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**Gregory J. Massimi, MD**  
Laboratory Director  
CLIA No: 33D1057336

Phys: **AMERICARE WELLNESS LLC**  
2828 S. SEACREST BLVD SUITE 213  
BOYNTON BEACH, FL 33435  
(561) 536-3166

Patient: **FOGEL, ARIEL**  
DOB: 04/28/1973 Age: 52Y Gender: M  
Phone: (305) 810-9413 Fasting: N  
Spec#

JANKOWIAK, AURORA DNP

Accession: **2506280255** Coll. Date: 06/27/25 Recv. Date: 06/28/25 Print. Date: 07/02/25  
Chart#: Coll. Time: 09:00 Recv. Time: 18:27 Print. Time: 19:48  
First reported on: 06/28/2025 18:28 Final report date: 07/02/2025 19:48

Test Name	In Range	Out of Range	Reference	Units
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### HEMATOLOGY

#### CBC WITH DIFFERENTIAL

WBC	5.46		4.00-11.00	10(3)/uL
RBC	4.7		4.3-5.7	10(6)/uL
HEMOGLOBIN	14.0		13.5-17.5	g/dL
HEMATOCRIT	43.1		39.0-50.0	%
MCV	90.9		80-99	fL
MCH	30		25-33	pg
MCHC	33		31-35	g/dL
RDWSD	43.1		37.0-49.2	fL
RDWCV	12.8		11.0-15.5	%
Platelet Count	201		150-450	10(3)/uL
MPV	11.4		9.7-13.0	fL
Neutrophil Abs	3.12		1.40-6.51	10(3)/uL
Lymphocyte Abs	1.73		0.57-3.97	10(3)/uL
Monocyte Abs	0.48		0.22-0.93	10(3)/uL
Eosinophil Abs	0.09		0.00-0.39	10(3)/uL
Basophil Abs	0.03		0.01-0.07	10(3)/uL
Immature Granulocyte Abs	0.01		0.00-0.50	10(3)/uL
Neutrophil %	57.2		39.5-72.0	%
Lymphocyte %	31.7		19.0-53.0	%
Monocyte %	8.8		2.0-12.5	%
Eosinophil %	1.6		0-7	%
Basophil %	0.5		0-2	%
Immature Granulocyte %	0.2		0.0-1.5	%
NRBC Abs	0.00			10(3)/uL

### BLOOD BANK

#### ABO BLOOD GROUP AND RH TYPE

BLOOD GROUP (ABO)	O
RH TYPING	pos

### CHEMISTRY

#### BILIRUBIN DIRECT

BILIRUBIN DIRECT	<0.2		0.0-0.3	mg/dL
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#### (GGT) GAMMA GLUTAMYL TRANSFERASE

GGT	11		8-61	U/L
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#### MAGNESIUM SERUM



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<b>CHEMISTRY (Continued)</b>				
MAGNESIUM	2.3		1.6-2.6	mg/dL
URIC ACID				
URIC ACID	4.2		3.4-7.0	mg/dL
PHOSPHORUS (PHOSPHATE)				
PHOSPHORUS	3.6		2.5-4.5	mg/dL
HOMOCYSTEINE				
HOMOCYSTEINE	7.2		<=15.0	umol/L
LACTATE DEHYDROGENASE LDH				
LACTATE DEHYDROGENASE	136		135-225	U/L
IRON AND IRON-BINDING CAP				
IRON	85		59-158	ug/dL
<b>TRANSFERRIN</b>		<b>189 Low</b>	200-360	mg/dL
TOTAL IRON BINDING CAPACITY	265.0		250.0-450.0	ug/dL
UIBC	158		112-347	ug/dL
PERCENT IRON SATURATION	32		15-50	%
FERRITIN				
FERRITIN	124		30-400	ng/mL
IGF-1				
IGF-1	131		72.8-199.5	ng/mL
C-REACTIVE PROTEIN, HIGH SENSITIVITY QNT				
<b>CRP HIGH SENSITIVITY</b>		<b>1.1 High</b>	<=0.9	mg/L
Cardiovascular Disease Risk Assessment:				
hsCRP level (mg/L)		Relative Risk		
< 1.0		Low		
1.0 - 3.0		Average		
> 3.0		High		
LIPID PANEL				
<b>CHOLESTEROL</b>		<b>225 High</b>	<=200	mg/dL
CHOL/HDL RATIO	4.0		See Note	



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**CHEMISTRY (Continued)**

CHOL/HDL Ratio Heart Disease Risk:

