

VITAMIN & ANTIOXIDANTS TEST

Identify Your Vitamin, Mineral & Antioxidant Imbalances

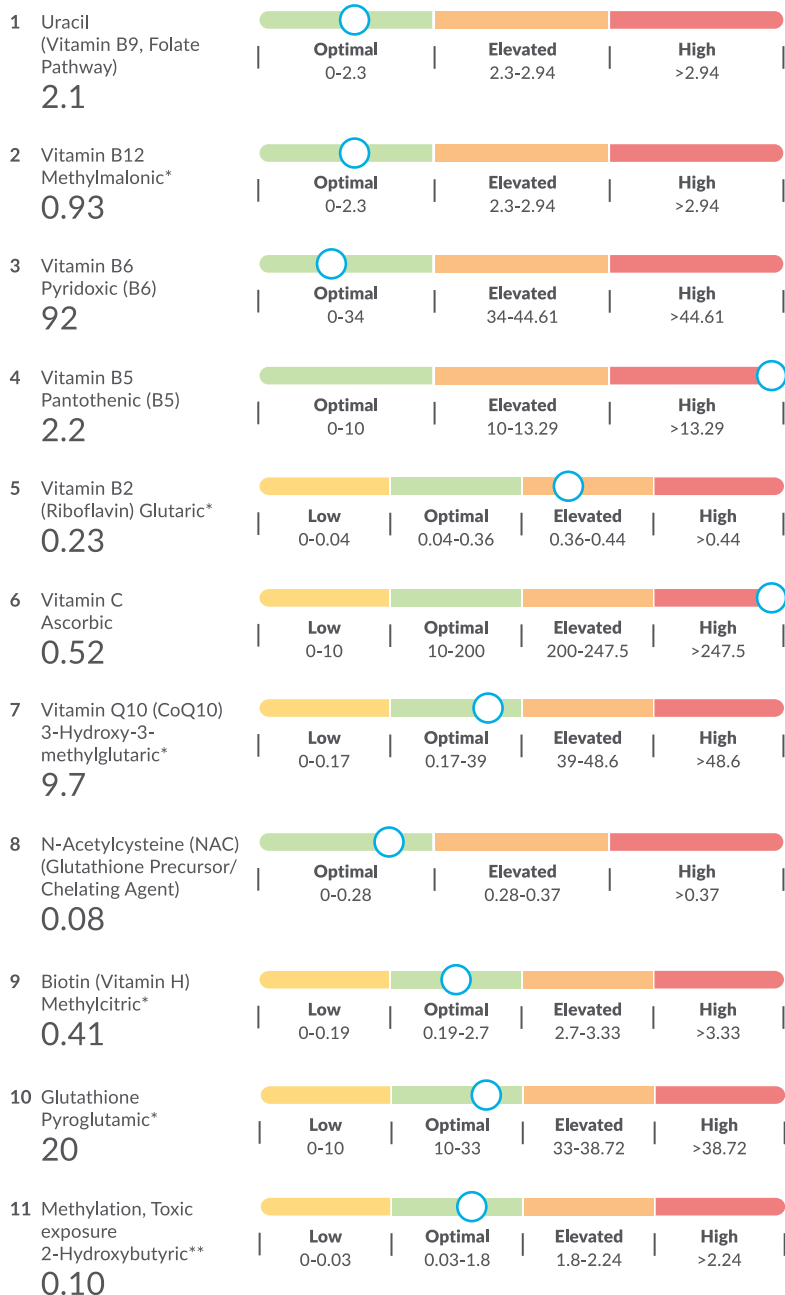


Getting
Better
Together

Patient: Female
DOB: >=13 years
Height:
Weight:

Practitioner:
Lab #:
Collection Date: 01-14-2026
Received: 01-16-2026

Vitamins & Nutritional Markers



* A high value may indicate a deficiency.

** High values may indicate methylation defects and/or toxic exposures.

Summary

These markers provide relevant information regarding nutritional intake and overall nutritional status with possible links to gut imbalances and malabsorption.

