



Infertility: The Top 3 Functional Lab Tests you Should be Using

Reminder: Definition of Infertility

- Absence of pregnancy or delivery of a live-born child after one year of unprotected intercourse

Evaluation is warranted:

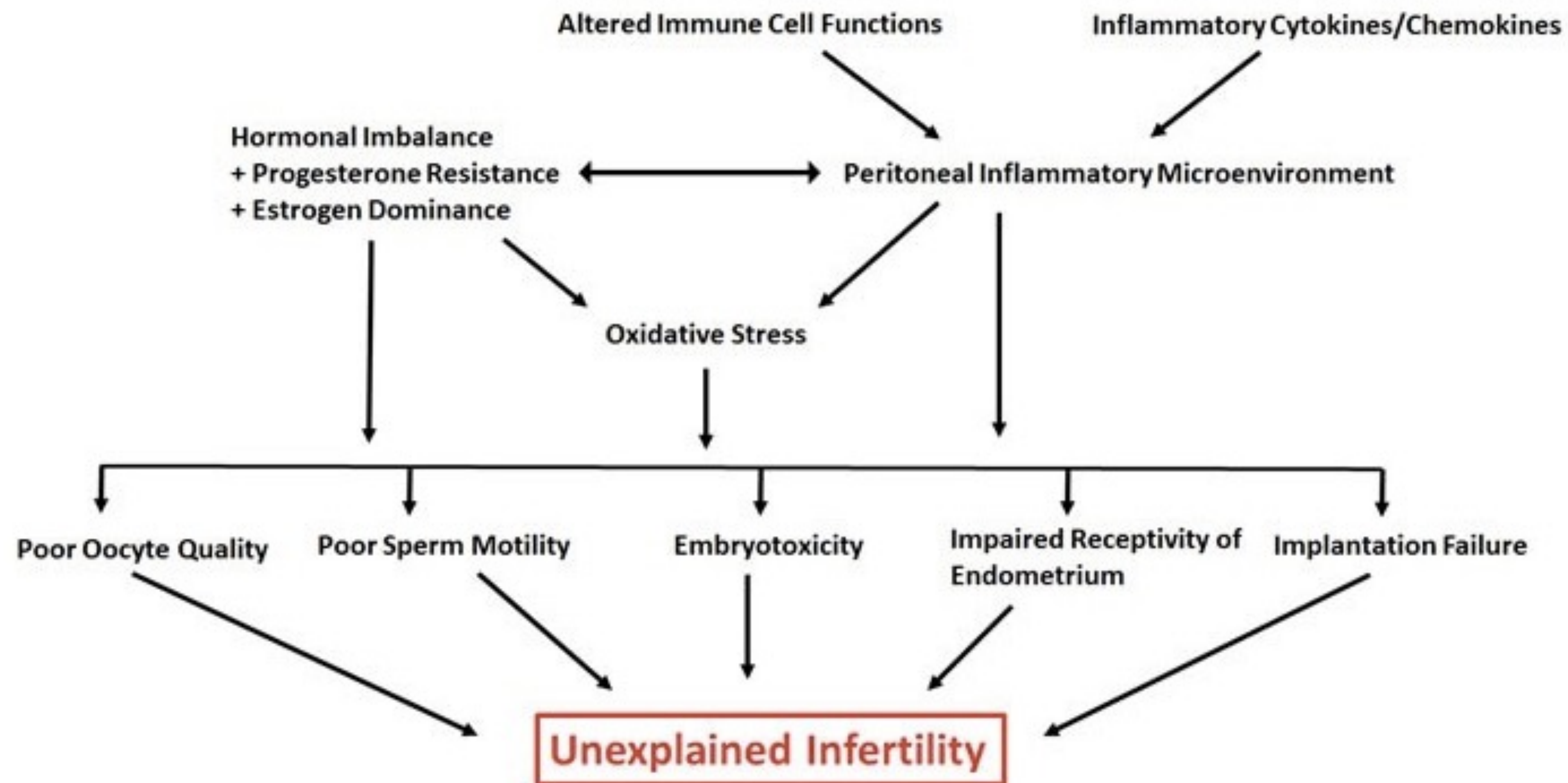
- Any age with known or suspected barriers to pregnancy (family history, history of relevant medical concerns, etc)
- After 1 year of timed intercourse for <35 years
- After 6 months of timed intercourse for ≥35 years

Standard Evaluation

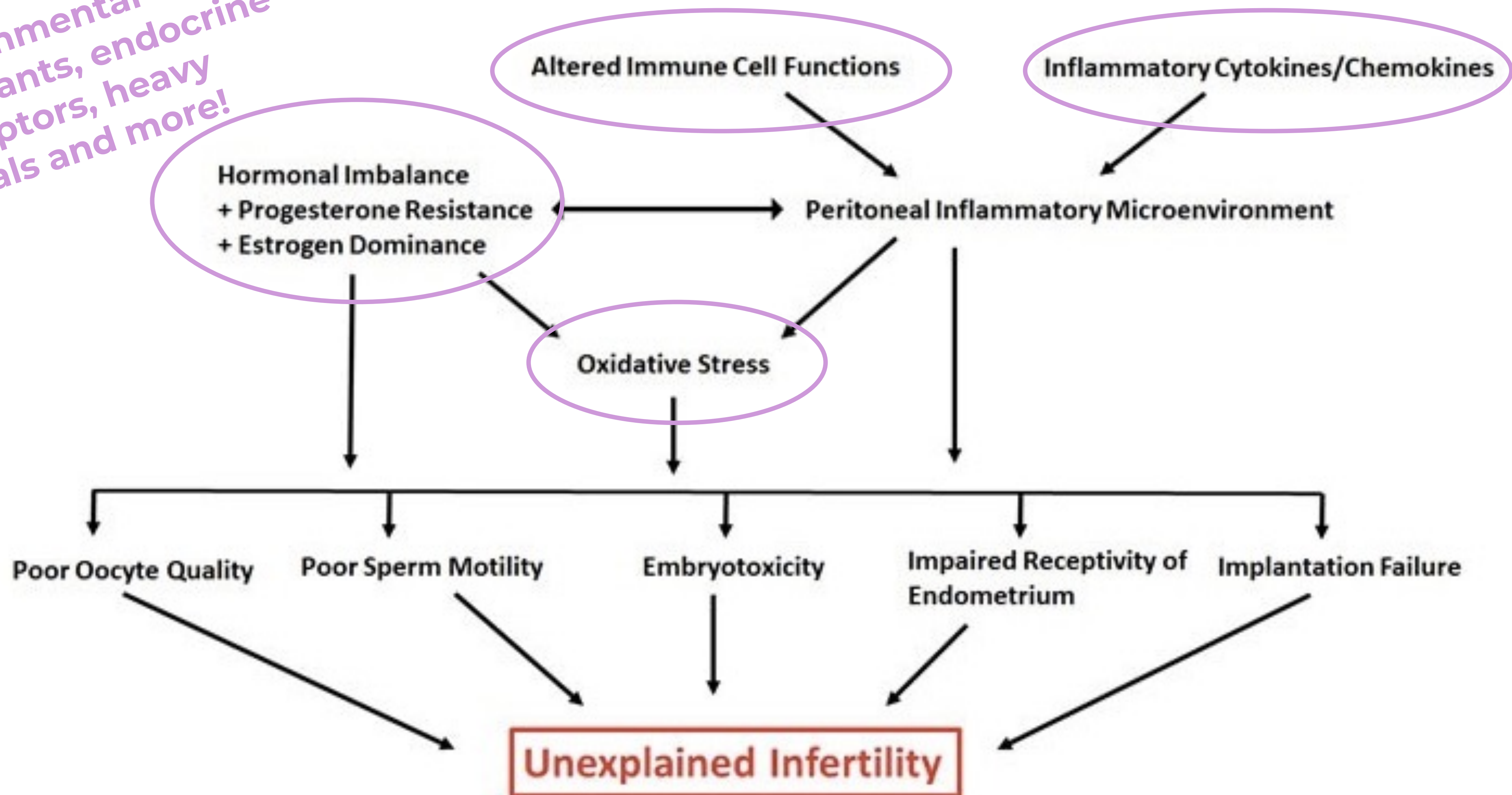
- Documentation of ovulation
 - Patient history
 - Mid-luteal progesterone level >5 ng/mL
- Standard semen analysis
- HSG (Hysterosalpingogram), to test for tubal patency
- Assessment of ovarian reserve
 - Many options here (CD3 FSH, E2, AMH, Inhibin B)
- Diagnostic laparoscopy
 - When indicated by patient history, abnormal pelvic exam or abnormal HSG

