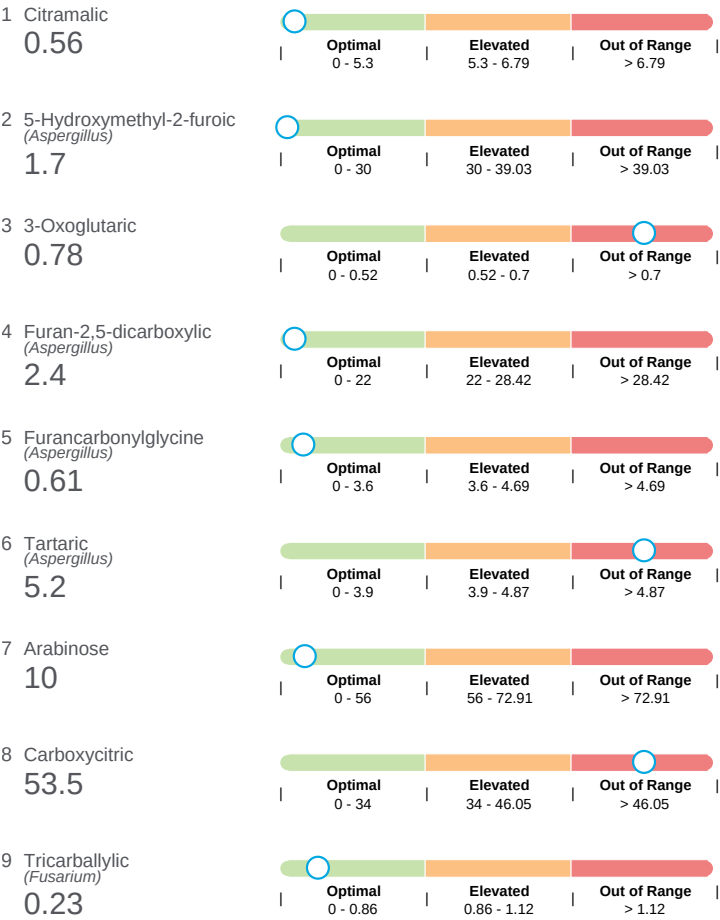


Patient: Child (OAT) Female
DOB: XX-XX-XXXX
Height: 4'3"
Weight: 53 lbs

Practitioner: Joey Labs
Lab#: XXXXXXXXXX
Collection Date: N/R
Results Received: XX-X-XXXX

Intestinal Microbial Overgrowth - Yeast & Fungal Markers



Summary

This urine-based test evaluates gut-based imbalances as well as insight into energy production, neurotransmitters and mood, vitamin levels and detoxification markers.

When elevated, this first group of yeast and fungal markers can indicate overgrowth or imbalances in the gut. Symptoms related to overgrowth include: bloating, loose stool and/or constipation, gas, heartburn/acid reflux, nausea, abdominal pain, skin rashes, mood imbalances, brain fog or sugar cravings.

Common causes of imbalances include certain medications (antibiotics, immunosuppressants, acid blockers, etc), alcohol (for adults), high sugar diet, artificial sweeteners, stress, heavy metal exposure, lower stomach acid, or lower thyroid.

The level of Citramalic acid is optimal, indicating that it is unlikely that you have yeast overgrowth related to yeast species.

The level of 5-Hydroxymethyl-2-fuoric acid is optimal.

The level of 3-oxoglutaric acid is high, indicating imbalanced yeast growth. This can also be elevated when supplementing with lysine or tryptophan.

The level of Furan-2, 5-dicarboxylic acid is optimal.

The level of Furancarboxylic acid is optimal.

The level of tartaric acid is high, indicating an imbalance in yeast or fungal species related to Aspergillus exposure, a mold species that can come from the environment. Tartaric acid can also be added to baked goods and is high in grapes.

The level of arabinose is optimal.