The level of Vitamin B12 on this test is optimal. Vitamin B12 helps to convert food into energy, aids in the formation of red blood cells and maintenance of the central nervous system.

The level of Vitamin B6 on this test is optimal.

The level of Vitamin B5 on this test is elevated which may be due to recent supplementation and is generally no cause for concern.

Vitamin B2/Glutaric (Riboflavin)

The level of Vitamin C on this test is high and is common with supplementation. If there is no supplementation, it may be associated with an imbalanced gut microbiome.

Vitamin Q10 is a precursor of coenzyme Q10 (coQ10) and cholesterol and the level of Vitamin Q10 on this test is optimal.

The level of NAC on this test is optimal. NAC is a powerful antioxidant that facilitates the production of glutathione. It promotes healthy immune function and helps protect the body.

The level of Biotin on this test is optimal.

Patient: Female (>=13 years)

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Vitamins & Nutritional Markers



* The creatinine test is performed to adjust metabolic marker results for differences in fluid intake. Urinary creatinine has limited diagnostic value due to variability as a result of recent fluid intake. Samples are rejected if creatinine is below 20mg/dL unless the client requests results knowing of our rejection criteria.

Summary

The following markers of detoxification measure the byproducts produced by the body that can indicate imbalanced detoxification or toxin exposure.

The level of pyroglutamic acid is optimal suggesting optimal levels of glutathione in the body.

The level of 2-hydroxybutyric acid on this test is optimal, which may indicate a low level of toxic exposure or a lack of a genetic issue involving methylation/conversion of b-vitamins.

The level of orotic acid is optimal.

The level of 2-hydroxyhippuric acid is optimal.

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Next Steps & Recommendations Summary

Based on the unique findings of this Vitamin & Antioxidants Test, the following recommendations will help rebalance the microbiome, support the overall functioning of the body and provide the necessary vitamins and minerals for energy, detox, mood and overall health.

Elevated yeast/fungal markers indicate an imbalance in the gut microbiome. You may notice gas, bloating, indigestion or occasional constipation. To help rebalance the gut microbiome, the Candida & Bacterial Optimizer (CBO) Protocol can be used and should be followed by 2-3 months of the CBO Finisher to help heal and seal the gut wall.

The level of Hippuric acid is elevated which may be due to taking probiotics, collagen, branched chain amino acids or a high fruit and vegetable intake. When this level is out of range, it could indicate imbalance bacteria in the small intestine. If you are experiencing symptoms of gas, bloating or indigestion, it may be helpful to support the gut microbiome by completing the Candida & Bacterial Optimizer (CBO) Protocol.

The level of DHPPA is elevated and indicates an increase in beneficial bacteria. It can be due to the use of probiotics or fruit and vegetable intake and is generally not cause for concern even when elevated.

The clostridia bacteria markers are all optimal and do not indicate any imbalance with regard to this harmful bacteria.

All oxalate markers are optimal and are not cause for concern.

Lactic and pyruvic acid are optimal and indicate good cellular energy within the glycolytic cycle of the body.

When the succinic marker is elevated it can indicate the possible presence of toxins or heavy metals or may indicate lower B2 or CoQ10 levels. Additionally, if glutamine intake is high, this marker may be elevated.

When fumaric, malic and 2-oxoglutaric acid are too low or too high, it may indicate the need for more Vitamin B3, CoQ10 and foundational nutrients to help support the mitochondria. Daily Nutritional Support powder may be added to support foundational nutrition.

When there is an elevation in 3-methylglutaric, 3-hydroxyglutaric or 3-methylglutaconic it can indicate lower protein intake, or lower levels of B vitamins, CoQ10, biotin and vitamin E. It is important to support foundational nutrition by using either the Daily Nutritional Support powder or Daily Activated Multi-Vitamin daily.

The level of homovanillic acid (HVA) is elevated and can be due to increased levels of stress, toxicities or from imbalances in the gut microbiome from clostridia metabolites. If stress is a concern, you may consider adding Adrenal Soothe (1 capsule with lunch and 2 capsules with dinner) as well as Full Spectrum Magnesium (1 capsule with lunch and 2 capsules with dinner).