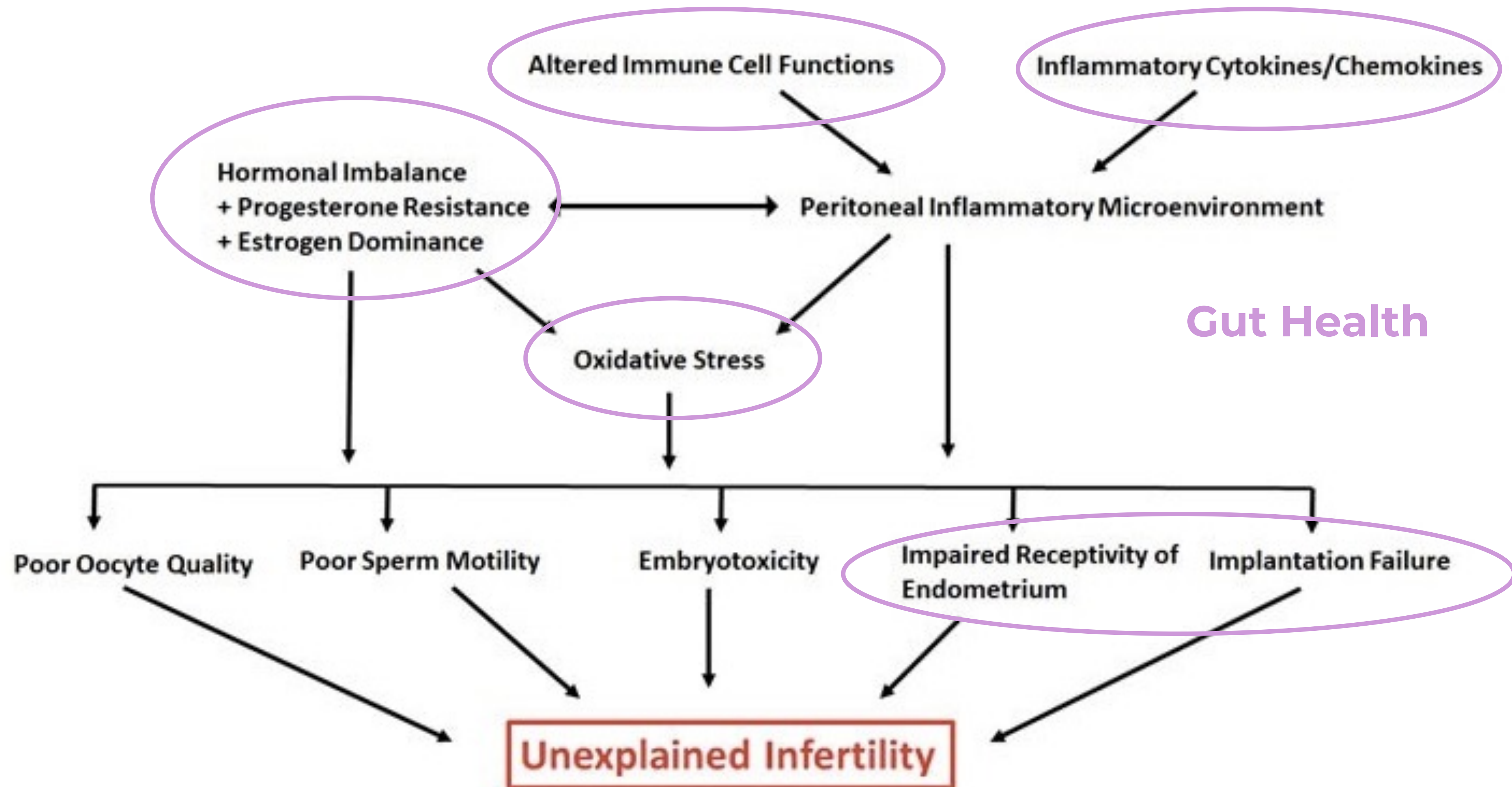


the world underneath infertility

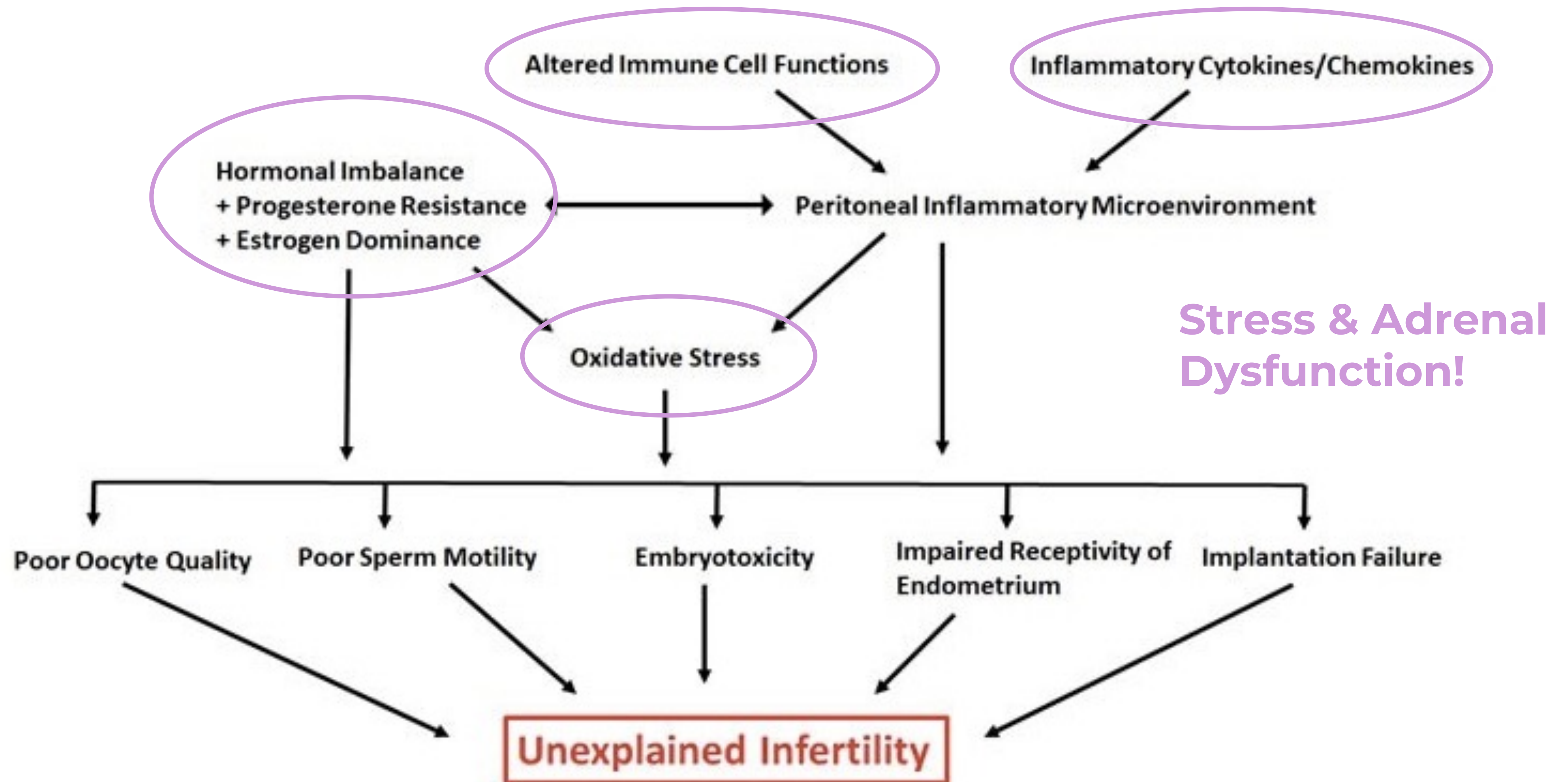


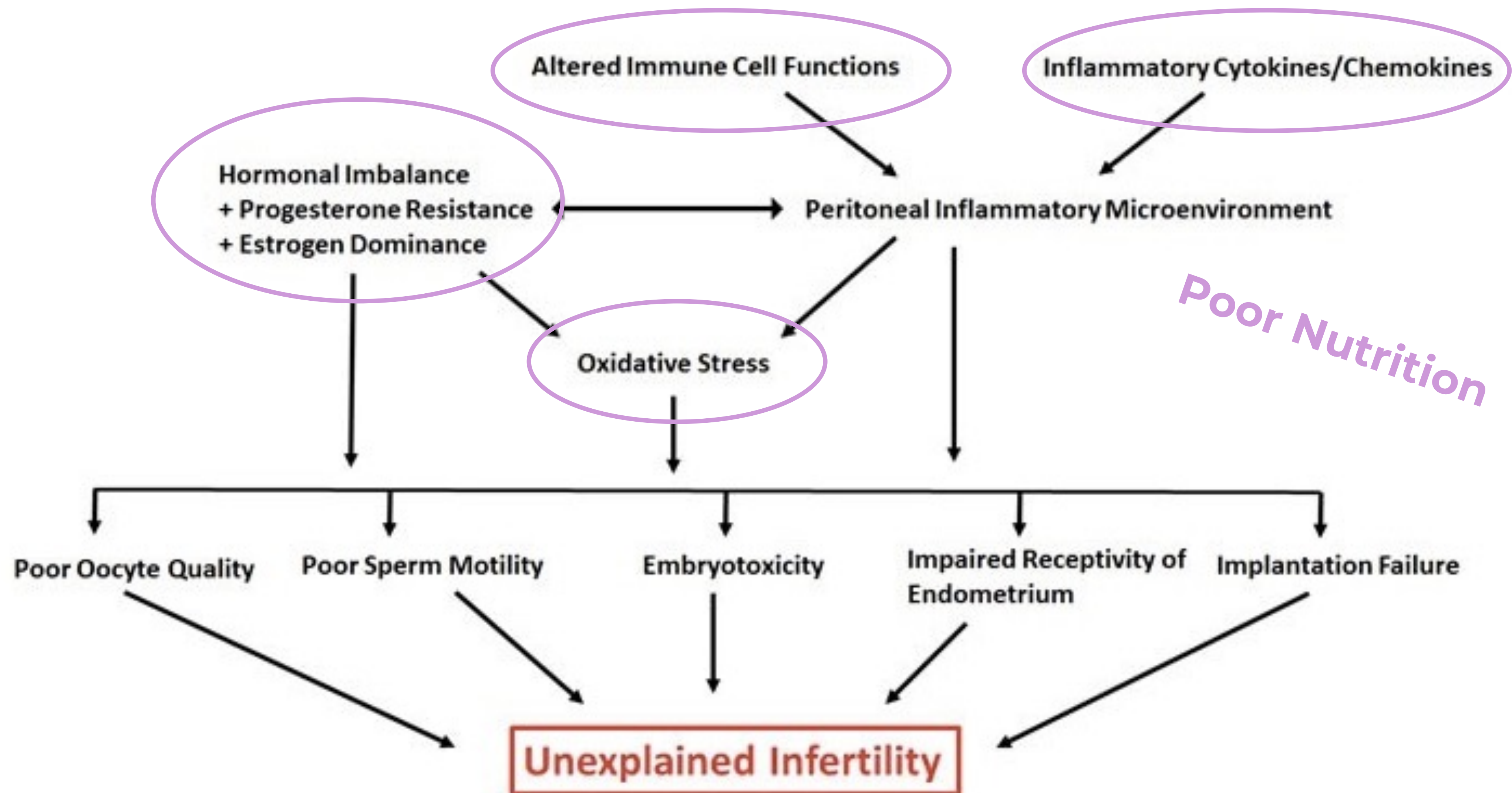
Environmental
pollutants, endocrine
disruptors, heavy
metals and more!



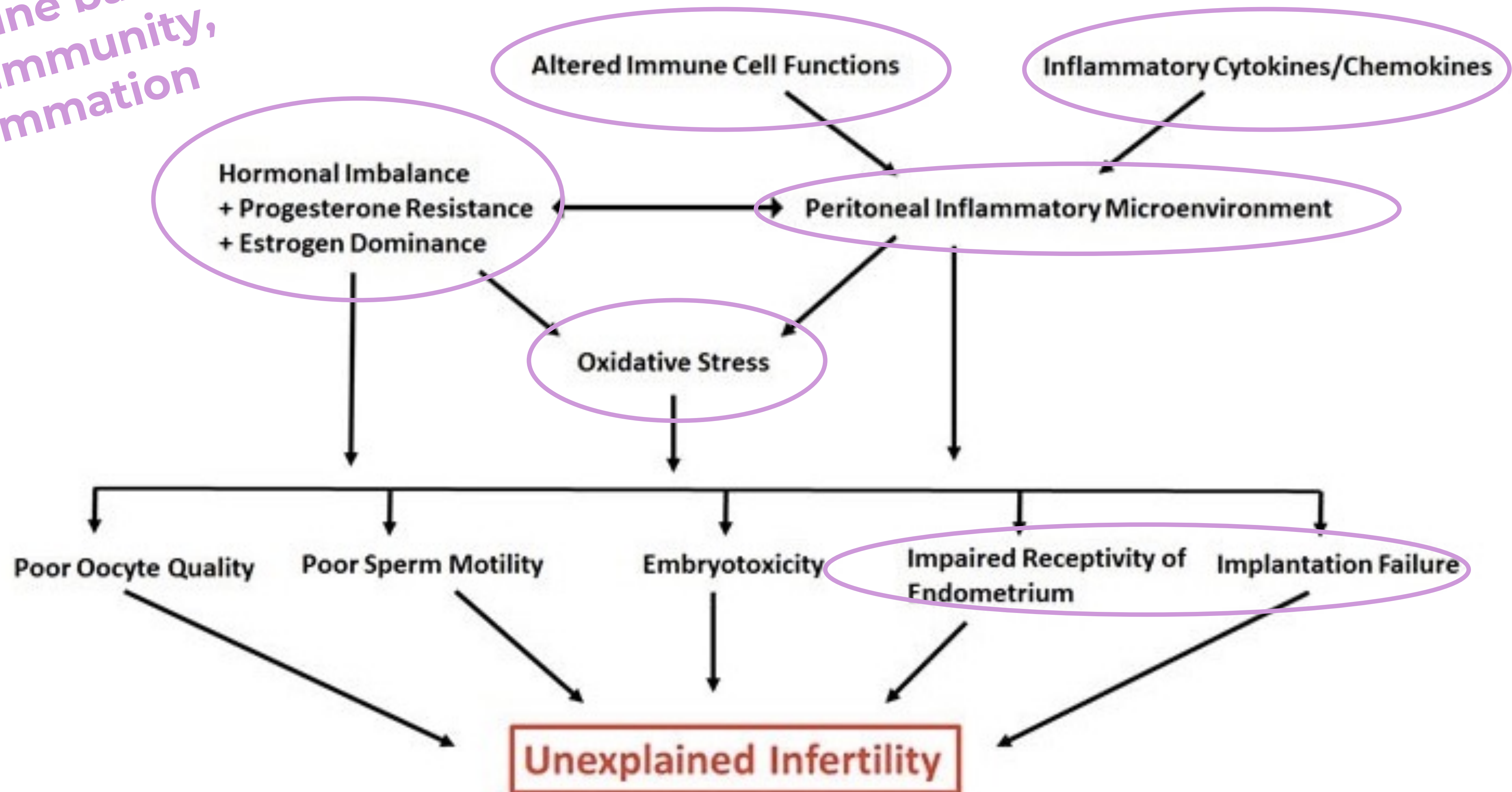


Gut Health





Immune balance,
autoimmunity,
inflammation



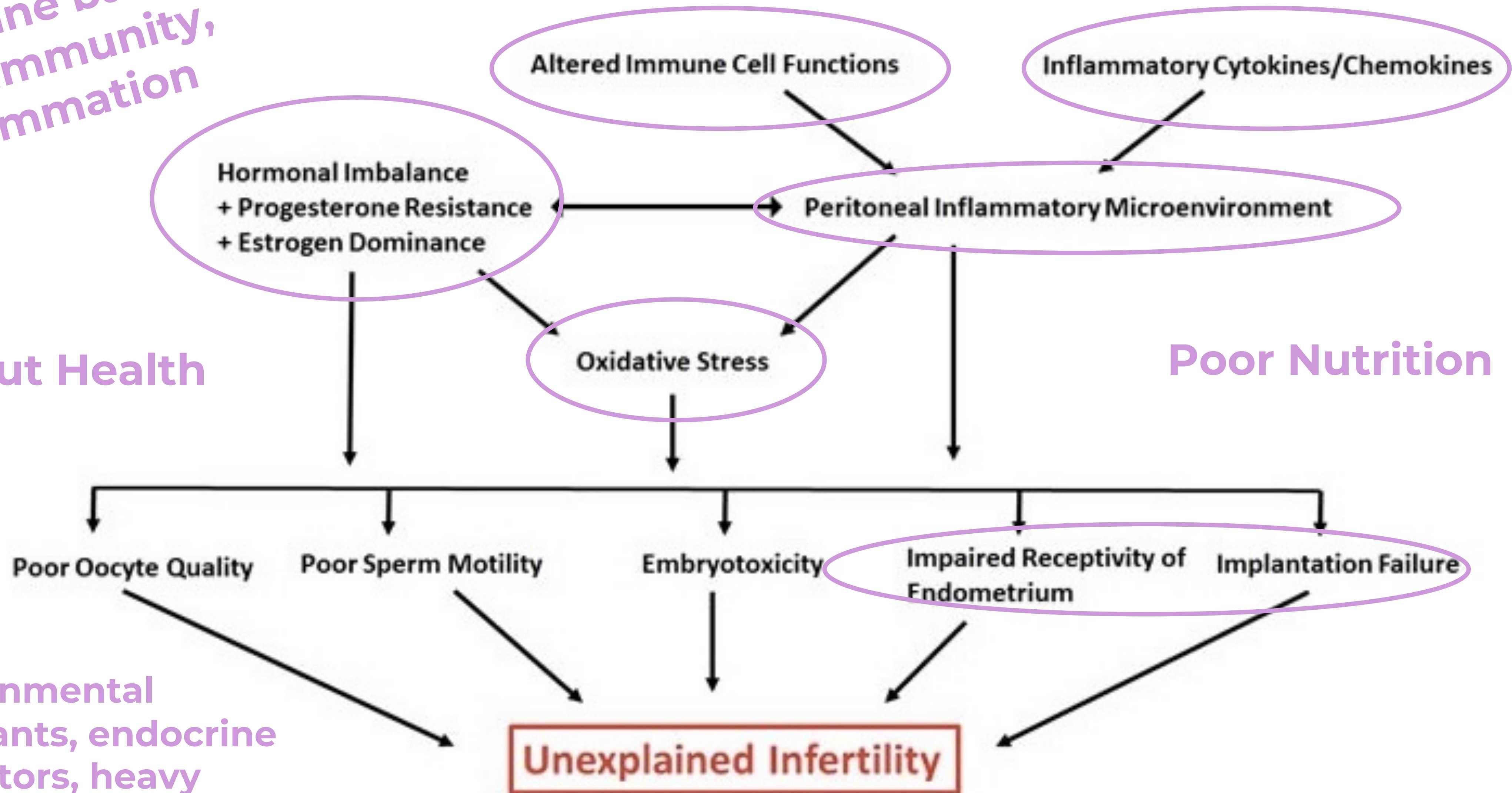
Immune balance,
autoimmunity,
inflammation

Stress & Adrenal
Dysfunction!