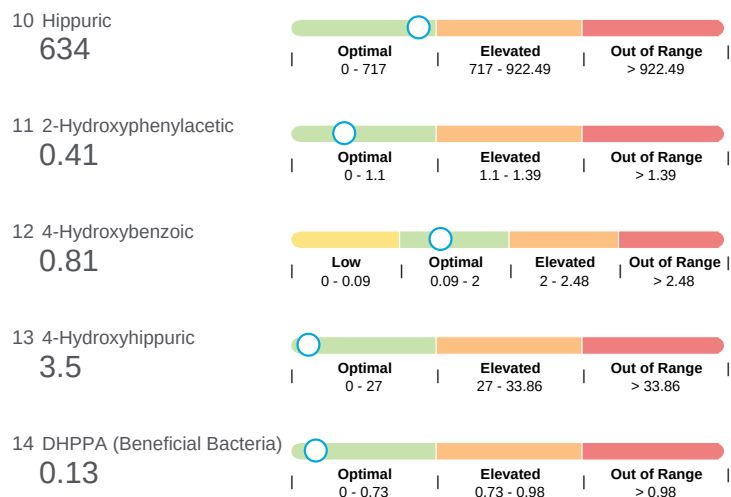
The level of carboxycitric acid is high, indicating an imbalance of yeast overgrowth.

The level of tricarballic acid is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Intestinal Microbial Overgrowth - Bacterial Markers



Summary

The bacterial metabolites can also indicate an imbalance in the gut when elevated. Alternatively, they can be elevated due to certain foods and supplements.

The level of hippuric acid is optimal.

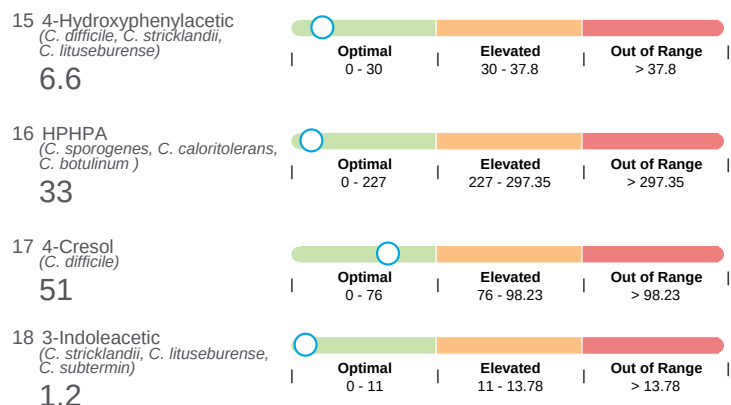
The level of 2-hydroxyphenylacetic acid is optimal.

The level of 4-hydroxybenzoic acid is optimal.

The level of 4-hydroxyhippuric acid is optimal.

The level of DHPPA is optimal.

Intestinal Microbial Overgrowth - Clostridia Markers



Summary

Clostridia bacteria are another group of bacteria that can overgrow and become imbalanced in the gut. Potential causes of clostridia include certain medications (antibiotics, acid blockers), hospitalization, visiting a nursing home, contact with feces, processed meats or undercooked foods.

The level of 4-hydroxyphenylacetic acid is optimal.

The level of HPHPA is optimal.

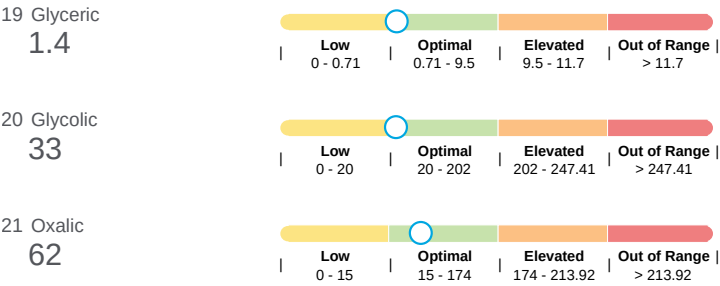
The level of 4-Cresol is optimal.

