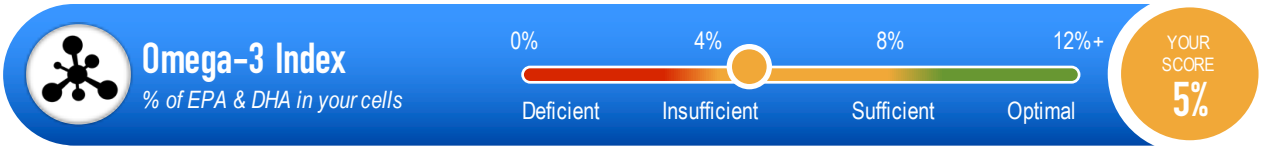
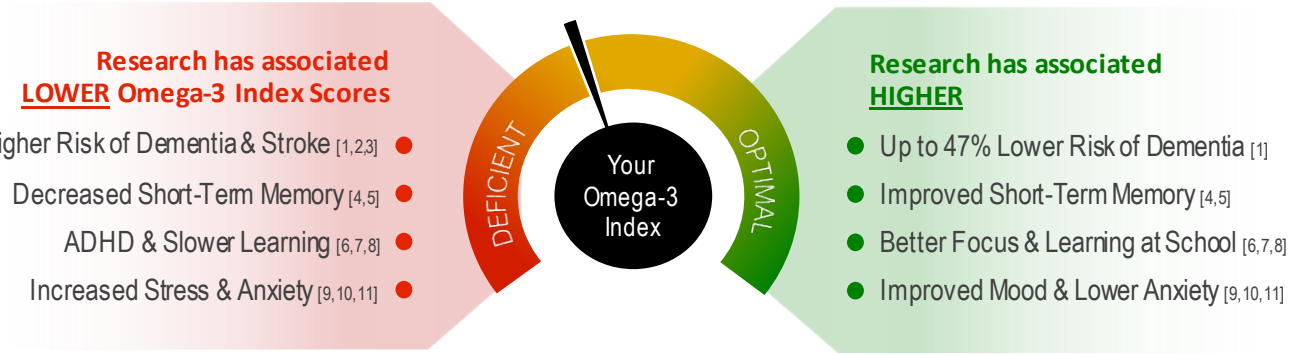
Emily Johnson DOB: 04/14/68 Serial # HCP-11303
Assessment Date: 10/25/17 Lab Processing Date: 11/01/17



YOUR OMEGA-3 INDEX:
The human brain is nearly 60 percent fat with the majority being Omega-3 fatty acids. These are the building blocks of the brain and are crucial molecules that determine the brain's integrity and ability to perform. Omega-3s cannot be made by your body, so it is critical to obtain them by eating fish or taking fish oil. However, when it comes to Omega-3s, the most important factor is how much is being absorbed by your blood cells.

Consistently measuring your Omega-3 Index is the only way to maintain optimal levels. An Omega-3 Index over 8% is associated with improved memory, attention, learning, mood staibility, faster recovery from concussion as well as lower anxiety, depression, and inflammation. Additionally, tracking your Omega-3 Index over time is one of the most important ways to help prevent alzheimer's disease, cognitive decline, and cardiovascular disease. Omega-3s are to your brain cells what calcium is to your bones; or what protein is to your muscles.

RESEARCH & ASSOCIATED CONDITIONS:
The graph below shows how your Omega-3 Index compares to current research studies.



PERSONALIZED RECOMMENDATIONS:
To achieve an Omega-3 Index in the optimal green zone in 3 months, you will need to do one of the following:

Eat a 3 oz. serving of oily fish (Salmon, Herring, Bluefin) at least 11 times per week

or

Take a high quality Omega-3 supplement with 2,500 milligrams of combined EPA & DHA per day

Ask your doctor to recommend a quality Omega-3 supplement that has demonstrated a high level of cellular absorption. The most important factor is how much EPA and DHA is absorbed into your blood cells. How it gets there (fish or supplements) really doesn't matter, as long as its absorbed. ONLY choose high quality Omega-3 supplements with both EPA & DHA (from fish). Omega-3 supplements with ALA (from plants) will have little effect improving your cell health or your Omega-3 Index. See Appendix A of this report for information on how to choose quality Omega-3 supplements.

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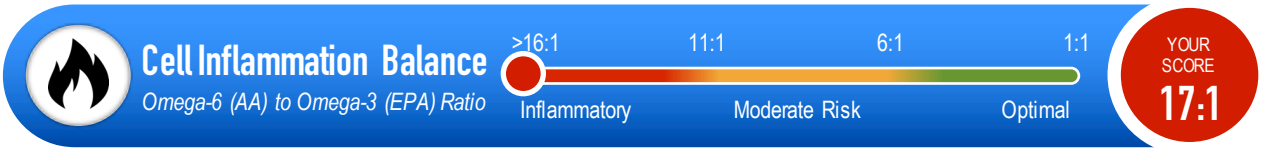
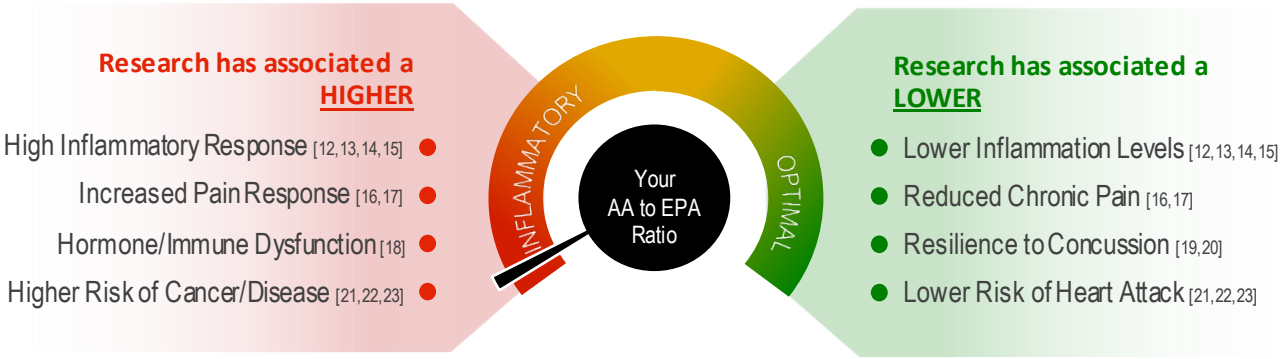