		Male	Female
	Average	5.0	4.4
	2x Average	9.5	7.0
	3x Average	23.0	11.1
HDL CHOLESTEROL	58	>=40	mg/dL
VLDL CALCULATION	11	5-40	mg/dL
TRIGLYCERIDES	55	<=150	mg/dL
<b>LDL CALCULATION</b>		<=100	mg/dL
LDL/HDL RATIO	2.69	0.00-3.20	
		LDL/HDL Ratio	
		Male	Female
	Average Risk	3.60	3.20
	2x Average Risk	6.20	5.00

CMP (COMPREHENSIVE METABOLIC PANEL) WITHOUT POTASSIUM

GLUCOSE	96	70-99	mg/dL
SODIUM	143	136-145	mmol/L
CHLORIDE	107	98-107	mmol/L
BLOOD UREA NITROGEN	19.2	6.0-20.0	mg/dL
CREATININE	1.1	0.7-1.2	mg/dL
BUN/CREATININE RATIO	17.5	6.0-22.0	
CALCIUM	8.9	8.6-10.2	mg/dL
TOTAL PROTEIN	6.5	6.4-8.3	g/dL
GLOBULIN	2.1	1.8-4.0	g/dL
AG RATIO	2.1	1.0-2.1	
BILIRUBIN TOTAL	0.3	<=1.2	mg/dL
ALKALINE PHOSPHATASE	61	40-129	U/L
ALT (SGPT)	16	<=41	U/L
AST (SGOT)	15	<=40	U/L
EGFR	81	>=60	mL/min/1.73m 2

**GLYCO**

HEMOGLOBIN A1C			
HEMOGLOBIN A1C	5.0	4.2-5.6	%
Test Performed by Capillary Electrophoresis			
American Diabetes Association (ADA) interpretation of HbA1c:			
Non-Diabetic / Normal			
		< 5.7 %	



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<b>GLYCO (Continued)</b>				
Prediabetes (increased risk for diabetes)			5.7 - 6.4 %	
Diabetes			>=6.5 %	
INSULIN				
INSULIN	4.6		2.6-24.9	uU/mL
<b>ENDOCRINOLOGY</b>				
TSH				
TSH	3.09		0.30-4.20	uIU/mL
T4 FREE, THYROXINE				
T4 FREE	1.1		0.9-1.7	ng/dL
T3 FREE TRIIODOTHYRONINE				
T3 FREE	2.8		2.0-4.4	pg/mL
ANTI-THYROGLOBULIN IGG				
THYROGLOBULIN AB	17.2		<=115.0	IU/mL
THYROID PEROXIDASE AB (TPO)				
THYROID PEROXIDASE AB	12.5		<=34.0	IU/mL
ESTRADIOL-E2				
ESTRADIOL E2	16		11-43	pg/mL
PROGESTERONE				
PROGESTERONE	0.14		0.00-0.20	ng/mL
TESTOSTERONE FREE AND TOTAL				
ALBUMIN	4.4		3.5-5.2	g/dL
SHBG	43.0		19.3-76.4	nmol/L
TESTOSTERONE TOTAL	553		249-740	ng/dL
FREE TESTOSTERONE, CALCULATED	9.93		See Table	ng/dL

**Male:**

14 - 15 years: 0.30 - 13.80 ng/dL  
16 - 17 years: 3.80 - 17.30 ng/dL  
18 years and up: 4.70 - 24.40 ng/dL  
Tanner Stage IV: 3.50 - 16.90 ng/dL



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**ENDOCRINOLOGY (Continued)**

Tanner Stage V: 4.10 - 23.90 ng/dL

PERCENT FREE TESTOSTERONE 1.79 1.00-3.00 %

FSH FOLLICLE STIMULATING HORMONE  
 FSH 4.9 1.5-12.4 mIU/mL

LH LUTEINIZING HORMONE  
 LUTEINIZING HORMONE 3.5 1.7-8.6 mIU/mL

CORTISOL TOTAL, SERUM  
 CORTISOL 8.6 4.8-19.5 ug/dL

DHEA SULFATE  
 DHEA 168.00 44.30-331.00 ug/dL

ESTRONE  
 ESTRONE 28.5 0.0-174.0 pg/mL  
 This test is intended for the quantitative in vitro determination of estrone in human serum and supports the evaluation of estrone sufficiency.

ESTROGEN  
**ESTROGEN 37 Low** 56-213 pg/mL  
 This test is intended for quantitative in vitro determination of total estrogens in human serum. It is used as an aid in the diagnosis of diseases associated with total estrogens excess or deficiency in conjunction with other laboratory and clinical findings.