The level of 3-indoleacetic acid is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Oxalate Metabolites



Summary

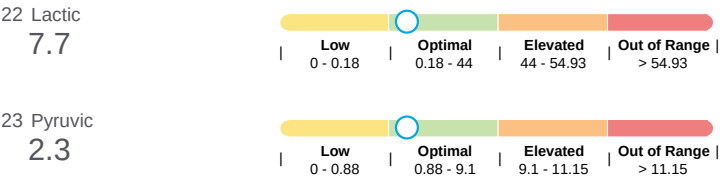
The oxalate metabolites are typically elevated with mold, fungal, yeast or candida overgrowth. If there are no elevated markers showing imbalanced fungus, yeast or bacteria, then an elevated oxalate level could be due to poor removal of oxalates that come from food or with lower levels of zinc, magnesium and B vitamins.

The level of Glyceric acid is optimal.

The level of Glycolic acid is optimal.

The level of oxalic acid is optimal.

Glycolytic Cycle Metabolites



Summary

The following metabolites are related to energy production in the body via the Glycolytic cycle. Reasons for elevated levels of lactic and/or pyruvic acid include various stressors: a vigorous workout, recent viral infection, B vitamin deficiency, mineral deficiency, mitochondrial dysfunction, and possible gut-based imbalances.

The Lactic acid level is optimal.

The Pyruvic level is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Mitochondrial Markers - Krebs Cycle Metabolites



Summary

The following metabolites are related to energy production in the body via the Krebs cycle. Elevated levels of these markers can indicate the need for additional nutrient intake to support the healthy function of the mitochondria and are impacted by chronic stress, oxidative stress and antibiotic use.

The succinic acid level is optimal.

The fumaric acid level is optimal.

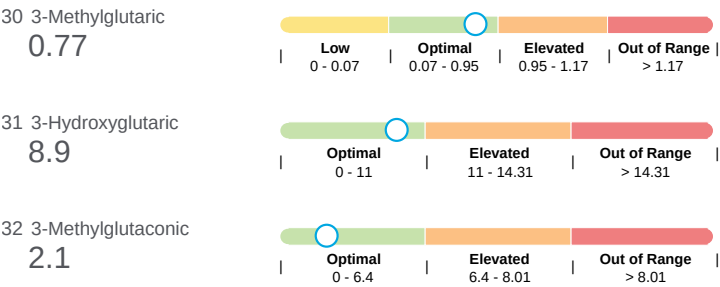
The malic acid level is optimal.

The 2-oxoglutaric acid level is optimal.

The level of aconitic acid is below the optimal range. This is not cause for concern and is not clinically significant.

The citric level is optimal.

Mitochondrial Markers - Amino Acid Metabolites



Summary

The Amino Acid Metabolites are related to energy production in the body and look at the metabolism of certain amino acids. When not optimal, these markers are impacted by poor detoxification and lack of foundational nutrients.

The level of 3-Methylglutaric acid is optimal.

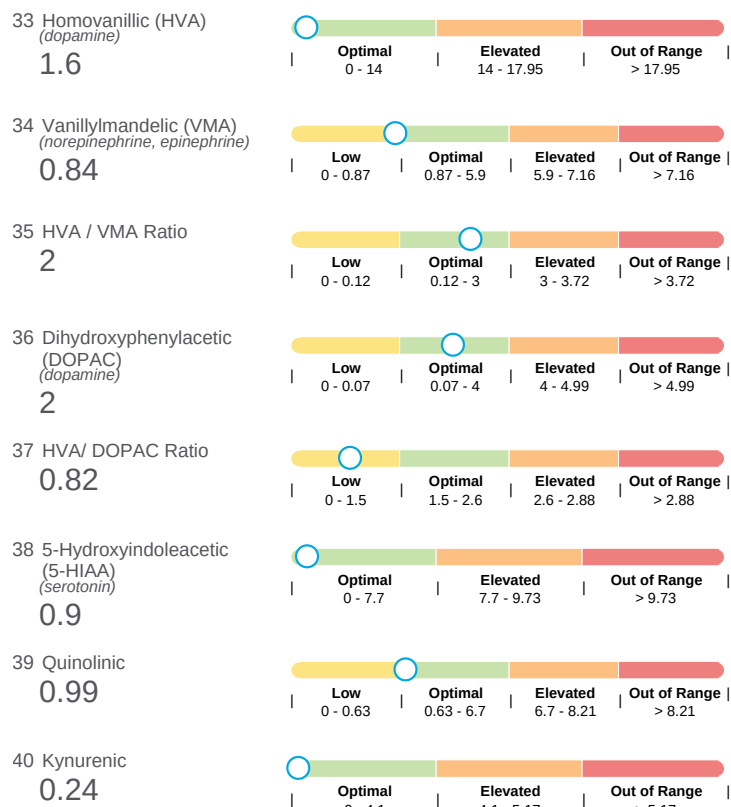
The level of 3-Hydroxyglutaric acid is optimal.