Since the ratio of HVA/VMA is elevated it indicates an imbalance in HVA relative to VMA.

An elevated level of dihydroxyphenylacetic (DOPAC) may be due to imbalances in the gut microbiome or because of greater metabolism of HVA.

There is optimal production of the serotonin metabolite 5-HIAA.

Quinolinic acid is optimal indicating low levels of inflammation.

Both uracil and thymine are optimal indicating that folate levels are likely adequate.

3-hydroxybutyric and/or acetoacetic acid are elevated. This could be due to many factors such as fasting, lower protein intake or coconut oil in the diet. See the nutritional markers section for recommendations regarding any B vitamin deficiencies as this can contribute to elevations. Additionally, imbalances in the gut microbiome may cause elevated levels and the CBO Protocol may be recommended.

There is an elevation in ethylmalonic or methylsuccinic or adipic acid indicating that it is important to ensure a diet of fruits, vegetables, adequate protein intake and balanced periods of fasting. Limiting the intake of processed "junk" foods is also helpful.

Levels of Vitamin B12 are optimal. Continue to maintain your current regimen.

The level of B6 on this test is optimal.

The level of Vitamin B5 is elevated which can indicate recent intake of vitamin B5 and high values do not indicate the need to reduce intake.

The level of glutaric acid is elevated which can indicate a deficiency of Vitamin B2, imbalanced yeast in the gut microbiome, or imbalance energy production. You may support foundational vitamin levels with Daily Nutritional Support powder or the Daily Activated Multi-Vitamin.

Ascorbic acid (Vitamin C) is elevated and may be due to supplementation. It is generally not necessary to decrease supplementation.

The level of CoQ10 is optimal

The level of N-acetylcysteine (NAC) is optimal.

The level of methylcitric acid (biotin) is optimal.

The level of pyroglutamic acid (glutathione) is optimal.

The level of 2-hydroxybutyric acid is optimal indicating the body is not experiencing any increased toxic exposures and inflammation from this pathway.

The level of orotic acid (ammonia) is optimal.

The level of 2-hydroxyhippuric is optimal.

The amino acid metabolites are all optimal indicating appropriate metabolism.

The level of phosphoric acid is optimal.

The creatine level or concentration of the urine is optimal.

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Product Recommendations

Candida & Bacterial Optimizer (CBO) Protocol

- The CBO Protocol (Candida and Bacterial Optimizer) is a three-month protocol to rebalance your gut and slowly reintroduce beneficial microbes. This comprehensive protocol is designed to slowly alter the state of your microbiome, remove unwanted microbes, and slowly reintroduce beneficial probiotic strains. [View Product](#)

Daily Nutritional Support

- Daily Nutritional Support is a vegan, hypoallergenic protein powder, fortified with a wide range of activated vitamins, minerals, antioxidants, detox co-factors, and electrolytes, making it a one-stop-shop to fill the nutritional gaps in your diet. [View Product](#)

Daily Activated Multi-Vitamin

- EquiLife's Daily Activated Multi-Vitamin is a high quality source of key methylated vitamins and minerals for superior absorption to restore common deficiencies. It includes a key blend of antioxidants that protect from free radicals as well as providing essential nutrients that are necessary for supporting immune health and detoxification. [View Product](#)

Adrenal Soothe

- The formulation of Adrenal Soothe is specifically designed to support our natural stress response. Adrenal Soothe contains clinically studied ingredients to support your exposure to stress, achieve mental clarity and calm your mind.

[View Product](#)

Full Spectrum Magnesium

- Full Spectrum Magnesium utilizes three unique delivery formats ensuring maximum absorption and effectiveness in the body. It is a superior source of magnesium for better bioavailability, helps the body to relax and achieve restful sleep, promotes improved mental clarity, and aids in muscle relaxation. [View Product](#)

If this lab is for a child under 18 years old, please see the Children's Dosing Guide here: <http://equi.life/children-dosing>

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.