



**Prodia Medical Laboratory**  
Jl. Ir Soekarno  
Kediri, Tabanan, Bali

Contact Prodia : 1500830

*Clinical Pathologist :*  
dr. I Nyoman Gde Sumardika, Sp.PK

Physician : dr Eka Budhi Pahyuni, Ni Wayan (P)  
Address : Klinik Prodia Tabanan Jl Dr. Ir. Soekarno, Banjar Anyar, Kediri  
Tabanan Kab.  
Reg No./ Date : **2305270014 / 27-05-2023** Gender : Male  
Customer ID : 0057-2305.00465 DOB / Age : 05-08-1990 / 32 Year 9 Month  
Patient Name : **Mr. Mikhail Shatrov** Mobile Phone : 081337481923  
Address : Jl. Arjuna Gg. Raja Seminyak Kuta  
Badung Kab.  
Result status :

| Parameter                                    | Result  | Ref. Range    | Unit   | Note   |
|--|---------|---------------|--------|--|
| <b>ENDOCRINOLOGY</b>                         |         |               |        |  |
| TSHs #1                                      | 1.284   | 0.350 - 4.940 | mU/L   | Adult, > 18 years  |
| Total T3 #1                                  | 1.46    | 0.89 - 2.44   | nmol/L | Adults, > 20 years   |
| Total T4 #1                                  | 89.32   | 62.7 - 151    | nmol/L | Adults, > 20 years   |
| <b>MICRONUTRIENTS AND HEAVY METAL</b>        |         |               |        |  |
| Vitamin D 25-OH Total #1                     | 83.6    | 75 - 250      | nmol/L | Method : CMIA<br>Vitamin D Status :<br>Deficiency : < 50<br>Insufficiency : 52.5 - 72.5<br>Sufficiency : 75 - 250<br>Toxicity : > 375<br>(Endocrine Society, 2018) |
| Omega PROfile                                |         |               |        |  |
| Ratio :                                      |         |               |        |  |
| Omega 6/Omega 3                              | 8.5     | 3.4 - 10.7    |        | GC-MS Method<br>The Methods and performance of<br>this tests have been validated by<br>The Prodia Laboratory   |
| AA/EPA                                       | 7 *     | 12 - 125      |        |  |
| Omega 3 Index                                | 6.0     | >=4.0         |        |  |
| Omega 3 Fatty Acids                          |         |               |        |  |
| alpha-Linolenic Acid (ALA), C18:3 w3         | 16 *    | 50 - 130      | umol/L | ≥ 18 years   |
| Eicosapentaenoic Acid (EPA), C20:5 w3        | 114 *   | 14 - 100      | umol/L | ≥ 18 years   |
| Docosahexaenoic Acid (DHA), C22:6 w3         | 215     | 30 - 250      | umol/L | ≥ 18 years   |
| Omega 3                                      | 345     | 200 - 500     | umol/L | ≥ 18 years   |
| Omega 6 Fatty Acids                          |         |               |        |  |
| Linoleic Acid, C18:2 w6                      | 2,025 * | 2,270 - 3,850 | umol/L | ≥ 18 years   |
| gamma-Linolenic Acid (GLA), C18:3 w6         | 19      | 16 - 150      | umol/L | ≥ 18 years   |
| Dihomo-gamma-linolenic Acid (DGLA), C20:3 w6 | 68      | 50 - 250      | umol/L | ≥ 18 years   |
| Arachidonic Acid (AA), C20:4 w6              | 806     | 520 - 1,490   | umol/L | ≥ 18 years   |
| Omega 6                                      | 2,918 * | 3,000 - 5,400 | umol/L | ≥ 18 years   |



*Numerical result use dot as a decimal separator*

\* indicates value(s) not within reference range

# The test was performed in Prodia Clinical Laboratory, Kramat Raya 150, Jakarta

**# The test was performed in Prodia Clinical Laboratory, Kramat Raya 15  
Interpretation of test(s) result should be done only by doctors/clinicians.**

*Interpretation of test(s) result should be done only by doctors/clinicians  
For your confidentiality, please do not share this report to social media and other publication.*

