



Interpreting the Metabolic Code Health and Vitality Assessment Report

Introduction to Your Health and Vitality

The opening pages introduce the patient to the premise of Metabolic Code and the difference it can make on their journey to wellness. It emphasizes that all areas of the body work together and how Metabolic Code assists the practitioner in uncovering any underlying metabolic issues that may stand between them and their health goals. It explains the importance of the symptoms survey, metabolic biometrics and lab analysis and how all three of those factors create their personalized Metabolic Code Health and Vitality Assessment Report.

Total Predictive Risk

The Triads are shown, ranked in order of highest risk to least, dependent on the patient's Triad score. This portion also shows the components that make up each Triad and combines the symptom score with the lab score to determine low, moderate or high risk for every section.

Predictive Vitality Wellness Indicators

The Metabolic Code Vitality Index highlights different areas to show how the body's chemistry is performing and also provides a vitality score along with risk level.

Lab Results

The next few pages break down all the patient's lab values corresponding to each part of each Triad. It will show the normal range for each area and what the actual lab values are. The Report will also show where the on the alert scale each result falls (Low, Low Normal, Optimal Normal, High Normal or High).

Survey Analysis

The Survey Analysis page shows the Triads in ranking order from highest to lowest solely based on the patient's symptom score. It also shows where each symptom score lands on the low to high risk scale.

Lab Analysis

The Lab Analysis pages show the Triads in ranking order based on the patient's lab test results. It presents which levels were low or high, provides a summary of what each Triad is comprised of and what occurs when all parts of the Triad are working in harmony.

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Alert Lab Summary

These pages pin point the lab values that are low, trending low, trending high or high. The patient is provided an explanation of what each level is and given insight as to why the values may be where they are.

Adrenal

This is the page that presents cortisol levels provides the patient with the results of their urine test. It shows the optimal range for each cortisol, what the patient's actual value was and whether it is considered low/high alert or optimal.

Drug Induced Nutrient Depletion

This area explains to the term Drug-Induced Nutrient Depletion and lists which medications (prescription and non-prescription) could potentially lead to the worsening of certain symptoms, resulting in possible chronic conditions.

Nutritional Supplement Schedule

In an effort to improve the patient's metabolic balance, the MC Report will provide supplement recommendations and regimens based on the top two Triads with the highest points.

Triad Organ Systems

The last pages of the MC Report provide the patient thorough information about their top two Triads. It will explain the location, function and relationship of every component that makes up the Triad.