Gut Health

Poor Nutrition

Environmental
pollutants, endocrine
disruptors, heavy
metals and more!



Evaluation for Patients with Infertility

- Thorough intake
 - Review of systems, health histories
 - Signs of underlying physiological patterns/problems?
 - Gut health (maldigestion, pain, gas/bloating, dysbiosis, abx use)
 - Infection (gut, chronic viral, etc)
 - Detoxification (liver, hormone detoxification & elimination)
 - Energy production (adrenal, thyroid, pancreas)
 - Oxidative imbalance (allergies, skin inflammation, itching, histamine issues, etc)
 - Immune balance/Inflammation: (frequent illness, AI in past/family hx, etc)
 - Hormonal imbalance (luteal phase defect, endometriosis)
 - Structural (endometriosis, fibroids, blocked tubes, etc)

Functional Medicine Model

Table 1. Assessments, Laboratory Findings and Treatments Organized According to the Functional Medicine Matrix		
Clinical Assessment	Initial Laboratory Results	Initial Recommended Treatment
Fundamental Lifestyle Factors: Nutrient Imbalances		
Hypertension Maldigestion/malabsorption (MSQ: GI)	Low B12 (elevated urinary methylmalonic acid) Low serum COQ10 Low serum vitamin D Low fecal elastase (poor digestion)	Methylcobalamin 5000ug SL QD CoQ10 300mg PO QD D3 5000IU PO QD HCL 500mg titrate to tolerance Digestive enzymes: 2 with main meals
Defense and Repair (e.g. Immune, Inflammation, Infection/microbiota)		
Food allergies/sensitivities Dysbiosis History of antibiotics Intestinal hyperpermeability (MSQ: GI, Joint, Energy) Environmental allergies (MSQ: Nose) Hypovitaminosis D	Celiac gene: HLADQ2 Low serum vitamin D IgG4 testing +3 to dairy, mild positives 5 additional foods Stool testing: microbiota imbalance, low fecal elastase (hs-CRP normal),	Vitamin D3, Digestive enzymes, HCL – as noted in “Nutrient Imbalances” Glutamine-based GI repair powder Probiotic combination:100 billion CFU per day Dietary changes: Lower carbohydrate, gluten and dairy-free, minimal sugar, protein at all meals. Whole foods, minimally processed, organic diet. Rotate mild reactants.
Assimilation (e.g. Digestion, Absorption, microbiota/GI, Respiration)		
Dysbiosis History of antibiotics Intestinal hyperpermeability Maldigestion/malabsorption (MSQ: GI)	Celiac gene: HLADQ2 (Celiac serology negative) IgG4 testing +3 to dairy, mild positives 5 additional foods Stool testing: microbiota imbalance	As noted in “Defense and Repair”
Communication (e.g. Endocrine, Neurotransmitters, immune messengers)		
Hypertension Hyperlipidemia Family history of heart disease and diabetes	Low HDL Low-normal free testosterone High-normal fasting blood glucose (thyroid panel, LDL, homocysteine, Lp(a), essential elements and amino acids all normal)	Dietary changes as noted in “Defense and Repair” Cardiovascular exercise prescription DHEA 50mg PO QD
Energy (e.g. Energy Regulation, Mitochondrial Function)		
MSQ: fatigue Statin rx	Low serum vitamin D Low serum CoQ10 B12 deficiency (cardiovascular, inflammatory and oxidative markers all within normal limits)	Alpha lipoic acid 200mg: 1 tab TID As noted in “Nutrient Imbalances”
Mental, Emotional, Spiritual		
High-stress work life	N/A	Pending retirement Exercise prescription

Dr. Kara Fitzgerald

Physiological Area	Symptoms/Signs	Potential Testing
Gut health	Abd pain, maldigestion, gas, bloating, irregular BMs, diarrhea, constipation, abx use, H pylori	Comprehensive stool panel GI Map SIBO testing H. pylori testing
Infection	Fatigue, pain, cognitive, brain fog, history of exposure (travel, outdoor time, etc)	Lyme screening Viral panel (EBV, CMV, heptatits) O&Px3
Detoxification	Irregular BMs, fatigue, pain, brain fog	NutrEval, EnviroTox panel
Energy Production	Fatigue, muscle aches, anxiety, mood disorders, blood sugar imbalance	NutrEval, Organic Acids, fasting BG, fasting Insulin, A1c
Oxidative imbalance	Weight fluctuations, allergies, skin rashes, fatigue	NutrEval
Immune imbalance/inflammation	Frequent infection, pain, gut trouble, etc	hsCRP, sed rate, ANA, total IgA
Hormonal Imbalance	Menstrual irregularity, PMS, short luteal phase, scanty menses, heavy menses, endometriosis, OCP use, etc	DUTCH test (plus, cycle map), adrenal testing, complete thyroid
Structural	Suspected endometriosis, fibroids, blocked tubes, vaginal/reproductive dysbiosis	Ultrasound, laparoscopy, HSG, Mayan abdominal massage practitioner, Vaginosis profile



Some Favorite Labs

Genova NutrEval

3001 NutrEval Plasma - Plasma and Blood

Results Overview



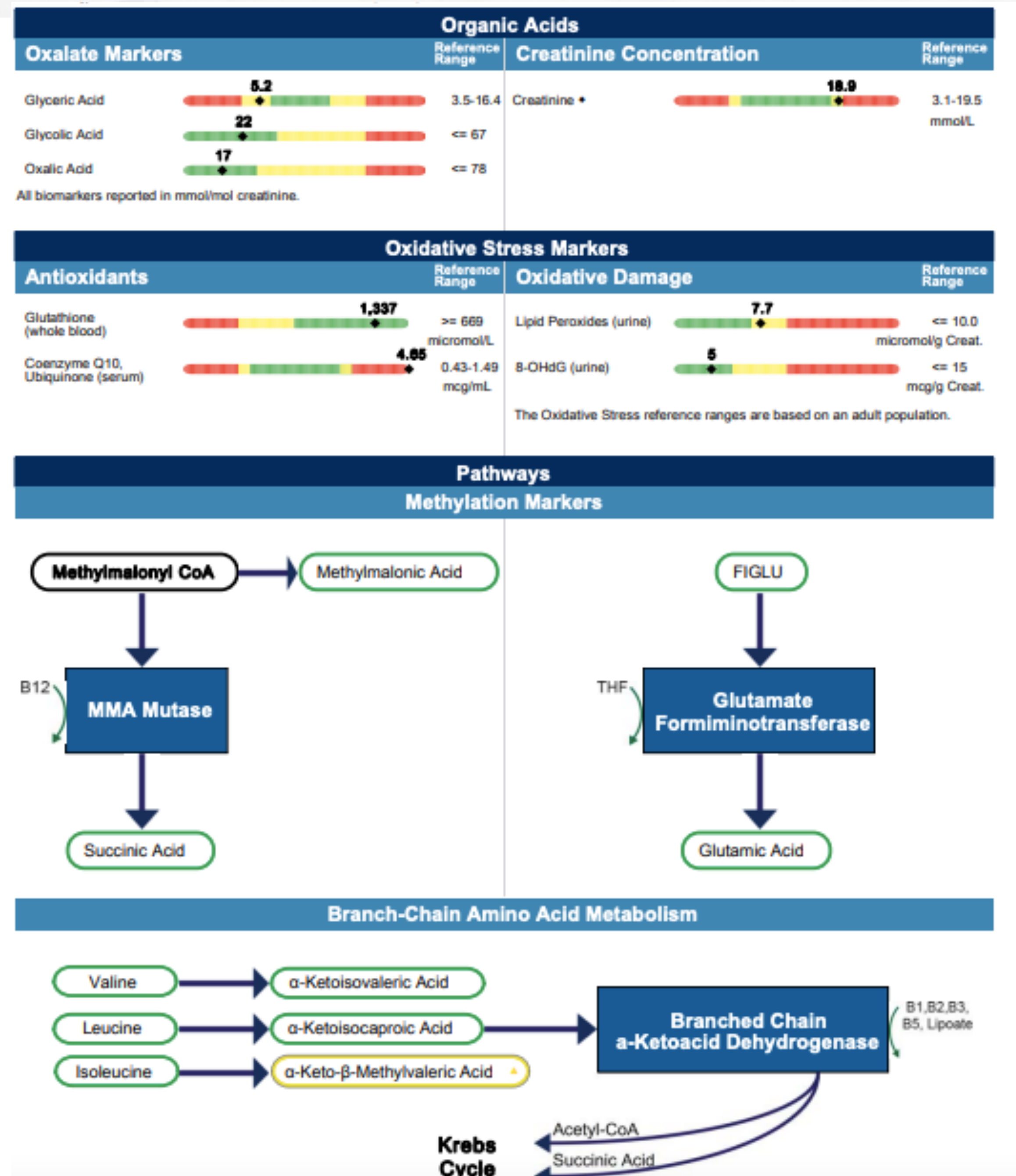
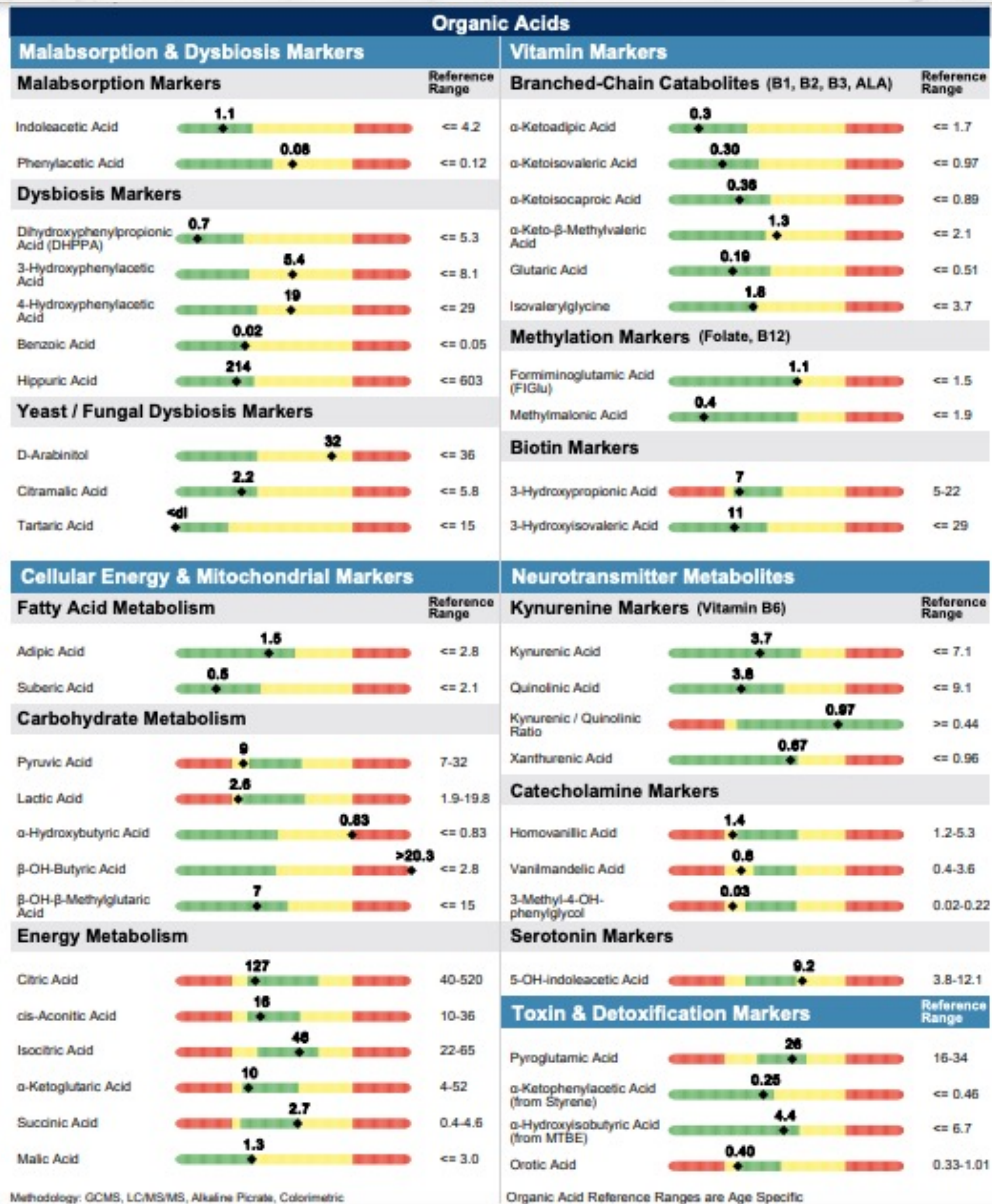
Functional Imbalance Scores