*For your confidentiality, please do not share this report to social media and other publication*

C/PST/00/058-02/0613

Hal : 1 / 2 @ 05-06-2023 18:58:40 by Ni Putu Erawati



Prodia Medical Laboratory  
Jl. Ir Soekarno  
Kediri, Tabanan, Bali

Contact Prodia : 1500830

Clinical Pathologist :  
dr. I Nyoman Gde Sumardika, Sp.PK

Reg No./ Date : 2305270014 / 27-05-2023

Customer ID : 0057-2305.00465

Patient Name : Mr. Mikhail Shatrov

Gender : Male

DOB / Age : 05-08-1990 / 32 Year 9 Month

Mobile Phone : 081337481923

| Parameter            | Result | Ref. Range    | Unit   | Note       |
|----------------------|--------|---------------|--------|------------|
| Omega 9 Fatty Acids  |        |               |        |            |
| Oleic Acid, C18:1 w9 | 1,035  | 650 - 3,500   | umol/L | ≥ 18 years |
| Polyunsaturated      | 3,263  | 3,200 - 5,800 | umol/L | ≥ 18 years |

Specimen collection time :  
Blood - 27/05/2023 09:41

#1 : Test with this mark was referred to Prodia DENPASAR whose pathologist in charge  
is DR. Dr. Sianny Herawati, SpPK (K)

Authorized by,  
  
Ni Putu Erawati  
Quality Validator



C/PST/00/058-02/0613  
Hal : 2 / 2 @ 05-06-2023 18:58:40 by Ni Putu Erawati

Numerical result use dot as a decimal separator

\* indicates value(s) not within reference range

# The test was performed in Prodia Clinical Laboratory, Kramat Raya 150, Jakarta

Interpretation of test(s) result should be done only by doctors/clinicians

For your confidentiality, please do not share this report to social media and other publication