PREGNENOLONE  
 PREGNENOLONE 1.0 0.1-3.4 ng/mL  
 This test is intended for the quantitative in vitro determination of pregnenolone in human serum. It is used as an aid in the diagnosis of diseases associated with pregnenolone excess or deficiency in conjunction with other laboratory and clinical findings.

DEHYDROEPIANDROSTERONE  
 DEHYDROEPIANDROSTERONE 1.9 1.3-6.4 ng/mL  
 Concentrations of Dehydroepiandrosterone (DHEA) tend to decrease in women and men aged 60 - 80 years.



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#### ENDOCRINOLOGY (Continued)

This test is intended for the quantitative in vitro determination of Dehydroepiandrosterone (DHEA) in human serum to support the evaluation of dehydroepiandrosterone sufficiency.

#### TUMOR MARKERS

PSA TOTAL W/REF PSA FREE

PSA TOTAL 0.37 <=4.00 ng/mL

This test was performed using the Roche 801 ECLIA platform. Values obtained with different assay methods cannot be used interchangeably. Results cannot be interpreted as absolute evidence of the presence of malignant disease. The free PSA and percent free PSA are reported on a reflex basis only when the total PSA is between 4.00 and 10.00 ng/mL.

#### IMMUNOLOGY/SEROLOGY

CELIAC DISEASE

Celikey tTG IgA 1.5 0-7 U/ml  
<7 Negative

7-10 Equivocal

>10 Positive

Celikey tTG IgG 0.8 0-7 U/ml

<7 Negative

7-10 Equivocal

>10 Positive

Gliadin,Deamidated Peptide IgA 6.3 0-7 U/ml

<7 Negative

7-10 Equivocal

>10 Positive

Gliadin,Deamidated Peptide IgG 1.9 0-7 U/ml

<7 Negative

7-10 Equivocal

>10 Positive

ANA SCREEN, MULTIPLEX

ANA SCREEN Negative Negative

GASTROINTESTINAL(GI) DISTRESS PROFILE

EGG WHITE (F1) IGE <0.10 0-0.10 kU/L

Class 0

MILK (F2) IGE <0.10 0.00-0.10 kU/L

Class 0

CODFISH (F3) IGE <0.10 0-0.10 kU/L

Class 0



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**IMMUNOLOGY/SEROLOGY (Continued)**

WHEAT (F4) IGE	<0.10		0-0.10	kU/L
Class 0				
MAIZE / CORN (F8) IGE	<0.10		0-0.10	kU/L
Class 0				
SESAME SEED (F10) IGE	<0.10		0-0.10	kU/L
Class 0				
PEANUT (F13) IGE	<0.10		0-0.10	kU/L
Class 0				
SOYBEAN (F14) IGE	<0.10		0-0.10	kU/L
Class 0				
SHRIMP (F24) IGE	<0.10		0.00-0.10	kU/L
Class 0				
CLAM (F207) IGE	<0.10		0-0.10	kU/L
Class 0				
WALNUT (F256) IGE	<0.10		0-0.10	kU/L
Class 0				
GLUTEN (F79) IGE	<0.10		0-0.10	kU/L
Class 0				
SCALLOP (F338) IGE	<0.10		0-0.10	kU/L
Class 0				
Specific IgE(kU/L)	Level			Class
< 0.10	Absent or Not Detected			0
0.10-0.34	Very Low			0
0.35-0.70	Low			1
0.71-3.50	Moderate			2
3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

**ALLERGY**

ALTERNARIA ALTERNATA (M6) IGE				
ALTERNARIA ALTERNATA (M6)	<0.10		0-0.10	kU/L
Class 0				
Specific IgE(kU/L)	Level			Class
< 0.10	Absent or Not Detected			0
0.10-0.34	Very Low			0
0.35-0.70	Low			1
0.71-3.50	Moderate			2



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**ALLERGY (Continued)**

3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

**AUREOBASIDIUM PULLULANS (M12) IGE**

A.PULLULANS (M12) IGE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**ASPERGILLUS FUMIGATUS (M3) IGE**

ASPERGILLUS FUMIGATUS (M3) <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**BLOMIA TROPICALIS (D201) IGE**

BLOMIA TROPICALIS <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2





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**ALLERGY (Continued)**

3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

**CANDIDA ALBICANS (M5) IGE**

CANDIDA ALBICANS (M5) IGE <0.10 0-0.10 kU/L  
 Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**CAT DANDER (E1) IGE**