Key 0-4 : Minimal Need for Support 5-7 : Moderate Need for Support 8-10 : High Need for Support

Need for Antioxidant Support Oxidative Stress	Need for Mitochondrial Support Mitochondrial Dysfunction	Need for Inflammation Support Omega Imbalance	Need for Reduced Exposure Toxic Exposure	Need for Methylation Support Methylation Imbalance
5	0	6	0	0
Cyst(e)ine ● Lipid Peroxides ▲ 8-OHdG ● Glutathione ● Taurine ● Citric Acid ● cis-Aconitic Acid ●	Glutathione ● CoQ10 ▲ Magnesium ▼ FIGLU ● Methylmalonic Acid ● Glutaric Acid ● Lactic Acid ▼ Pyruvic Acid ▼ Citric Acid ● cis-Aconitic Acid ● Isocitric Acid ● α-Ketoglutaric Acid ● Succinic Acid ● Malic Acid ● Adipic Acid ● Suberic Acid ● Manganese ▼	Omega-3 Index ▼ Omega 6/3 Ratio ▼ α-Linolenic Acid ▼ Arachidonic Acid ● Linoleic Acid ● γ-Linolenic Acid ▼ Dihomo-γ-linolenic Acid ▼	Lead ● Mercury ● α-Hydroxyisobutyric Acid ● α-Ketophenylacetic Acid ● Arsenic ● Cadmium ● Pyroglutamic Acid ● Orotic Acid ▼ Citric Acid ● cis-Aconitic Acid ● Isocitric Acid ● Glutaric Acid ●	Methylmalonic Acid ● Methionine ● Glutathione ● FIGLU ● Sarcosine ● Vanilmandelic Acid ▼ Arginine ● Glycine ● Serine ● Creatinine ●

Nutrient Need Overview

	Nutrient Need	DRI	Suggested Recommendations	Provider Recommendations
	0 1 2 3 4 5 6 7 8 9 10			
Antioxidants				
Vitamin A		2,333 IU	3,000 IU	
Vitamin C		75 mg	250 mg	
Vitamin E / Tocopherols		22 IU	100 IU	
α-Lipoic Acid			50 mg	
CoQ10			30 mg	
Glutathione				
Plant-based Antioxidants				
B-Vitamins				
Thiamin - B1		1.1 mg	25 mg	
Riboflavin - B2		1.1 mg	10 mg	
Niacin - B3		14 mg	30 mg	
Pyridoxine - B6		1.3 mg	10 mg	
Biotin - B7		30 mcg	100 mcg	
Folate - B9		400 mcg	400 mcg	
Cobalamin - B12		2.4 mcg	100 mcg	
Minerals				
Magnesium		320 mg	600 mg	
Manganese		1.8 mg	7.0 mg	
Molybdenum		45 mcg	75 mcg	
Zinc		8 mg	10 mg	
Essential Fatty Acids				
Omega-3 Fatty Acids		500 mg	1,000 mg	
GI Support				
Digestive Support/Enzymes			0 IU	
Microbiome Support/Probiotics			10 billion CFU	



Amino Acids (Plasma)

Nutritionally Essential Amino Acids		Intermediary Metabolites			
Amino Acid	Reference Range	B-Vitamin Markers	Reference Range		
Arginine	8.1	6.0-17.5	α-Aminoadipic Acid	0.07	<= 0.28
Histidine	8.0	6.5-13.3	α-Amino-N-butyric Acid	8.50	1.76-9.99
Isoleucine	8.95	5.79-18.69	β-Aminoisobutyric Acid	0.37	<= 0.72
Leucine	12.7	12.1-36.1	Cystathionine	<dl	<= 0.09
Lysine	20.8	13.7-34.7	Urea Cycle Markers		
Methionine	3.6	2.3-6.5	Citrulline	2.8	1.6-5.7
Phenylalanine	8.80	6.07-17.46	Ornithine	7.18	4.38-15.42
Taurine	6.58	4.41-10.99	Urea *	429	216-1,156
Threonine	9.80	6.42-16.32	Glycine/Serine Metabolites		
Tryptophan	3.38	2.65-6.67	Glycine	14	5-23
Valine	28.8	18.3-42.6	Serine	5.6	2.1-7.0

Nonessential Protein Amino Acids

Amino Acid		Reference Range
Alanine		23-62
Asparagine		3.5-11.6
Aspartic Acid		<= 0.67
Cyst(e)line		5.9-19.9
γ-Aminobutyric Acid		<= 0.06
Glutamic Acid		2.0-14.5
Glutamine		44-111
Proline		15-57
Tyrosine		6.2-18.5

		Reference Range
Ethanolamine		0.19-0.78
Phosphoethanolamine		0.15-0.64
Phosphoserine		<= 0.39
Sarcosine		<= 0.15

Dietary Peptide Related Markers		Reference Range
1-Methylhistidine		<= 1.64
3-Methylhistidine		<= 0.78
β-Alanine		<= 0.7

Amino Acid reference ranges are age specific.

Methodology: LC/MS/MS

Essential & Metabolic Fatty Acids (RBCs)

Omega-3 Fatty Acids			Omega-6 Fatty Acids		
Analyte		Reference Range	Analyte		Reference Range
(cold water fish, flax, walnut)			(vegetable oil, grains, most meats, dairy)		
α-Linolenic (ALA) 18:3 n3	<dl	>= 0.09 wt %	Linoleic (LA) 18:2 n6	12.5	10.5-16.9 wt %
Eicosapentaenoic (EPA) 20:5 n3	0.96	>= 0.16 wt %	γ-Linolenic (GLA) 18:3 n6	<dl	0.03-0.13 wt %
Docosapentaenoic (DPA) 22:5 n3	2.10	>= 1.14 wt %	Dihomo-γ-linolenic (DGLA) 20:3 n6	1.14	>= 1.19 wt %
Docosahexaenoic (DHA) 22:6 n3	6.2	>= 2.1 wt %	Arachidonic (AA) 20:4 n6	17	15-21 wt %
% Omega-3s	8.3	>= 3.8	Docosatetraenoic (DTA) 22:4 n6	1.82	1.50-4.20 wt %
			Eicosadienoic 20:2 n6	0.24	<= 0.26 wt %
			% Omega-6s	33.0	30.5-39.7
Omega-9 Fatty Acids			Monounsaturated Fatty Acids		
Analyte		Reference Range	Omega-7 Fatty Acids		
(olive oil)					
Oleic 18:1 n9	12	10-13 wt %	Palmitoleic 16:1 n7	0.26	<= 0.64 wt %
Nervonic 24:1 n9	2.9	2.1-3.5 wt %	Vaccenic 18:1 n7	1.30	<= 1.13 wt %
% Omega-9s	15.5	13.3-16.6			
Saturated Fatty Acids			Trans Fats		
Analyte		Reference Range	Delta-6-Desaturase Activity		
(meat, dairy, coconuts, palm oils)			Upregulated Functional Impaired		
Palmitic C16:0	20	18-23 wt %	Linoleic / DGLA 18:2 n6 / 20:3 n6	11.0	6.0-12.3
Stearic C18:0	17	14-17 wt %			
Arachidic C20:0	0.24	0.22-0.35 wt %			
Behenic C22:0	0.89	0.92-1.68 wt %			
Tricosanoic C23:0	0.16	0.12-0.18 wt %			
Lignoceric C24:0	2.6	2.1-3.8 wt %			
Pentadecanoic C15:0	0.08	0.07-0.15 wt %			
Margaric C17:0	0.28	0.22-0.37 wt %			
% Saturated Fats	41.4	39.8-43.6			
			Cardiovascular Risk		
			Analyte		Reference Range
			Omega-6s / Omega-3s	4.0	3.4-10.7
			AA / EPA 20:4 n6 / 20:5 n3	18	12-125
			Omega-3 Index	6.2	>= 4.0

The Essential Fatty Acid reference ranges are based on an adult population.

Elemental Markers					
Nutrient Elements			Toxic Elements*		
Element		Reference Range	Element		Reference Range
Copper (plasma)	112.1	75.3-192.0 mcg/dL	Lead	0.34	<= 2.81 mcg/dL
Magnesium (RBC)	36.9	30.1-56.5 mcg/g	Mercury	<DL	<= 4.35 mcg/L
Manganese (whole blood)	4.7	3.0-16.5 mcg/L	Arsenic	<DL	<= 13.7 mcg/L
Potassium (RBC)	2,253	2,220-3,626 mcg/g	Cadmium	0.21	<= 1.22 mcg/L
Selenium (whole blood)	142	109-330 mcg/L	* All toxic Elements are measured in whole blood. The reference ranges for Lead, Mercury, and Cadmium are derived from the 95th percentile from NHANES		
Zinc (plasma)	133.9	64.3-159.4 mcg/dL			

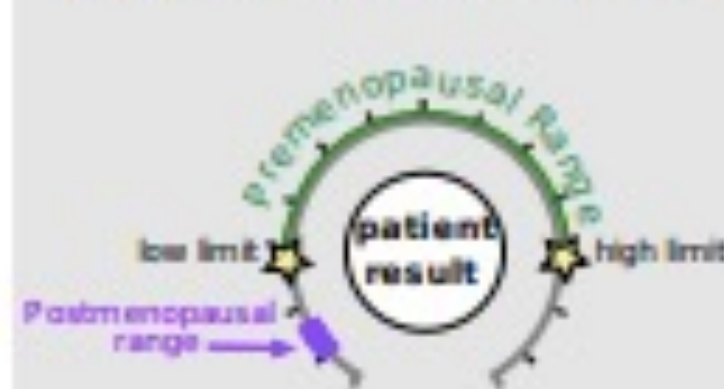
The Elemental reference ranges are based on an adult population.

Elemental testing performed by Genova Diagnostics, Inc. 3425 Corporate Way, Duluth, GA 30096 - Robert M. David, PhD, Lab Director - CLIA Lic. #11D0255349 - Medicare Lic. #34-8475

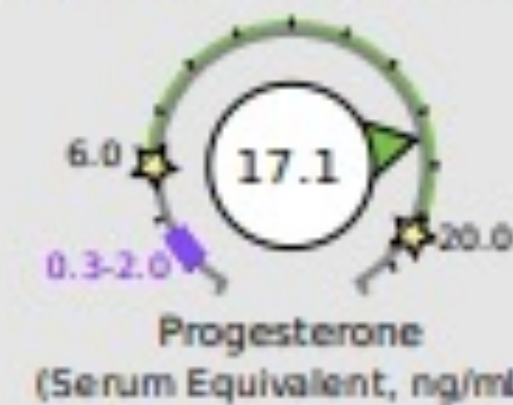
DUTCH Plus & Cycle Map

Hormone Testing Summary

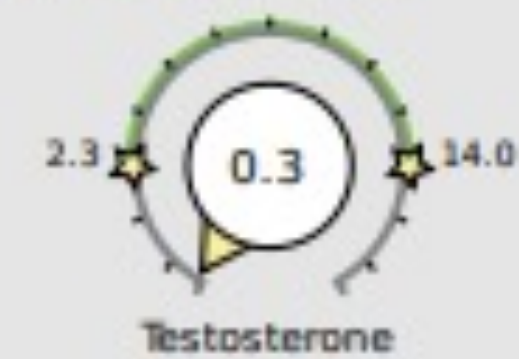
Key (how to read the results):