The level of 3-Methylglutaconic is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Neurotransmitter Metabolites



Summary

Neurotransmitter metabolites are related to the chemical messengers that can impact the nervous system, mood, focus, energy and sleep.

The level of HVA is at an optimal level and you may be experiencing healthy moods and mental energy.

The level of VMA is low, indicating lower production of norepinephrine/epinephrine. This can be due to an imbalanced gut microbiome, lower protein intake or insufficient vitamin and mineral cofactors. You may have lower drive, occasional lower mood or sleep disturbances.

The HMA/VMA ratio is optimal and you may be feeling good mental clarity and physical energy, mood and focus.

DOPAC is a metabolite of dopamine and the level is optimal.

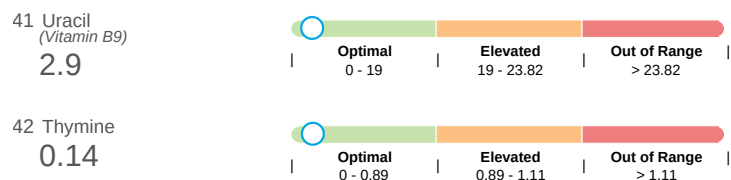
The ratio of HVA/DOPAC is low and may coincide with lower motivation, fatigue, or difficulty sleeping.

The level of 5-HIAA is optimal.

The level of quinolinic acid is optimal.

The kynurenic acid is a metabolite of tryptophan and the level is optimal.

Pyrimidine Metabolites - Folate Metabolism



Summary

Pyrimidine metabolites give insight into folate status in the body. Folate is a vitamin that the body uses to produce healthy red blood cells and DNA.

The level of uracil is optimal which indicates that there are likely appropriate stores of folate.

The level of thymine is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Ketone and Fatty Acid Oxidation



Summary

Ketones are the end-products of the breakdown of fatty acids and are important in metabolism. Elevations typically indicate an imbalanced energy state that can be caused by prolonged fasting periods, certain diets such as keto or low carbohydrate intake, high fat diet, low protein intake or imbalances in the gut microbiome.

The level of 3-Hydroxybutyric is elevated. In addition to the above causes there could be a need for B12 or an imbalance gut microbiome may be present.

The level of acetoacetic level is elevated. In addition to the above causes there could be a need for B12 or an imbalance gut microbiome may be present.

The level of ethylmalonic acid is optimal indicating that the body is likely metabolizing fats efficiently.

The level of methylsuccinic acid is optimal indicating the body is metabolizing fats efficiently.

The level of adipic acid is optimal indicating the body is metabolizing fats efficiently.

