider weight loss, insulin control, and smoking cessation to reduce hs-CRP levels. Consider aspirin, lipid lowering, and anti-diabetic agents.

dial s	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
Myocardial Stress	NT-proBNP (pg/mL)	16			≤184	185~449	≥450	11 04/13/2019

tein rs	Test name	In Co	ontrol	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
ipoProtein Markers	sdLDL* (mg/dL)	1	1.0			≤50.0		≥50.1	13.0 04/13/2019
Lipo	Lp(a) (mg/dL)	1	16			≤29		≥30	10 04/13/2019

Tests flagged with * were developed by and performance characteristics were determined by Vibrant America. Indicated tests are not FDA-cleared or approved. The laboratory is regulated under CLIA and is CAP certified hence qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research. Tests flagged with ¹ were performed at Vibrant Genomics. Tests flagged with ² have analytics done at Vibrant Wellness. Laboratory Director: Mervyn Sahud, MD CLIA: 05D2078809 CLF: 00346278 Vibrant America Clinical Laboratory, 1021 Howard Avenue, Suite B, San Carlos, CA 94070. Phone: +1(866)364-0963; FAX: +1(650)508-8260; Email: support@vibrant-america.com

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