CAT EPITHEL. & DANDER IGE <0.10 0-0.10 kU/L  
 Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**CLADOSPORIUM HERBARUM (M2) IGE**

CLADOSPORIUM HERBARUM(M2) IGE <0.10 0-0.10 kU/L  
 Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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**ALLERGY (Continued)**

3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

**D. PTERONYX SINUS (D1) IGE**

D. PTERONYX SINUS(D1) IGE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**DERMATOPHAGOIDES FARINAE (D2) IGE**

DERMATOPHAGOIDES FARINAE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**DOG DANDER (E5) IGE**

DOG DANDER (E5) IGE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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2828 S. SEACREST BLVD SUITE 213  
BOYNTON BEACH, FL 33435  
(561) 536-3166

Patient: **FOGEL, ARIEL**  
DOB: 04/28/1973 Age: 52Y Gender: M  
Phone: (305) 810-9413 Fasting: N  
Spec#

JANKOWIAK, AURORA DNP

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Test Name	In Range	Out of Range	Reference	Units
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**ALLERGY (Continued)**

3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

**MUCOR RACEMOSUS (M4) IGE**

MUCOR RACEMOSUS (M4) IGE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**PENICILLIUM NOTATUM (M1) IGE**

PENICILLIUM NOTATUM (M1) <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

**PHOMA BETAE (M13) IGE**

PHOMA BETAE (M13) IGE <0.10 0-0.10 kU/L  
Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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#### ALLERGY (Continued)

3.51-17.5	High			3
17.6-50.0	Very High			4
51.0-100.0	Very High			5
>100.0	Very High			6

#### IGE SERUM

TOTAL IGE	9	0-87	kU/L
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#### TRACE ELEMENTS

##### LEAD, BLOOD

LEAD	<1.0	<5.0	ug/dL
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This test was performed using inductively coupled plasma mass spectrometry (ICP-MS). It was developed and its performance characteristics determined by Empire City Laboratories. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This test is used for clinical purposes. It should not be regarded as investigational or for research. The results are not intended to be used as the sole means for clinical diagnosis or patient management decisions. This laboratory is certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA-88) as qualified to perform high complexity clinical laboratory testing.

##### CADMIUM, BLOOD

CADMIUM, BLOOD	<0.5	<=5.0	ug/L
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##### Reference range:

Adults, Non-Smokers: 1.7 ug/L or less

Adults, Smokers: 5.0 ug/L or less

OSHA Reference range: 5.0 ug/L or less

Toxic Concentration: Early signs of toxicity have been observed at 30 ug/L. Elevated blood cadmium levels confirm recent acute exposure, but do not correlate with body burden or clinical outcome, and should not be used to determine the need for treatment. The best screening and diagnostic test for chronic cadmium exposure is a 24-hour urinary cadmium level, normalized to creatinine excretion.

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#### TRACE ELEMENTS (Continued)

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#### MERCURY, BLOOD

MERCURY, BLOOD 5.5 0.0-10.0 ug/L

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#### ZINC, SERUM

ZINC, SERUM 1004 600-1300 ug/L

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#### NUTRITION

##### VITAMIN A [RETINOL]

VITAMIN A (RETINOL) 40.0 38.0-98.0 ug/dL

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#### NUTRITION (Continued)

##### FOLATE SERUM (FOLIC ACID)

FOLATE	14.7		4.6-34.8	ng/mL
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##### VITAMIN B12

VITAMIN B12	928		232-1245	pg/mL
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##### VITAMIN 25OH-D [D2, D3] LCMS

VITAMIN D25-OH,TOTAL	49.9		30.0-100.0	ng/mL
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VITAMIN D25-OH,D3	49.9			ng/mL
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VITAMIN D25-OH,D2	<2.3			ng/mL
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25-OHD3 indicates both endogenous production and supplementation. 25-OHD2 is an indicator of exogenous sources such as diet or supplementation. Therapy is based on measurement of Total 25-OHD, with levels <20 ng/mL indicative of Vitamin D deficiency, while levels between 20 ng/mL and 30 ng/mL suggest insufficiency. Optimal levels are > or = 30 ng/mL.

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##### VITAMIN E (TOCOPHEROL)

VITAMIN E (ALPHA)	10.6		5.7-19.9	mg/L
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##### VITAMIN K1

VITAMIN K1	661		80-1550	pg/mL
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This test was developed and its performance characteristics determined by Empire



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#### NUTRITION (Continued)

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Vitamin K result may be lower if specimen was not received frozen.