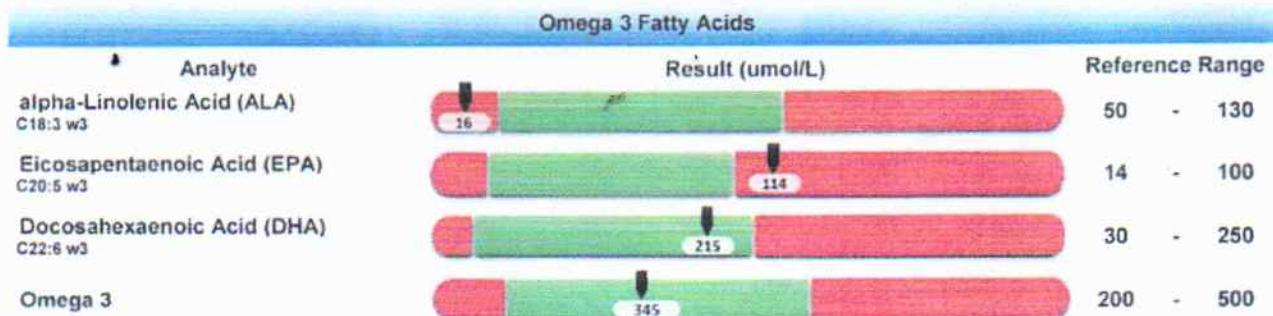
**Prodia**



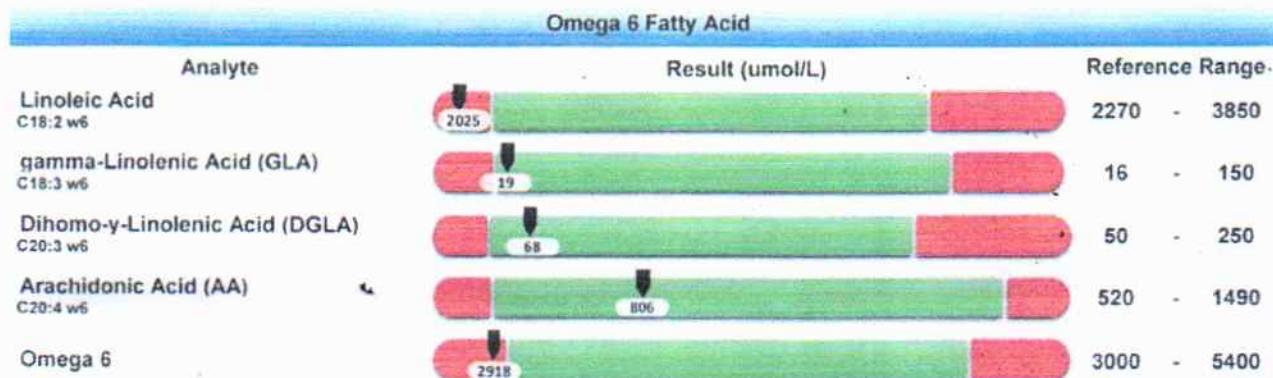
## Omega PROfile Result

Patient Name: Mikhail Shatrov  
 Lab Number: R2305270728S  
 Age: 32 years

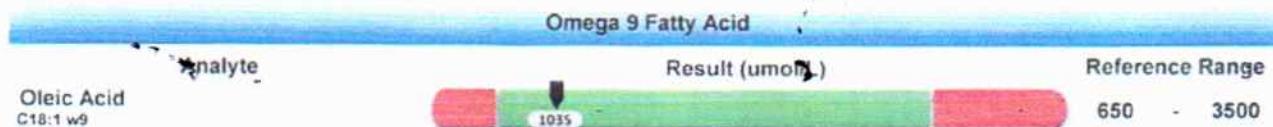
Ref. Number: MAW-2305270014



Sources of Omega 3 Fatty Acids : Salmon, Mackerel, Tuna, Herring, Sardines, Flaxseed, Chia Seeds, Walnuts, Canola Oil, Avocado, and Fortified Foods such as Eggs, Yoghurt, Juices, Milk, Soy Beverages, and Infant Formulas



Sources of Omega 6 Fatty Acids : Flaxseed oil, Hempseed, Grapeseed Oil, Pumpkin Seeds, Sunflower Seeds, Pignolia Nuts, Pistachios, Corn Oil, Cottonseed Oil, Soybean Oil, Meat, and Dairy Products



Sources of Omega 9 Fatty Acids : Olive Oil, Canola Oil, Olives, Avocados, Almonds, Peanuts, Pecans, Cashew, Hazelnuts, and Macadamia





• Prodia

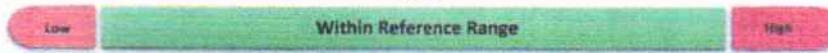


Patient Name  
Lab. Number  
Age

Mikhail Shatrov  
R2305270728S  
32 years

Ref. Number  
MAW-2305270014

Note :



Authorized by :