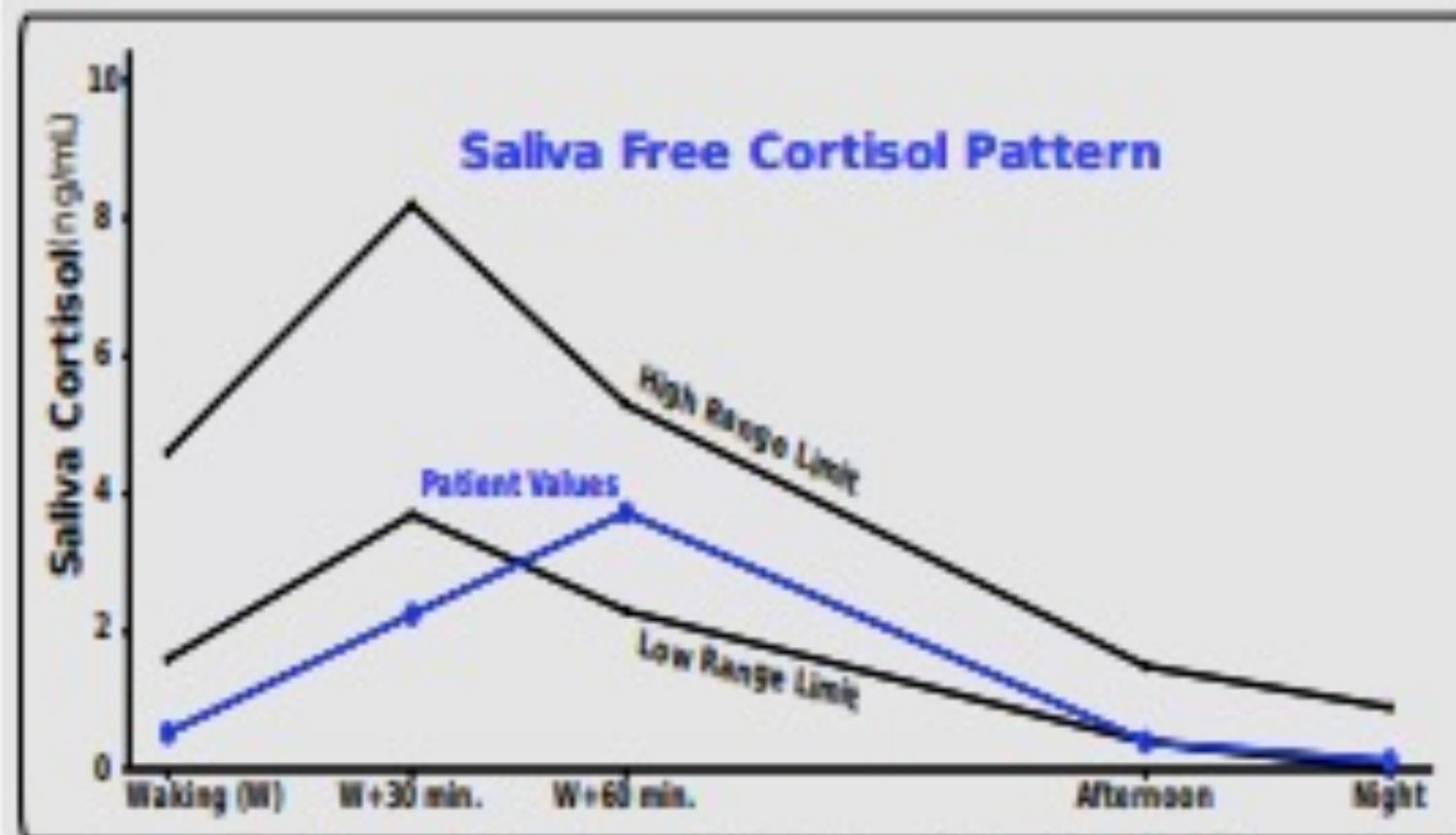
Sex Hormones See Pages 2 and 3 for a thorough breakdown of sex hormone metabolites



Progesterone Serum Equivalent is a calculated value based on urine pregnanediol.



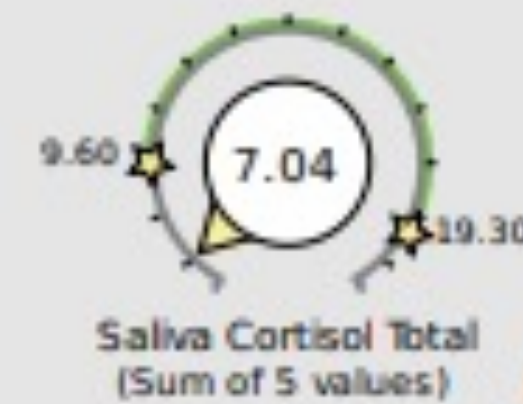
Adrenal Hormones See pages 4 and 5 for a more complete breakdown of adrenal hormones



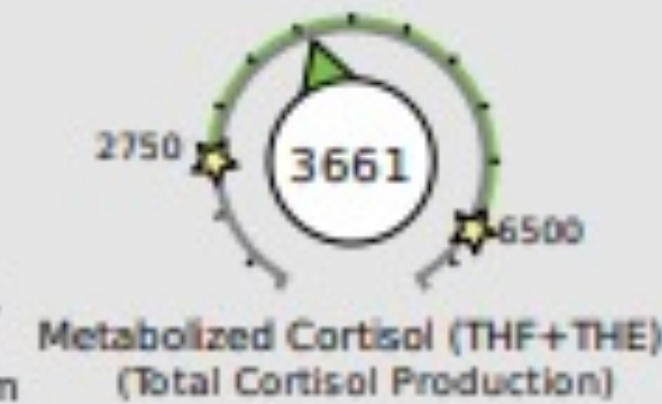
Free cortisol best reflects tissue levels. Metabolized cortisol best reflects total cortisol production.

Total DHEA Production

Age	Range
20-39	1300-3000
40-59	750-2000
>60	500-1200



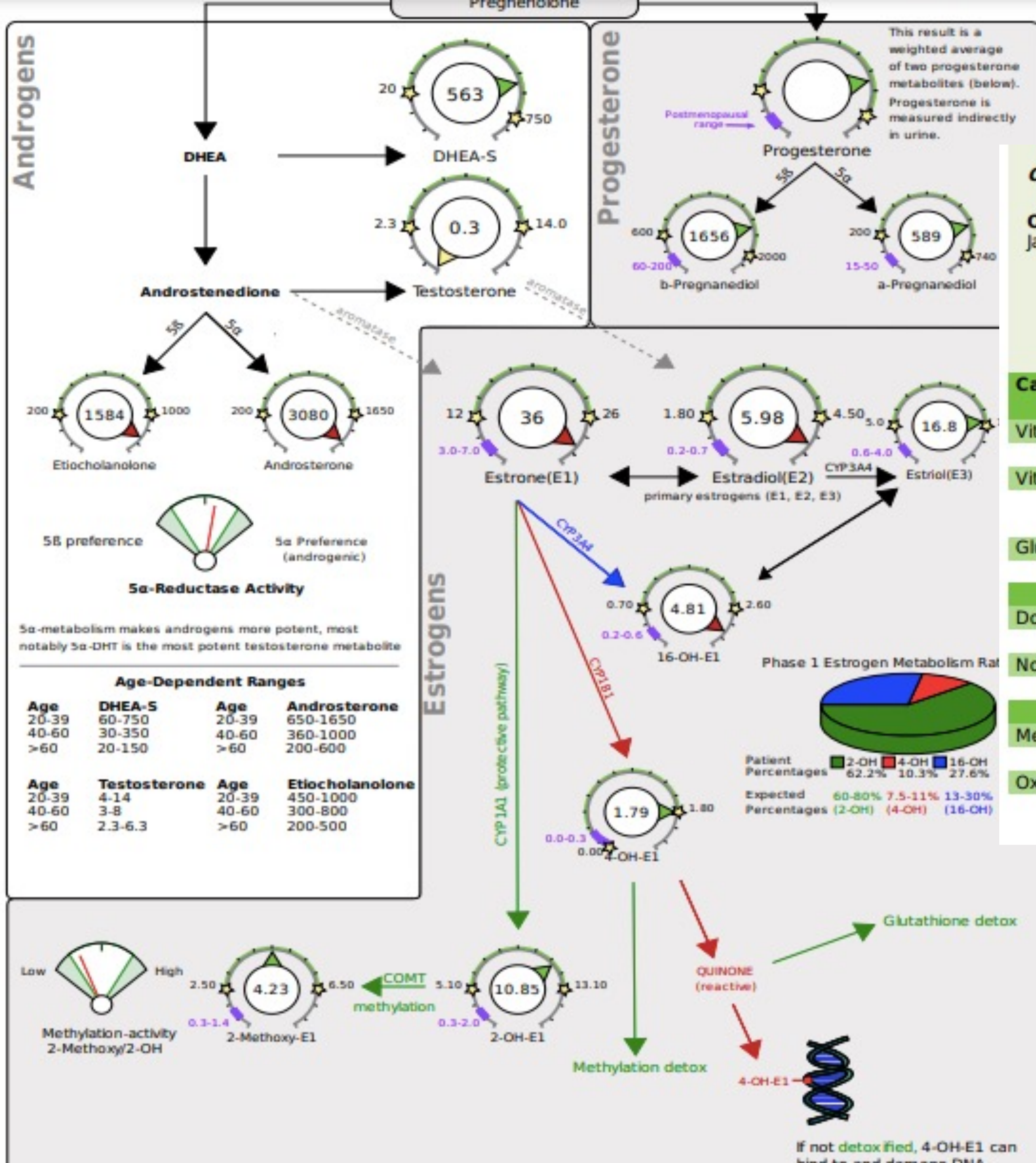
cortisol
metabolism



The following videos (which can also be found on the website under the listed names along with others) may aid your understanding:

[DUTCH Plus Overview](#) (quick overview) [Estrogen Tutorial](#) [Female Androgen Tutorial](#) [Cortisol/CAR Tutorial](#)

PLEASE BE SURE TO READ BELOW FOR ANY SPECIFIC LAB COMMENTS. More detailed comments can be found on page 7.



Organic Acid Tests (OATs)

Ordering Provider:
Jaclyn Smeaton ND

DOB: 1985-03-12
Age: 36
Gender: Female

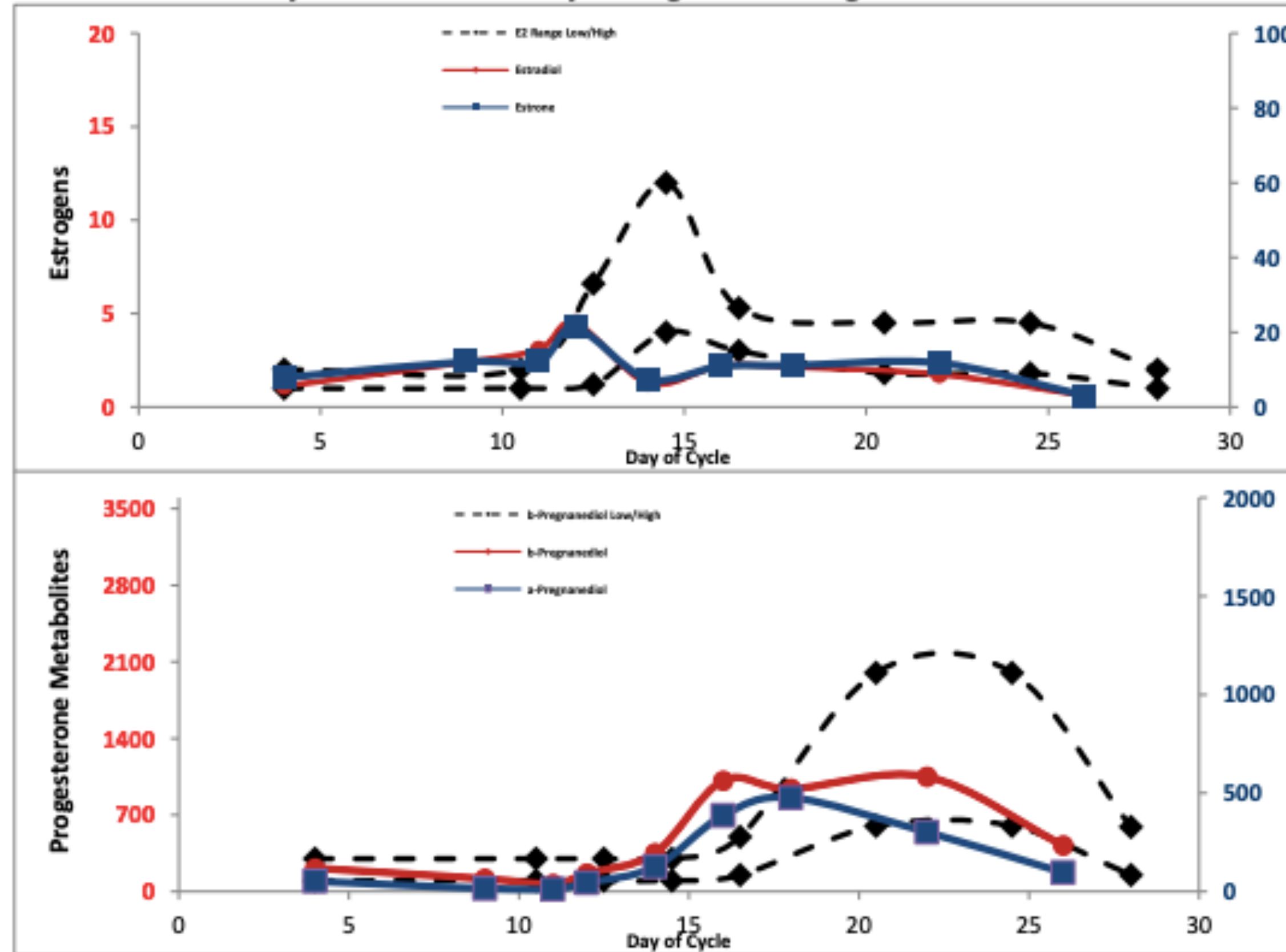
Last Menstrual Period:

2021-06-11
Collection Times:
2021-07-01 04:45AM (S)
2021-07-01 05:18AM (S)
2021-07-01 05:50AM (S)
2021-07-01 05:00PM (S)
2021-07-01 09:30PM (S)
2021-07-01 04:50AM (U)
2021-07-01 07:00AM (U)
2021-07-01 04:50PM (U)
2021-07-01 09:30PM (U)

Category	Test	Result	Units	Normal Range
Nutritional Organic Acids				
Vitamin B12 Marker (may be deficient if high) - (Urine)				
	Methylmalonate (MMA)	Within range	1.0	ug/mg 0 - 2.5
Vitamin B6 Markers (may be deficient if high) - (Urine)				
	Xanthurenate	Within range	0.20	ug/mg 0.12 - 1.2
	Kynurenate	Within range	1.4	ug/mg 0.8 - 4.5
Glutathione Marker (may be deficient if low or high) - (Urine)				
	Pyroglutamate	Within range	47.5	ug/mg 28 - 58
Neurotransmitter Metabolites				
Dopamine Metabolite - (Urine)				
	Homovanillate (HVA)	Low end of range	4.1	ug/mg 3 - 11
Norepinephrine/Epinephrine Metabolite - (Urine)				
	Vanilmandelate (VMA)	Within range	2.9	ug/mg 2.2 - 5.5
Melatonin (*measured as 6-OH-Melatonin-Sulfate) - (Urine)				
	Melatonin* (Waking)	Above range	822.2	ng/mg 10 - 85
Oxidative Stress / DNA Damage, measured as 8-Hydroxy-2-deoxyguanosine (8-OHdG) - (Urine)				
	8-OHdG (Waking)	Within range	2.2	ng/mg 0 - 5.2

