

Contact ID: 332597

Sample ID: 2006015699



Mr Example Results
Genesis 3
York Science Park
York
United Kingdom

Dear Mr Results,

Thank you for choosing the Homocysteine Test, please find your results enclosed.

Your results are reported as a value in categories from '*optimum level*' to '*very high risk*'. **Your guide to interpreting the test result is outlined in the table on your result sheet.**

Levels above the normal range have been shown to be an indicator of an increased risk of heart disease, infertility and other health conditions. **Please note** the test does not provide a definitive diagnosis of increased risk, and it is advisable to discuss your results with your Healthcare Professional should these appear above the normal range.

How can I reduce my homocysteine levels?

Elevated levels of homocysteine can be readily reduced through dietary change and supplementation with folic acid, vitamin B12, vitamin B6, trimethylglycine (TMG) and zinc. If you have elevated levels of homocysteine it is advisable to retest after three months of supplementation to check whether levels have been successfully reduced.

Please do not hesitate to contact our Customer Care team on 0800 074 6185 if you have any queries.

Yours sincerely,

A handwritten signature in blue ink that reads "Gill Hart".

Dr Gill Hart MIBMS
Scientific Director

Homocysteine Test Result

Name: Mr Example Results

Date: 28 June 2013

Date Of Birth: 2/2/1901

Test Reference: 2006015699

Contact ID: 332597

Your Homocysteine Level:

| Value | Unit |
|-------|--------|
| 14 | µmol/L |

Result Interpretation:

| Homocysteine value (µmol/L) | Interpretation | Recommendations |
|-----------------------------|----------------|--|
| Less than 10 | Optimum level | Maintain your optimum level |
| 10 to 15 | At Risk | You are at an increased risk of developing conditions relating to high Homocysteine. Aim to reduce your levels to below 10. We recommend that you seek advice from your Healthcare Practitioner. |
| 16 to 20 | High Risk | |
| Over 20 | Very High Risk | |

Background Information:

This test measures homocysteine, a sulphur-containing amino acid, in blood plasma. There are an increasing number of studies that show Homocysteine to be a predictor of potential health problems. Raised blood homocysteine concentrations can both predict the development of heart disease and strokes; in older people even better than any usual measure of risk including cholesterol, blood pressure or smoking. High levels of homocysteine have been associated with infertility, affecting both men and women; women with high homocysteine levels find it harder to conceive and are at risk from repeated early miscarriage. Raised levels of homocysteine have also been implicated in migraine and linked to Alzheimer's disease, dementia, declining memory, poor concentration and judgement, and lowered mood.

How do I manage my homocysteine value?

Scientific evidence shows that vitamin supplementation with folic acid, vitamin B12, vitamin B6, trimethylglycine (TMG) and zinc are very effective in reducing plasma homocysteine levels.

Recommendations for specific vitamin supplementation levels can vary between providers and this subject is being debated by experts. The Food Standards Agency can provide further information on recommended levels of vitamin and mineral intake - visit www.eatwell.gov.uk/healthydiet/nutritionessentials/vitamins+minerals

A small number of people do not normalise their homocysteine levels. In these cases, the cause for the elevated levels should be determined by appropriate medical investigation.

Please be aware that homocysteine levels naturally increase with age due to the body's decreased ability to absorb vitamins.