

# 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 information page.**

The screenshot displays the 'Micronutrients Panel' product page. At the top, there are buttons for 'Compare Tests' and '+ Start an Order'. Below this is a 'Details' section with the following information:

Company	Vibrant America	Price	\$358.80
Sample Type	BLOOD	Phlebotomy	Required
Shipping Time	3-5 Business Days	Avg. Sample Processing Time	14 Business Days
Parent Collection Instructions	<a href="#">View</a>	Sample Report	<a href="#">View</a>

Below the details is a 'Biomarkers' section, which is highlighted with a red box. It includes a 'Hide' button and a list of markers:

- 25-OH Vitamin D
- Arachidonic Acid
- Magnesium
- Manganese

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

Lipids	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Cholesterol, Total (mg/dL)	150			≤199	200~240	≥241	130 04/13/2019
	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.

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

Apolipoproteins	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	Apo A-1 (mg/dL)			14	≥120		≤119	12 04/13/2019
	Apo B (mg/dL)	16			≤89	90~119	≥120	12 04/13/2019
	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.

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

Inflammation	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	PLAC (nmol/min/mL)	54			≤224		≥225	23 04/13/2019
	Homocysteine (μmol/L)			20	≤9	10~14	≥15	18 04/13/2019
	hs-CRP (mg/L)			10.1	≤0.9	1.0~3.0	≥3.1	19.1 04/13/2019
	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.

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

LipoProtein Markers	Test name	In Control	Moderate	High Risk	In Control Range	Moderate Range	High Risk Range	Previous
	sdLDL* (mg/dL)	11.0				≤50.0		≥50.1
Lp(a) (mg/dL)	16				≤29		≥30	10 04/13/2019