

Biosystem Sufficiencies		Percentile (%)		Z-Score	
1	Ethanolamine Phospholipids (Total)	%	0 50 100	Z	-4.0 0 4.0
1a	Total Phosphatidylethanolamines (PEs)	50%		-0.2	
1b	Total ethanolamine plasmalogens (PLEs)	85%		0.8	
2	Ethanolamine Phospholipids (DHA)	%	0 50 100	Z	-4.0 0 4.0
2a	DHA-Phosphatidylethanolamine	50%		-0.2	
2b	EPA-Phosphatidylethanolamine	36%		-0.5	
2c	DHA-Ethanolamine Plasmalogen	78%		0.6	
2d	EPA-Ethanolamine Plasmalogen	77%		0.5	
3	Choline Phospholipids (Total)	%	0 50 100	Z	-4.0 0 4.0
3a	Total Phosphatidylcholine (PCs)	64%		0.3	
3b	Total Choline Plasmalogens (PLCs)	51%		-0.1	
4	Choline Phospholipids (DHA)	%	0 50 100	Z	-4.0 0 4.0
4a	DHA-Phosphatidylcholine	69%		0.4	
4b	EPA-Phosphatidylcholine	51%		-0.1	
4c	DHA-Choline Plasmalogen	75%		0.5	
4d	EPA-Choline Plasmalogen	66%		0.3	
5	Dietary Fatty Acids	%	0 50 100	Z	-4.0 0 4.0
5a	PtdCho 34:1 (16:0/18:1, OA/Omega-9)	87%		1.0	
5b	PtdCho 34:2 (16:0/18:2, LA/Omega-6)	47%		-0.1	
5c	PtdCho 36:4 (16:0/20:4, AA/Omega-6)	95%		1.7	
5d	PtdCho 38:6 (16:0/22:6,DHA/Omega-3)	69%		0.4	
6	Gastrointestinal Tract Acids (GTAs)	%	0 50 100	Z	-4.0 0 4.0
6a	Total GTAs	70%		0.3	
6b	Short Chain GTAs	67%		0.3	
6c	Long Chain GTAs	69%		0.3	
7	Iron Sufficiency	ug/dL	0 100 200		
7a	Total Iron	67			

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Biosystem Function		Percentile (%)		Z	Z-Score	
8	Methyltransferase/Choline System	%	0 50 100	Z	-4.0 0 4.0	
8a	Total Phosphatidylethanolamines (PEs)	50%		-0.2		
8b	Total Phosphatidylcholine (PCs)	64%		0.3		
8c	Sphingomyelins (total)	28%		-0.6		
8d	Ceramides (total)	13%		-1.0		
8e	Homocysteine	10				
		umol/L	0 10 20			
9	Mitochondrial Function	%	0 50 100	Z	-4.0 0 4.0	
9a	PtdEtn 36:2 (18:0/18:2, Linoleic)	62%		0.2		
9b	PtdEtn 38:4 (18:0/20:4, Arachidonic)	59%		0.0		
9c	PtdEtn 40:4 (18:0/22:4, Adrenic)	50%		-0.2		
10	Inflammation	%	0 50 100	Z	-4.0 0 4.0	
10a	Total GTAs	70%		0.3		
10b	C-Reactive Protein (HS)	1.10				
		mg/L	0 1 2			
11	Elongase 5 Activity	%	0 50 100	Z	-4.0 0 4.0	
11a	Overall ELOV5	14%		-1.0		
12	Peroxisomal Function	%	0 50 100	Z	-4.0 0 4.0	
12a	Total Phosphatidylethanolamines (PEs)	50%		-0.2		
12b	Total ethanolamine plasmalogens (PLEs)	85%		0.8		
12c	Total Phosphatidylcholine (PCs)	64%		0.3		
12d	Total Choline Plasmalogens (PLCs)	51%		-0.1		
12e	DHA-Phosphatidylethanolamine	50%		-0.2		
12f	EPA-Phosphatidylethanolamine	36%		-0.5		
12g	DHA-Ethanolamine Plasmalogen	78%		0.6		
12h	EPA-Ethanolamine Plasmalogen	77%		0.5		
12i	Triacylglycerols	77				
		mg/dL	0 100 200			
13	Cholesterol Transport	mg/dL	100 200 300			
13a	Total Cholesterol	204				
13b	HDL	64				
13c	LDL (Calculated)	125				
		mg/dL	0 100 200			
14	Kidney Function	mg/dL	0 1 2			
14a	Creatinine	0.7				
14b	Blood Urea Nitrogen	14.0				
14c	Uric Acid	4.8				
		mg/dL	0 5 10			

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