DUTCH - Cycle Mapping

Monthly Pattern of Urinary Estrogen and Progesterone Metabolites

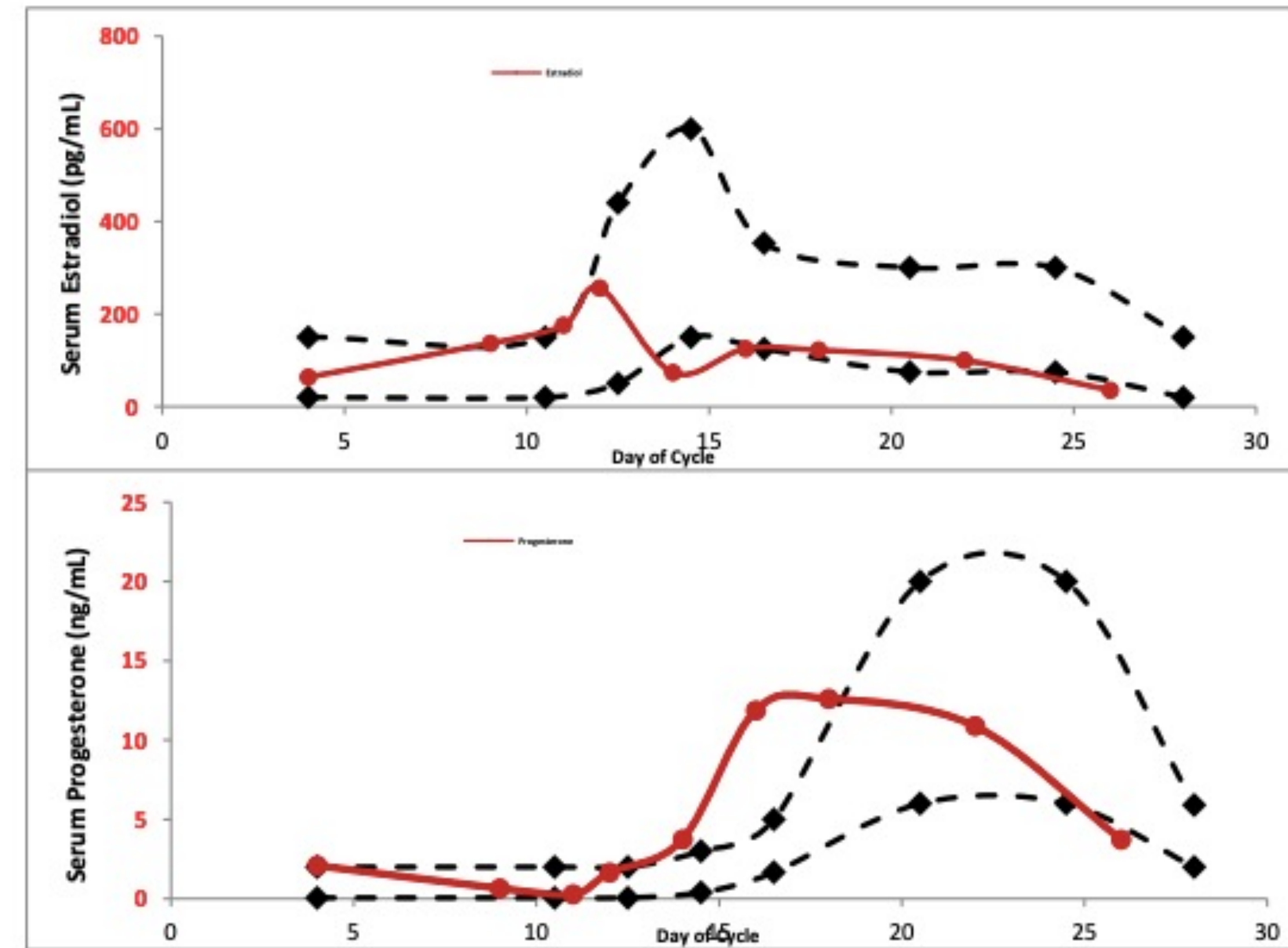


All values given in ng/mg creatinine

Measurement	1	2	3	4	5	6	7	8	9
Day of Cycle	4	9	11	12	14	16	18	22	26
Estradiol (E2)	1.1	2.4	3.1	4.5	1.3	2.2	2.1	1.7	0.6
Estrone (E1)	7.9	12.1	12.1	21.2	7.5	10.9	11.1	11.8	3.3
a-Pregnenediol	52	15	12	44	125	386	476	301	93
b-Pregnenediol	213	117	68	165	351	1014	939	1049	414
b-Pg / E2 Ratio	190	49	22	37	274	463	440	601	684

DUTCH - Cycle Mapping

Monthly Pattern of Estradiol and Progesterone - Serum Equivalent Estimates*



Measurement	1	2	3	4	5	6	7	8	9
Day of Cycle	4	9	11	12	14	16	18	22	26
Estradiol(pg/mL)	63.8	136.6	175.3	256.3	73.2	125.0	121.9	99.6	35.2
Progesterone(ng/mL)	2.1	0.7	0.3	1.7	3.8	11.9	12.6	10.9	3.7

Vaginosis Profile

GRAM STAIN MICROSCOPY			
	Normal	Abnormal	Expected
Lactobacilli	Many		Mod - Many
Curved Gram Negative Rods	None		None
Small Gram Negative Rods	None		None
Yeast	None		None
RBC's	None		None
WBC's	0		0 - 6
Clue Cells	None		None
Eosinophils	N/A		None

Eosinophils reported and Wrights Stain performed when WBC's >6

BACTERIAL VAGINOSIS SCORE	
0	score interpretation: 0 - 3 BV not likely 4 - 6 BV indeterminate 7-10 BV highly suggestive

The BV score¹ is calculated based upon the gram stain results and is independent of the yeast, and bacterial cultures.
¹Nugent Scoring System. (Nugent et al. J. Clin. Micro. (1991)29:297-301)

YEAST CULTURE
No yeast isolated

Additional Gram Stain Findings:

Few Gram positive cocci in clusters

BACTERIOLOGY CULTURE		
Expected/Beneficial flora	Commensal (Imbalanced) flora	Dysbiotic flora
4+ Lactobacillus spp.	1+ Bifidobacterium 1+ Staphylococcus epidermidis	3+ Staphylococcus aureus

NG = No Growth

Bacterial Susceptibilities: Staphylococcus aureus

NATURAL ANTIBACTERIALS		
	Low Sensitivity	High Sensitivity
Berberine		
Black Walnut		
Caprylic Acid		
Grapefruit Seed Extract		
Oregano		
Silver		
Uva Ursi		

Natural antibacterial agents may be useful for treatment of patients when organisms display in-vitro sensitivity to these agents. The test is performed by using standardized techniques and filter paper disks impregnated with the listed agent. Relative sensitivity is reported for each natural agent based upon the diameter of the zone of inhibition surrounding the disk. Data based on over 5000 individual observations were used to relate the zone size to the activity level of the agent. A scale of relative sensitivity is defined for the natural agents tested.

Doctor's Data-Vaginosis Profile



Other Useful Labs



5895 Shiloh Rd, Ste 101
 Alpharetta GA 30005
 877-485-5336

GI Map

Pathogens		
Bacterial Pathogens	Result	Normal
<i>Campylobacter</i>	<dl	<1.00e3
<i>C. difficile</i> , Toxin A	<dl	<1.00e3
<i>C. difficile</i> , Toxin B	<dl	<1.00e3
<i>Enterohemorrhagic E. coli</i>	1.76e1	<1.00e3
<i>E. coli</i> O157	<dl	<1.00e3
<i>Enteroinvasive E. coli/Shigella</i>	<dl	<1.00e2
<i>Enterotoxigenic E. coli</i> LT/ST	<dl	<1.00e3
Shiga-like Toxin <i>E. coli</i> stx1	<dl	<1.00e3
Shiga-like Toxin <i>E. coli</i> stx2	<dl	<1.00e3
<i>Salmonella</i>	<dl	<1.00e4
<i>Vibrio cholerae</i>	<dl	<1.00e5
<i>Yersinia enterocolitica</i>	<dl	<1.00e5
Parasitic Pathogens	Result	Normal
<i>Cryptosporidium</i>	<dl	<1.00e6
<i>Entamoeba histolytica</i>	<dl	<1.00e4
<i>Giardia</i>	<dl	<5.00e3
Viral Pathogens	Result	Normal
<i>Adenovirus</i> 40/41	<dl	<1.00e10
<i>Norovirus</i> GI/II	<dl	<1.00e7

H. pylori			
	Result		Normal
<i>Helicobacter pylori</i>	2.4e3	High	<1.0e3
Virulence Factor, babA	Negative		Negative
Virulence Factor, cagA	Negative		Negative
Virulence Factor, dupA	Negative		Negative
Virulence Factor, iceA	Negative		Negative
Virulence Factor, oipA	Negative		Negative
Virulence Factor, vacA	Negative		Negative
Virulence Factor, virB	Negative		Negative
Virulence Factor, virD	Negative		Negative

Normal Bacterial Flora			
	Result		Normal
<i>Bacteroides fragilis</i>	3.32e10		1.60e9 - 2.50e11
<i>Bifidobacterium spp.</i>	9.64e10		>6.70e7
<i>Enterococcus spp.</i>	8.28e5		1.9e5 - 2.00e8
<i>Escherichia spp.</i>	3.16e7		3.70e6 - 3.80e9
<i>Lactobacillus spp.</i>	2.42e6		8.6e5 - 6.20e8
<i>Clostridia (class)</i>	5.78e7	High	5.00e6 - 5.00e7
<i>Enterobacter spp.</i>	4.38e6		1.00e6 - 5.00e7
<i>Akkermansia muciniphila</i>	<dl		1.00e1 - 5.00e4
<i>Faecalibacterium prausnitzii</i>	4.25e4		1.00e3 - 5.00e8

Phyla Microbiota			
	Result		Normal
<i>Bacteroidetes</i>	2.09e11	Low	8.61e11 - 3.31e12
<i>Firmicutes</i>	1.59e11		5.70e10 - 3.04e11
<i>Firmicutes:Bacteroidetes Ratio</i>	0.76		<1.00

Opportunistic Bacteria			
Additional Dysbiotic/Overgrowth Bacteria	Result		Normal
<i>Bacillus spp.</i>	9.46e5	High	<1.50e5
<i>Enterococcus faecalis</i>	<dl		<1.00e4
<i>Enterococcus faecium</i>	2.03e2		<1.00e4
<i>Morganella spp.</i>	4.90e4	High	<1.00e3
<i>Pseudomonas spp.</i>	4.81e4	High	<1.00e4
<i>Pseudomonas aeruginosa</i>	<dl		<5.00e2
<i>Staphylococcus spp.</i>	<dl		<1.00e4
<i>Staphylococcus aureus</i>	1.51e2		<5.00e2
<i>Streptococcus spp.</i>	6.70e3	High	<1.00e3
<i>Methanobacteriaceae (family)</i>	5.73e8		<5.00e9

Potential Autoimmune Triggers			
	Result		Normal
<i>Citrobacter spp.</i>	<dl		<5.00e6
<i>Citrobacter freundii</i>	<dl		<5.00e5
<i>Klebsiella spp.</i>	2.28e4	High	<5.00e3
<i>Klebsiella pneumoniae</i>	<dl		<5.00e4
<i>M. avium subsp. paratuberculosis</i>	<dl		<5.00e3
<i>Prevotella spp.</i>	5.29e6		<1.00e8
<i>Proteus spp.</i>	<dl		<5.00e4
<i>Proteus mirabilis</i>	<dl		<1.00e3
<i>Fusobacterium spp.</i>	6.62e6		<1.00e8

Fungi/Yeast			
	Result		Normal
<i>Candida spp.</i>	1.28e2		<5.00e3
<i>Candida albicans</i>	<dl		<5.00e2
<i>Geotrichum spp.</i>	<dl		<3.00e2
<i>Microsporidium spp.</i>	<dl		<5.00e3
<i>Rodotorula spp.</i>	<dl		<1.00e3

Viruses			
	Result		Normal
<i>Cytomegalovirus</i>	<dl		<1.00e5
<i>Epstein Barr Virus</i>	<dl		<1.00e7

Parasites

Protozoa	Result	Normal
<i>Blastocystis hominis</i>	<dl	<2.00e3
<i>Chilomastix mesnili</i>	<dl	<1.00e5
<i>Cyclospora spp.</i>	<dl	<5.00e4
<i>Dientamoeba fragilis</i>	<dl	<1.00e5
<i>Endolimax nana</i>	<dl	<1.00e4
<i>Entamoeba coli</i>	<dl	<5.00e6
<i>Pentatrichomonas hominis</i>	<dl	<1.00e2

Worms	Result	Normal
<i>Ancylostoma duodenale</i>	Not Detected	Not Detected
<i>Ascaris lumbricoides</i>	Not Detected	Not Detected
<i>Necator americanus</i>	Not Detected	Not Detected
<i>Trichuris trichiura</i>	Not Detected	Not Detected
<i>Taenia spp.</i>	Not Detected	Not Detected