Mass Spectrometry & Separation Sciences Laboratory Head

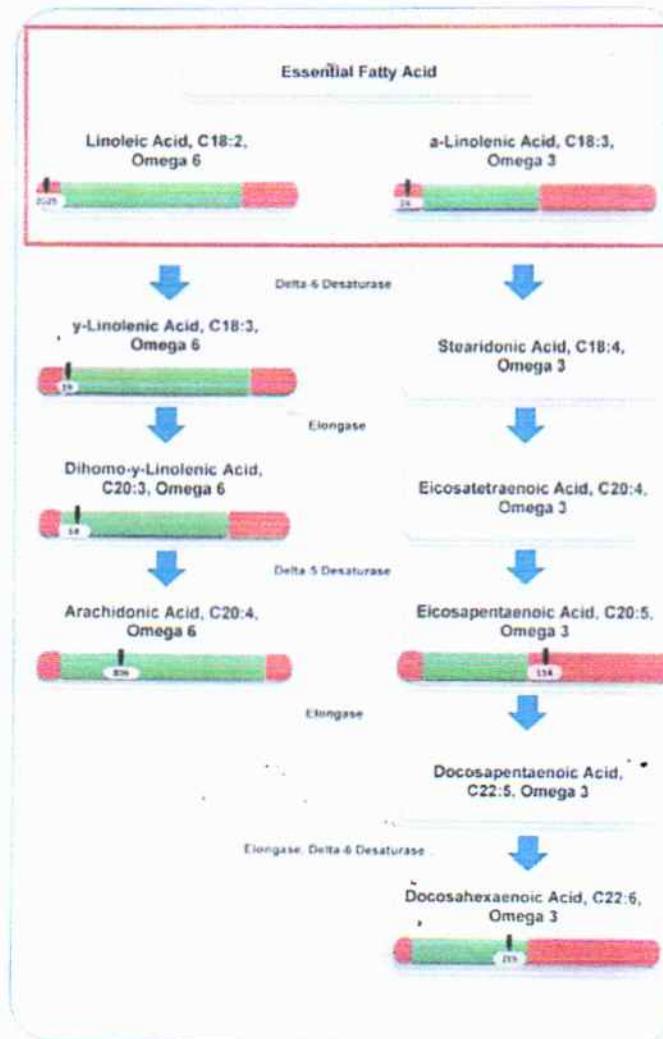
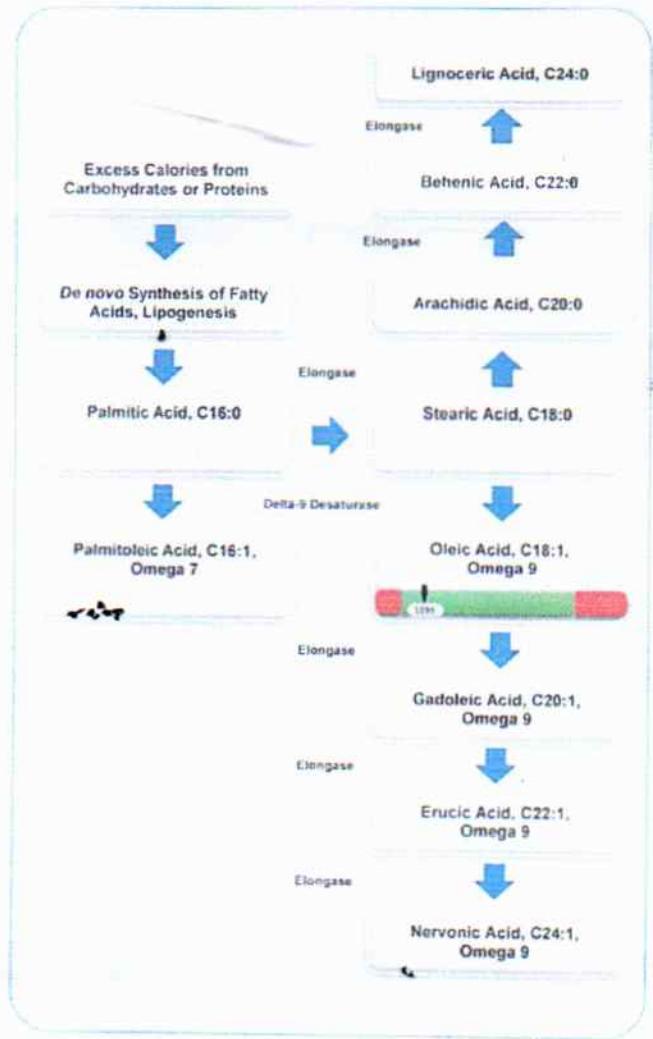


**Prodia**



## Fatty Acid Metabolism

Patient Name: Mikhail Shatrov  
 Lab. Number/Date: R23052707285  
 Age: 32 years



### Vitamin and Mineral Cofactors:

Delta-5 Desaturase: Vitamin B2, Vitamin B3, Vitamin B6, Vitamin C, Biotin, Zn, Mg  
 Delta-6 Desaturase: Vitamin B2, Vitamin B3, Vitamin B6, Vitamin C, Biotin, Zn, Mg  
 Delta-9 Desaturase: Vitamin B2, Vitamin B3, Vitamin B6, Vitamin C, Biotin, Zn, Mg  
 Elongase: Vitamin B2, Vitamin B3, Vitamin B6, Vitamin C