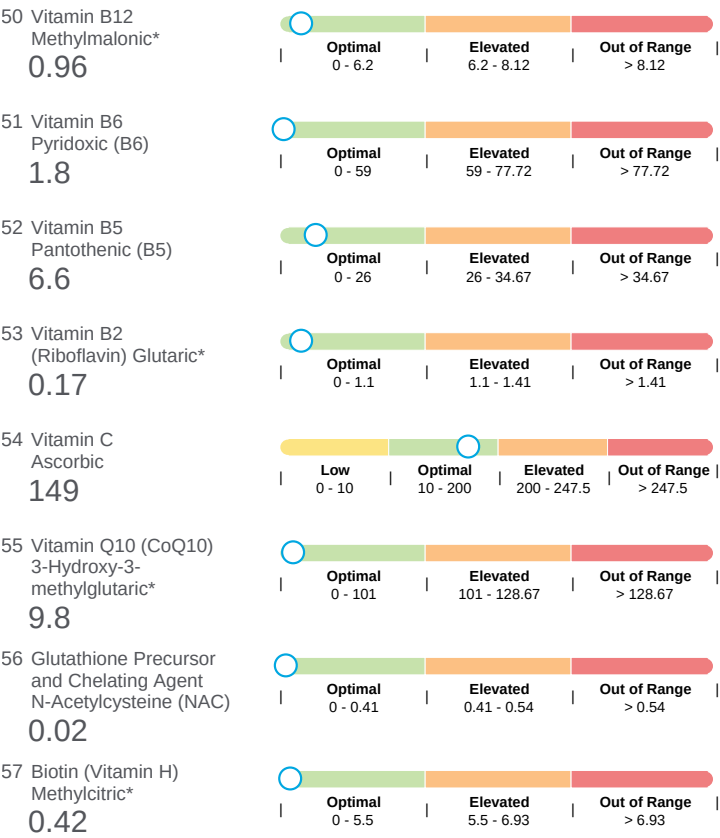
The level of suberic acid is optimal indicating the body is metabolizing fats efficiently.

The level of sebacic acid is optimal indicating the body is metabolizing fats efficiently.

Patient: Child (OAT) Female

Collection Date: N/R

Nutritional Markers



Summary

These markers reflect nutritional intake and overall nutritional status with possible links to gut imbalances and poor absorption.

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 optimal.

The level of Vitamin B2 on this test is optimal. Vitamin B2 helps convert food into energy, aids in cellular function. Optimal level indicates B2 deficiency is unlikely.

The level of Vitamin C on this test is optimal.

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 is optimal. NAC is a powerful antioxidant that helps produce glutathione, promoting healthy immune function.

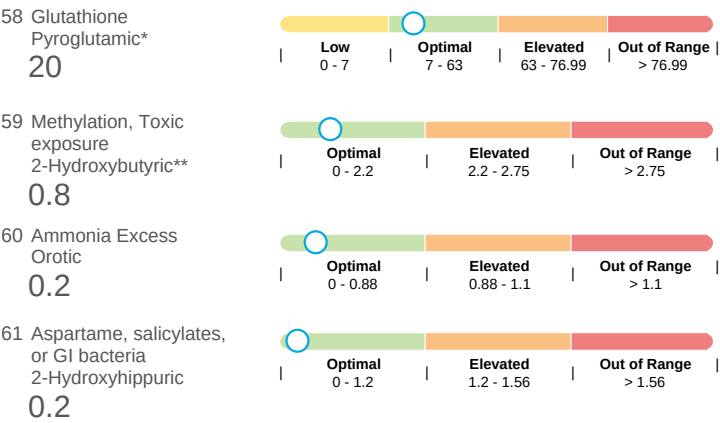
The level of Biotin on this test is optimal.

* A high value for this marker may indicate a deficiency of this vitamin.

Patient: Child (OAT) Female

Collection Date: N/R

Indicators of Detoxification



Summary

The markers of detoxification measure byproducts in 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.

* A high value for this marker may indicate a Glutathione deficiency.
** High values may indicate methylation defects and/or toxic exposures.

Patient: Child (OAT) Female

Collection Date: N/R

Amino Acid Metabolites



Summary

The Amino Acid Metabolites can suggest issues such as a nutrient deficiency, increased intake, issues with a particular enzyme used to breakdown a particular amino acid. Elevations must be extremely high for an issue to be present as minor elevations can be typical. Low levels are optimal here and these metabolites are typically never cause for any concern.

The level of 2-hydroxyisovaleric acid is optimal, suggesting sufficient vitamin B1 (thiamine) and lipoic acid.

The level of 2-oxoisovaleric acid is optimal, suggesting sufficient vitamin B1 (thiamine) and lipoic acid.

The level of 3-methyl-2-oxovaleric acid is optimal, suggesting sufficient vitamin B1 (thiamine) and lipoic acid.