Intestinal Health

Digestion	Result	Normal
Steatocrit	<dl	<15 %
Elastase-1	347	>200 ug/g

GI Markers	Result	Normal
b-Glucuronidase	398	<2486 U/mL
Occult Blood - FIT	0	<10 ug/g

Immune Response	Result	Normal
Secretory IgA	767	510 - 2010 ug/g
Anti-gliadin IgA	163	0 - 157 U/L

Inflammation	Result	Normal
Calprotectin	57	<173 ug/g

Antibiotic Resistance Genes, phenotypes

Helicobacter	Result	Expected Result
Amoxicillin	Negative	Negative
A926G	Absent	AGA926-928TTC Absent
Clarithromycin	Negative	Negative
A2142C	Absent	A2142G Absent
A2143G	Absent	A2143G Absent
Fluoroquinolones	Negative	Negative
gyrA N87K	Absent	gyrA D91N Absent
gyrA D91G	Absent	gyrA D91G Absent
gyrB S479N	Absent	gyrB R484K Absent
Tetracycline	Negative	Negative
PBP1A S414R	Absent	PBP1A T556S Absent
PBP1A T556S	Absent	PBP1A N562Y Absent

Intestinal Health

Digestion	Result	Normal
Steatocrit	<dl	<15 %
Elastase-1	301	>200 ug/g

GI Markers	Result	Normal
b-Glucuronidase	4419	<2486 U/mL
Occult Blood - FIT	0	<10 ug/g

Immune Response	Result	Normal
Secretory IgA	274	510 - 2010 ug/g
Anti-gliadin IgA	50	0 - 157 U/L

Inflammation	Result	Normal
Calprotectin	14	<173 ug/g

Add-on Test	Result	Normal
Zonulin	82.8	<107 ng/g

Great Plains Lab GPL Tox

Toxic Compounds

Metabolite	Result µg/g creatinine	Percentile
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Industrial Toxicants



Parent: MTBE/ETBE

MTBE and ETBE are gasoline additives used to improve octane ratings. Exposure to these compounds is most likely due to groundwater contamination, inhalation or skin exposure to gasoline or its vapors, and exhaust fumes. MTBE has been demonstrated to cause hepatic, kidney, and central nervous system toxicity, peripheral neurotoxicity, and cancer in animals. Very high values have been reported in genetic disorders. Because the metabolites of these compounds are the same, ETBE may be similarly toxic.



Parent: Diethylphthalates

Phthalates may be the most widespread group of toxins in our environment, commonly found in many bath and beauty products, cosmetics, perfumes, oral pharmaceuticals, insect repellants, adhesives, inks, and varnishes. Phthalates have been implicated in reproductive damage, depressed leukocyte function, and cancer. Phthalates have also been found to impede blood coagulation, lower testosterone, and alter sexual development in children. Low levels of phthalates can feminize the male brain of the fetus, while high levels can hyper-masculinize the developing male brain.

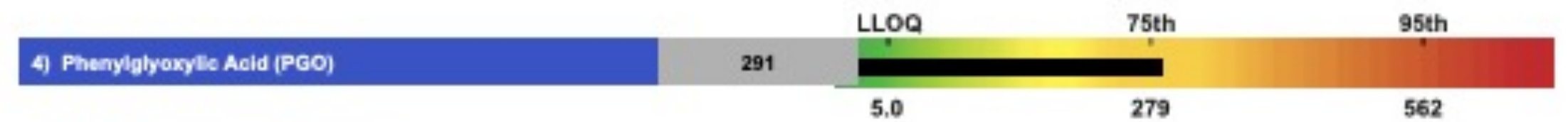


Parent: Xylene

Xylenes (dimethylbenzenes) are found not only in common products such as paints, lacquers, pesticides, cleaning fluids, fuel and exhaust fumes, but also in perfumes and insect repellents. Xylenes are oxidized in the liver and bound to glycine before eliminated in urine. High exposures to xylene create an increase in oxidative stress, causing symptoms such as nausea, vomiting, dizziness, central nervous system depression, and death. Occupational exposure is often found in pathology laboratories where xylene is used for tissue processing.

Toxic Compounds

Metabolite	Result µg/g creatinine	Percentile
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Parent: Styrene/Ethylbenzene

Styrene is used in the manufacturing of plastics, in building materials, and is found in car exhaust fumes. Polystyrene and its copolymers are widely used as food-packaging materials. The ability of styrene monomer to leach from polystyrene packaging to food has been reported. Occupational exposure due to inhalation of large amounts of styrene adversely impacts the central nervous system, causes concentration problems, muscle weakness, fatigue, and nausea, and irritates the mucous membranes of the eyes, nose, and throat.



Parent: Benzene

Benzene is an organic solvent that is widespread in the environment. Benzene is a by-product of all types of industrial processes and combustion, including motor vehicle exhaust and cigarette smoke, and is released by outgassing from synthetic materials. Benzene is an extremely toxic chemical that is mutagenic and carcinogenic. High exposures to benzene cause symptoms of nausea, vomiting, dizziness, lack of coordination, central nervous system depression, and death. It can also cause hematological abnormalities.



Parent: Acrylonitrile

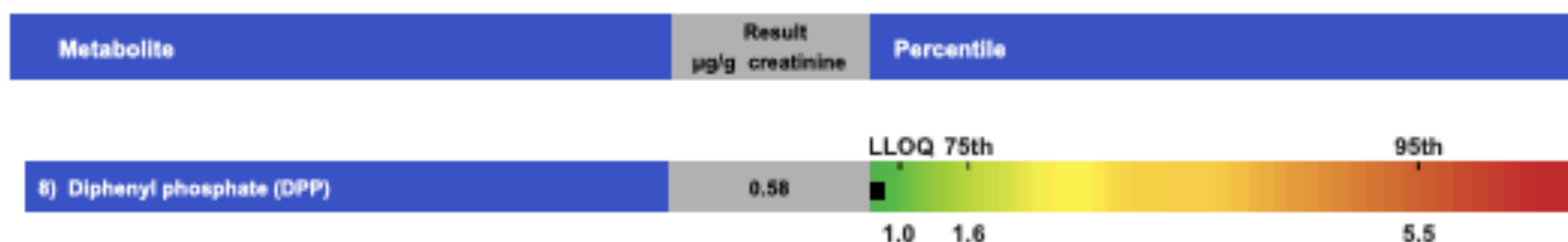
Acrylonitrile is a colorless liquid with a pungent odor. It is used in the production of acrylic fibers, resins, and rubber. Use of any of these products could lead to exposure to acrylonitrile. Smoking tobacco and cigarettes is another potential exposure. Exposure to acrylonitrile can lead to headaches, nausea, dizziness, fatigue, and chest pains. The European Union has classified acrylonitrile as a carcinogen.



Parent: Perchlorate

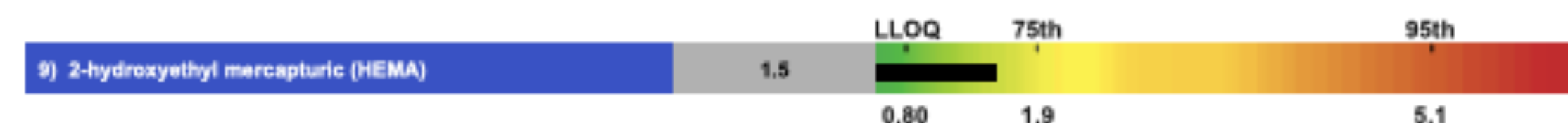
This chemical is used in the production of rocket fuel, missiles, fireworks, flares, explosives, fertilizers, and bleach. Studies show that perchlorate is often found in water supplies. Many food sources are also contaminated with perchlorate. Perchlorate can disrupt the thyroid's ability to produce hormones. The EPA has also labeled perchlorate a likely human carcinogen. Patients that are high in perchlorate can use a reverse osmosis water treatment system.

Toxic Compounds



Parent: Diphenyl Phosphate

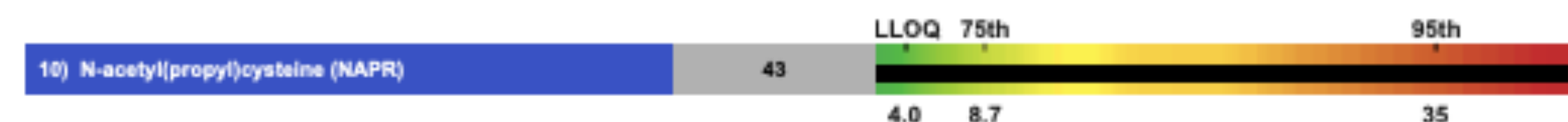
This is a metabolite of the organophosphate flame retardant triphenyl phosphate (TPHP), which is used in plastics, electronic equipment, nail polish, and resins. TPHP can cause endocrine disruption. Studies have also linked TPHP to reproductive and developmental problems.



Parent: Ethylene oxide, Vinyl chloride, Halopropane

High HEMA may be due to exposure to ethylene oxide, which is used in many different industries including agrochemicals detergents, pharmaceuticals, and personal care products. Ethylene oxide is also used as a sterilant on rubber, plastics, and electronics. Chronic exposure to ethylene oxide has been determined to be mutagenic to humans. Multiple agencies have reported it as a carcinogen. Studies of people exposed to ethylene oxide show an increased incidence of breast cancer and leukemia. Ethylene oxide may be difficult to detect since it is odorless at toxic levels.

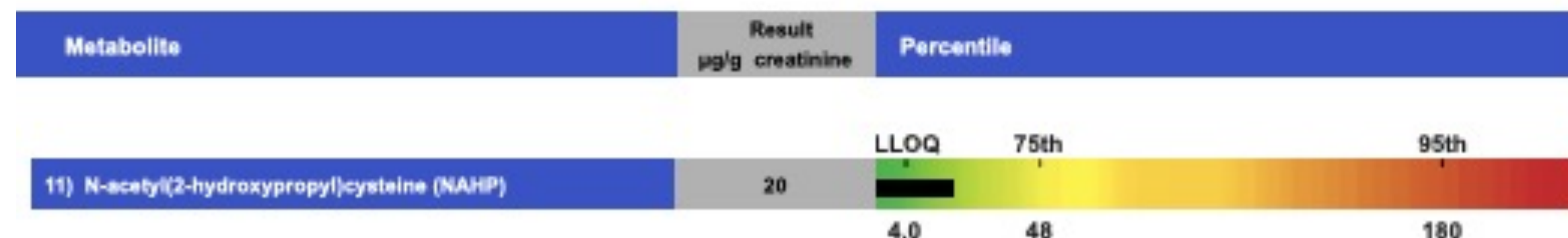
High HEMA may also due to exposure to vinyl chloride, an intermediate in the synthesis of several major commercial chemicals, including polyvinyl chloride, and used in the past as an aerosol propellant. Exposure to vinyl chloride has been associated with increased incidence of autism. High concentrations of vinyl chloride may cause central nervous system depression, nausea, headache, dizziness, liver damage and liver cancer, degenerative bone changes, thrombocytopenia, enlargement of the spleen and even death. To reduce exposure to vinyl chloride, eliminate use of plastic containers for cooking, reheating, eating or drinking (especially warm or hot) food or beverages. Replace these containers with glass, paper, or stainless steel whenever possible. Elimination of vinyl chloride can also be accelerated by sauna treatment, the Hubbard detoxification protocol employing niacin supplementation, vitamin B-12 therapy, by glutathione (reduced) supplementation (oral, intravenous, transdermal, or precursors such as N-acetyl cysteine [NAC]).



Parent: 1-bromopropane

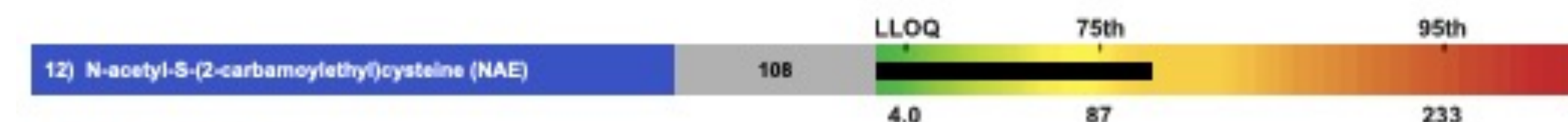
1-bromopropane is an organic solvent used for metal cleaning, foam gluing, and dry cleaning. Studies have shown that 1-BP is a neurotoxin as well as a reproductive toxin. Research indicates that exposure to 1-BP can cause sensory and motor deficits. Chronic exposure can lead to decreased cognitive function and impairment of the central nervous system. Acute exposure can lead to headaches.

Toxic Compounds



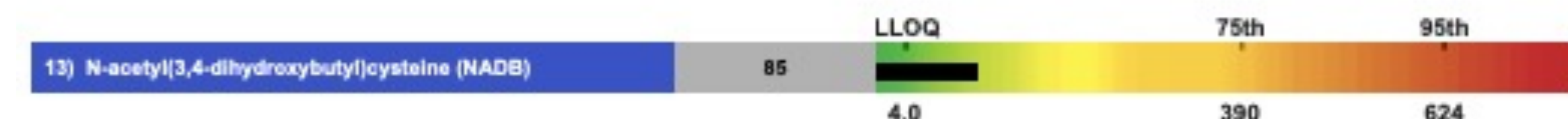
Parent: Propylene oxide

This chemical is used in the production of plastics and is used as a fumigant. Propylene oxide is used to make polyester resins for textile and construction industries. It is also used in the preparation of lubricants, surfactants, and oil demulsifiers. It has also been used as a food additive, an herbicide, a microbicide, an insecticide, a fungicide, and a miticide. Propylene oxide is a probable human carcinogen.



