**Nutrition and Metabolic Health Status**

**Disclaimer**  
By submitting this form, I confirm that the information provided is true and accurate to the best of my knowledge. I understand that this information may be used to create my health plan, and I agree to allow it to be shared with third parties if necessary for my care.

**Personal Information**

1. Date of Visit: (DD/MM/YYYY)
2. Name of Beneficiary:
3. Date of Birth: (DD/MM/YYYY)
4. Age:
5. Gender:  
   o ☐ Male  
   o ☐ Female
6. Primary Phone Number (WhatsApp):
7. Email Address:
8. How did you hear about us?  
   o ☐ Word of mouth/referral  
   o ☐ Social media  
   o ☐ Website  
   o ☐ Event/Exhibition  
   o ☐ Advertisement  
   o ☐ Health Professional  
   o ☐ Other (please specify):
9. What problem/health issue brings you here today? (Vital signs)
10. How long have you had this health problem? (Please specify the approximate period)

Nutrition and Metabolic Health Status

| **Health Condition/Disease** | **Biomarker/Indicator** | **Threshold/Ideal Value** |
| --- | --- | --- |
| **Hypertension** | Systolic/Diastolic | > 125/80 mmHg |
| **Metabolic Syndrome** (inflammation, mitochondrial dysfunction, insulin resistance, oxidative stress) | Waist circumference (Males) | > 40 inches |
|  | Waist circumference (Females) | > 35 inches |
|  | LDL-P | > 1000 |
|  | TG: HDL Ratio (Caucasians) | > 2.5 |
|  | TG: HDL Ratio (African Americans) | > 1.5 |
|  | TG: HDL Ratio (Latinos) | - |
| **Heart Disease** | Serum Homocysteine | > 15 μmol/L |
| **Fatty Liver Disease** | Alanine transaminase (ALT) (Caucasians) | > 25 IU/L |
|  | ALT (African Americans) | > 20 IU/L |
|  | ALT (Latinos) | > 30 IU/L |
|  | Gamma-glutamyl transferase (GGT) | > 35 IU/L |
|  | Fasting Insulin Level | > 15 μIU/mL |
| **Gout, Hypertension, Mitochondrial Dysfunction, Insulin Resistance, Liver Fat** | Uric Acid Level | > 5.5 mg/dL |
| **Glucose Intolerance** | Fasting Glucose | > 5.6 mmol/L |
|  | 2-Hour Glucose | > 7.8 mmol/L |
|  | HbA1c | > 6.0% |
| **Type 2 Diabetes Mellitus** | Fasting Glucose | > 7.0 mmol/L |
|  | 2-Hour Glucose | > 11.1 mmol/L |
|  | HbA1c | > 6.5% |
| **Dyslipidemia and Heart Disease** | TG: HDL Ratio | > 2.5 |
|  | LDL-C | > 300 mg/dL |
|  | LDL-P | > 1000 |
|  | Serum Homocysteine | > 15 μmol/L |
| **Insulin Resistance** | Fasting Insulin | > 15 μIU/mL |
| **Insulin Hypersecretion** | OGTT | 3-hour OGTT with insulin levels |
| **Cardiovascular Health** | HDL-C (Men) | < 40 mg/dL |
|  | HDL-C (Women) | < 50 mg/dL |
| **Familial Hypercholesterolemia** | LDL-C | > 300 mg/dL |
| **Metabolic imbalances such as insulin resistance, or mitochondrial dysfunction** | Poor Memory and Concentration | Yes |
| **Cognitive impairment linked to Insulin resistance, metabolic syndrome, or chronic inflammation** | Trouble remembering/Mentally tired | Yes |
| **Metabolic depression or anxiety due to blood sugar imbalances** | Anxious or sad | Yes |
| **Anemia** | Hemoglobin (HB) Level (Men) | < 13.5 g/dL |
|  | Hemoglobin (HB) Level (Women) | < 12.0 g/dL |
| **Overweight** | BMI = (Weight (kg) / Height² (m²)) | BMI > 25 |
| **Obesity** | BMI = (Weight (kg) / Height² (m²)) | BMI > 30 |
| **Cardiovascular Disease, Stroke, Dementia** | Serum Homocysteine | > 15 μmol/L |
| **Inflammation, Autoimmune Diseases, Infections** (high-risk) | C-Reactive Protein (CRP) | > 3.0 mg/L |
| **Inflammation, Autoimmune Diseases, Infections** (moderate-risk) | C-Reactive Protein (CRP) | 1.0–3.0 mg/L |
| **Chronic Kidney Disease (CKD), Acute Renal Failure** | Creatinine (Women) | > 106 μmol/L |
|  | Creatinine (Men) | > 124 μmol/L |
| **Kidney Disease, Dehydration, Heart Failure** | BUN (Blood Urea Nitrogen) | > 7.14 mmol/L |
| **Vitamin D Deficiency, Bone Health Issues** | Vitamin D (25-hydroxyvitamin D) | < 50 nmol/L |