The level of 2-hydroxyisocaproic acid is optimal suggesting sufficient vitamin B1 (thiamine) and lipoic acid.

The level of 2-oxoisocaproic acid is optimal suggesting sufficient Vitamin B1 (thiamine) and lipoic acid.

The level of 2-oxo-4-methylbutyric acid is optimal indicating appropriate methionine metabolism.

The level of mandelic acid is optimal.

The level of phenyllactic acid is optimal.

Your phenylpyruvic acid is optimal.

The level of homogentisic acid is optimal.

The level of 4-hydroxyphenyllactic is optimal.

The level of N-acetylaspartic acid is optimal.

The level of malonic acid is optimal.

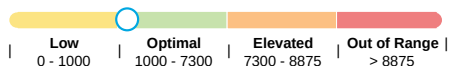
The level of 4-hydroxybutyric acid is optimal.

Patient: Child (OAT) Female

Collection Date: N/R

Mineral Metabolism

76 Phosphoric
1548

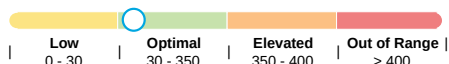


Summary

Your phosphoric acid is optimal which may be correlated with optimal Vitamin D, Calcium, and/or Magnesium levels.

Indicator of Fluid Intake

77 *Creatinine
78



Summary

Your level of creatinine is optimal.

* 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.

Next Steps & Recommendations

Children's CBO Protocol

The Children's CBO (Candida and Bacterial Optimizer) is a gentle, step-by-step two-month program designed to support a balanced gut microbiome in children. This comprehensive protocol is formulated to gradually shift the state of the microbiome, help reduce unwanted microbes, and slowly reintroduce beneficial probiotic strains in a child-appropriate way. Includes an approved foods list (Sensitive Gut Guide) and meal outline instructions in three phases. [View Product](#)

CBO Finisher

The CBO Finisher Protocol is the essential follow-up to the CBO Protocol, designed to help heal and seal the gut after microbial rebalancing. It supports the integrity of the intestinal lining, promotes healthy tight junction function, and soothes occasional digestive discomfort, while providing targeted probiotics to help repopulate the gut with beneficial microbes. Duration 1-3 months (3 being ideal). [View Product](#)

Summary

Based on the unique findings of this Candida, Metabolic & Vitamins 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.

Please ensure that you discuss appropriate supplementation and dosing with your children's provider prior to starting any new regimen. Recommendations may vary from this test given your child's individual needs.

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 Children's 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 bacterial markers on this test are optimal and do not indicate any imbalance in the gut microbiome with bacterial species.

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

Patient: Child (OAT) Female

Collection Date: N/R

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 Multivitamin (Alternative Option)

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. The Daily Activated Multi-Vitamin is not needed for those using the Daily Nutritional Support. [View Product](#)

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.

Fumaric, malic and 2-oxoglutaric acid levels are optimal and indicate appropriate support for mitochondrial function.

Lower levels of aconitic acid are not suggestive of any deficiency and do not have a clinical significance.

The levels of amino acid metabolite mitochondrial markers are all optimal.

The level of vanillylmandelic (VMA) is lower than optimal and can be due to chronic stress over a longer period of time.

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 Children's CBO Protocol may be recommended.

Ethylmalonic and methylsuccinic and adipic acids are optimal indicating balanced intake of fats and periods of fasting.

Suberic acid is optimal.

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 optimal.

The level of Vitamin B2 (riboflavin) is optimal.

The level of Vitamin C on this test is optimal.

The level of CoQ10 is optimal.

CANDIDA, METABOLIC, & VITAMINS TEST

Comprehensive view of your gut, energy, and vitamin levels



Getting
Better
Together™

Patient: Child (OAT) Female

Collection Date: N/R

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.

Overall it is always recommended to maintain a strong nutritional foundation to support ongoing health, resilience, and optimal function. A high-quality EquiLife Daily Multivitamin or Daily Nutritional Support (DNS) formula can help ensure consistent intake of essential vitamins, minerals, and key cofactors that support the healthy functioning of the body over time.

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.

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