Parent: Acrylamide

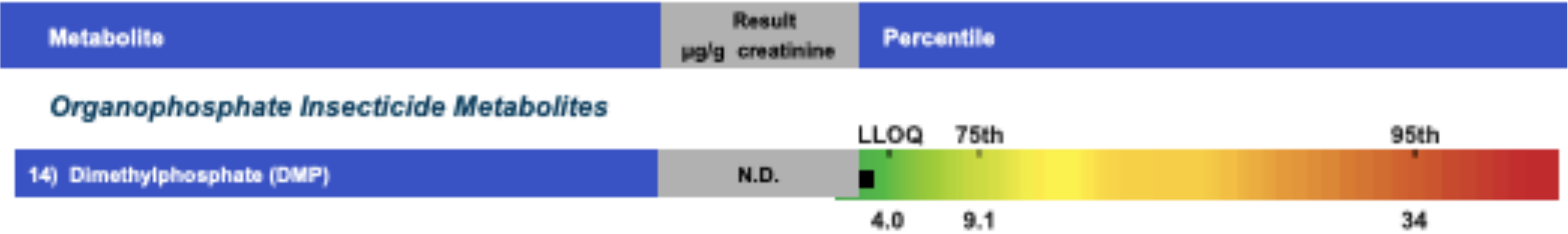
Acrylamide can polymerize to form polyacrylamide. These chemicals are used in many industrial processes such as plastics, food packaging, cosmetics, dyes, and treatment of drinking water. Food and cigarette smoke are also two major sources of exposure. Acrylamide has been found in foods like potato chips and French fries. This is because asparagine, an important amino acid for central nervous system function, can produce acrylamide when cooked at high temperature in the presence of sugars. Foods rich in asparagine include asparagus, potatoes, legumes, nuts, seeds, beef, eggs, and fish, and are potential sources of exposure to acrylamide. High levels of acrylamide can elevate a patient's risk of cancer. In addition, acrylamide is known to cause neurological damage.



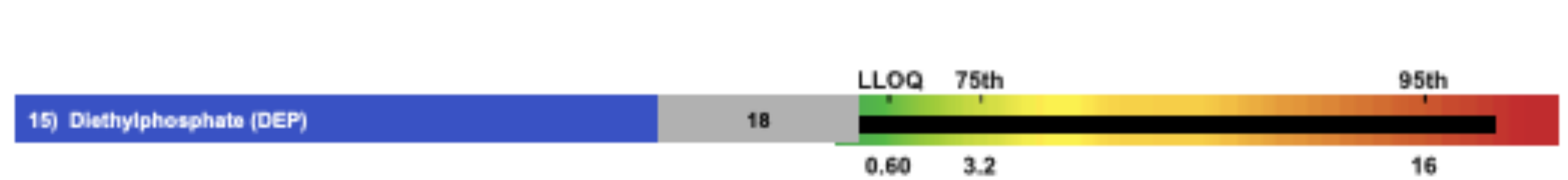
Parent: 1,3 butadiene

This is a chemical made from the processing of petroleum. It is often a colorless gas with a mild gasoline-like odor. Most of this chemical is used in the production of synthetic rubber. 1,3 butadiene is a known carcinogen and has been linked to increased risk of cardiovascular disease. Individuals that come into contact with rubber, such as car tires, could absorb 1,3 butadiene through the skin. The increased use of old tires in the production of crumb rubber playgrounds and athletic fields is quite concerning since soccer players on such fields have increased cancer rates.

Toxic Compounds

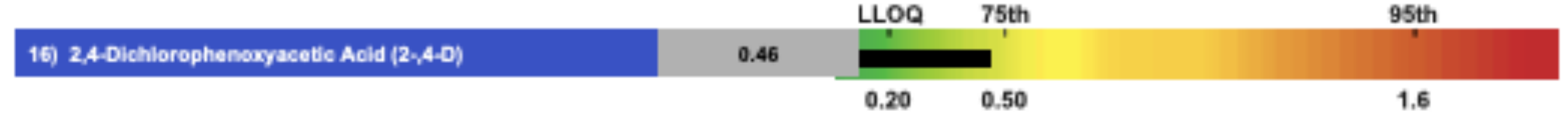


Parent: Organophosphates
Organophosphates are one of the most toxic groups of substances in the world, primarily found in pesticide formulations. They are inhibitors of cholinesterase enzymes, leading to overstimulation of nerve cells, causing sweating, salivation, diarrhea, abnormal behavior, including aggression and depression. Children exposed to organophosphates have more than twice the risk of developing pervasive developmental disorder (PDD), an autism spectrum disorder. Maternal organophosphate exposure has been associated with various adverse outcomes including having shorter pregnancies and children with impaired reflexes.



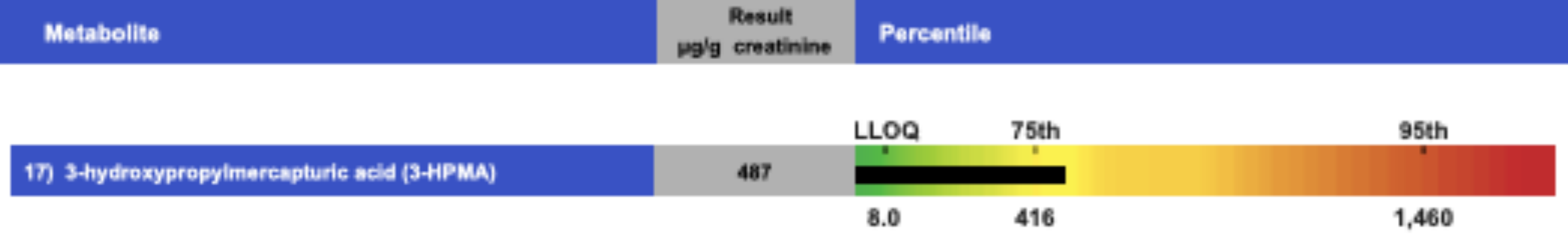
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Herbicide



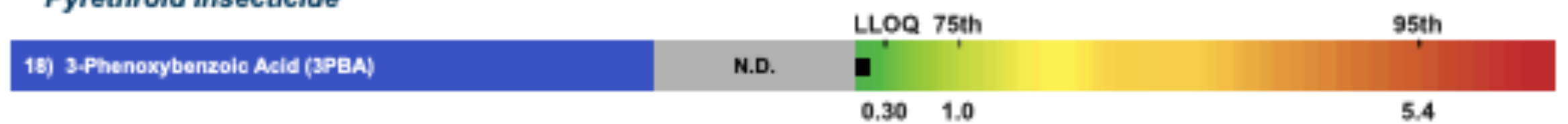
2,4-Dichlorophenoxyacetic Acid (2,4-D) is a very common herbicide that was a part of Agent Orange, which was used by the U.S. in the Vietnam War. It is most commonly used in agriculture on genetically modified foods, and as a weed killer for lawns. Exposure to 2, 4-D via skin or oral ingestion is associated with neuritis, weakness, nausea, abdominal pain, headache, dizziness, peripheral neuropathy, stupor, seizures, brain damage, and impaired reflexes. 2, 4-D is a known endocrine disruptor, and can block hormone distribution and cause glandular breakdown.

Toxic Compounds

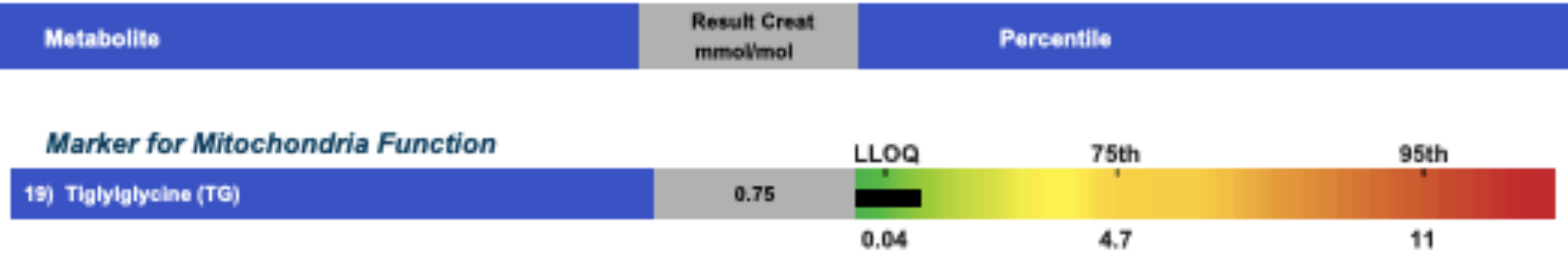


Parent: Acrolein
3-HPMA is the main urinary metabolite of acrolein. Acrolein is an environmental pollutant, commonly used as an herbicide and in many different chemical industries. Acrolein is also present in the burning of cigarettes, gasoline, and oil. Certain bacteria produce acrolein, such as Clostridium. Acrolein metabolites are associated with diabetes and insulin resistance.

Pyrethroid Insecticide



Parent: Pyrethroids - Including Permethrin, Cypermethrin, Cyhalothrins, Fenpropathrin, Deltamethrin, Trihalomethrin
Pyrethrins are widely used as insecticides. Exposure during pregnancy doubles the likelihood of autism. Pyrethrins may affect neurological development, disrupt hormones, induce cancer, and suppress the immune system.



Tiglylglycine (TG) is a marker for mitochondrial disorders resulting from mutations of mitochondrial DNA, which can manifest from exposure to toxic chemicals, infections, inflammation, and nutritional deficiencies. TG indicates mitochondrial dysfunction by monitoring a metabolite that is elevated in mitochondrial deficiency of cofactors such as NAD+, flavin-containing coenzymes, and Coenzyme Q10. Disorders associated with mitochondrial dysfunction include autism, Parkinson's disease, and cancer.

Compound	Count	LLOQ	75th	95th
17) 3-hydroxypropylmercapturic acid (3-HPMA)	487	8.0	416	1,460

3-HPMA is the main urinary metabolite of acrolein. Acrolein is an environmental pollutant, commonly used as an herbicide and in many different chemical industries. Acrolein is also present in the burning of cigarettes, gasoline, and oil. Certain bacteria produce acrolein, such as *Clostridium*. Acrolein metabolites are associated with diabetes and insulin resistance.

Pyrethroid Insecticide		LLOQ	75th	95th
18) 3-Phenoxybenzoic Acid (3PBA)	N.D.	0.30	1.0	5.4

Pyrethrins are widely used as insecticides. Exposure during pregnancy doubles the likelihood of autism. Pyrethrins may affect neurological development, disrupt hormones, induce cancer, and suppress the immune system.

Marker for Mitochondria Function		LLOQ	75th	95th
19) Tiglylglycine (TG)	0.75	0.04	4.7	11

Marker for Mitochondria Function		LLOQ	75th	95th
19) Tiglylglycine (TG)	0.75	0.04	4.7	11

Tiglylglycine (TG) is a marker for mitochondrial disorders resulting from mutations of mitochondrial DNA, which can manifest from exposure to toxic chemicals, infections, inflammation, and nutritional deficiencies. TG indicates mitochondrial dysfunction by monitoring a metabolite that is elevated in mitochondrial deficiency of cofactors such as NAD⁺, flavin-containing coenzymes, and Coenzyme Q10. Disorders associated with mitochondrial dysfunction include autism, Parkinson's disease, and cancer.

List of Organophosphate Insecticides that are converted to DEP

15) Diethylphosphate (DEP) 18 LLOQ 75th 95th 0.60 3.2 16

-Acethion	-5-Dichloro- α -(chloro-methylene) benzyl diethyl phosphate	-Pirimiphos ethyl
-Acetoxon		-Primidophos
-Akton	-Diethyldithio phosphate	-Propoxon
-Amiton	-Diethylthio phosphate	-Prothidathion
-Amiton oxalate	-Dioxathion	-Prothion
-Athidathion	-Disulfoton	-Prothoate
-Azethion	-Disulfoton sulfone	-Pyrazophos
-Azinphos-ethyl	-Disulfoton sulfoxide	-Pyridiphenthion
-Bromophos-ethyl	-Ethion	-Quinalphos
-Butathiofos	-Ethion O-analog	-Quinothion
-Carbophenothion	-Fensulfothion	-Sulfotep
-Chlorethoxyphos	-Isazophos	-TEPP
-Chlorfenvinphos	-Isoxathion	-Terbufos
-Chlorphoxim	-Mecarbam	-Terbufos sulfone
-Chlorprazophos	-Miral	-Terbufos sulfoxide
-Chlorpyrifos	-Naphthalophos	-Thionazin
-Chlorpyrifos oxygen analog	-OO-diethyl O-naphthaloximido phosphorothioate	-Thionazin O-analog
-Chlorthiophos	-OO-diethyl phosphoro chloridothionate	-Triazophos
-Chlorthiophos II		
-Chlorthiophos III		
-Coumaphos	-OO-Diethyl S-(4,6-dimethyl-2-pyrimidinyl) phosphorodithioate	
-Coumithioate	-OO-diethyl-O-phenyl phosphoro thioate	
-Cyanthoate		
-Demeton	-Paraoxon	
-Demeton-O	-Parathion	
-Demeton-S	-Phenkapton	
-Dialifor	-Phorate	
-Diazinon	-Phosalone	
-Diazoxon	-Phoxim	
-Dichlofenthion		

Thank you!

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