YOUR CELL INFLAMMATION BALANCE:
The majority of people in the United States have major imbalances in fatty acids due to the way we eat and grow our food. We have a significant deficiency of Omega-3s (from fish) in our diet and a significant excess of Omega-6s (from corn, soy, vegetable oils, and processed foods).

The fatty acids in your cell membrane are a reflection of the average fatty acids in your diet over the last 90 days. However, Omega-6s tend to increase inflammation whereas Omega-3s tend to decrease inflammation. Balancing these fatty acids is foundational to properly regulating your body's inflammatory response.

Everyone should track their dietary balance of pro-inflammatory Omega-6s to anti-inflammatory Omega-3s. A ratio of 6 or less Omega-6s to every 1 Omega-3 is essential to properly balancing inflammation, modulating pain receptors, and regulating immune system function.

RESEARCH & ASSOCIATED CONDITIONS:
The graph below shows how your AA (Omega-6) to EPA (Omega-3) Ratio compares to current research studies.



RECOMMENDATIONS:
To improve your Cell Inflammation Balance within 3 months, you will need to do the following:

Nutritional supplements like boswellia serrata and curcumin inhibit Omega-6 inflammatory pathways and help balance inflammation.

Processed foods are high in pro-inflammatory Omega-6s. Reducing these foods will help balance your inflammation ratio.

Grass fed meat is higher in Omega-3s. Grain fed meat is high in Omega-6s. Eating grass fed meat will improve your ratio.

Replace commonly used vegetable oils with healthier alternatives such as olive, macadamia nut, or hi-oleic sunflower oils.

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Carb Burn Rate Index

Cellular Palmitic Acid Level

YOUR SCORE **21%**

YOUR CARB BURN RATE INDEX:
Excessive palmitic acid (usually from a diet high in simple carbohydrates) is associated with fatty acid alterations within the cell that can suppress the proper signaling of hormones critical to proper cell-to-cell signaling. Maintaining optimal palmitic acid levels helps normalize leptin and insulin signaling, which helps regulate your metabolism, increases your energy, and improves neurotransmitter communication.

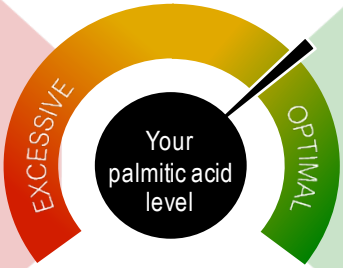
Your brain communicates with your fat cells throughout your body using leptin signaling. Similar to how a thermostat turns on and off the air to keep the temperature in your house stable, leptin communicates to your cells to burn or store fat.

When proper leptin signaling occurs, the brain properly stimulates a feeling of "full", increases energy, and starts burning body fat. When leptin signaling is suppressed, the brain stays in "hungry" mode, lowers energy output, and stores body fat.

RESEARCH & ASSOCIATED CONDITIONS:
The graph below shows how your palmitic acid level may be affecting your leptin signaling.

Research has associated HIGHER palmitic acid with decreased leptin

- Increased Feeling of Hunger [24]
- Lower Energy Levels [24,25,26]
- Increased Storage of Body Fat [26]
- Risk of Metabolic Syndrome [25,27,28]



Research has associated LOWER palmitic acid with improved leptin

- Proper Senstivity to Feeling Full [24]
- Increased Energy Levels [24,25,26]
- Optimal Metabolism/Fat Burning [26]
- Normalized Leptin & Insulin [25,27,28]

RECOMMENDATIONS:
Congratulations - your Carb Burn Rate Index is in the optimal green zone!

Supplements such as coenzyme Q10 & chromium encourage healthy blood sugar by improving carbohydrate metabolism

Reduce your consumption of simple carbs (sugars) so they don't convert to palmitic acid and store up in your cells.

Eat smaller, low glycemic, high protein meals more frequently throughout the day to stabilize your blood sugar production.

Increase exercise so that your body uses more calories and does not convert as much glucose to palmitic acid for storage.

Memory Capacity

Working & Recognition Memory Tests

YOUR SCORE **5.5**

What This Score Means to You

On the memory capacity test, you scored a 5.5 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.

Working memory is the process whereby your brain is able to temporarily store information in the moment and recall it when you need it.

Poor working memory may be associated with nutritional deficits in the cells of the hippocampus – the part of the brain that stores memories.

Poor working memory scores may suggest brain cell nutrient deficiencies, inflammation, insufficient neuronal connections, or poor quality sleep.

How to Improve Your Memory Capacity

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your working memory.
- ✓ Phosphatidylserine has been shown to enhance memory for words, faces, names, and numbers, and supports brain health across the lifespan.
- ✓ Quality sleep is necessary to consolidate memories so that they can be recalled in the future.
- ✓ Vitamin D – research shows that memory declines up to 300% faster in individuals with low levels of vitamin D. Only use a quality supplement with high cellular absorption.
- ✓ Aerobic exercise has been shown to boost the size of the hippocampus, the brain area involved in memory.
- ✓ Sage is excellent for better brain functioning and boosting memory recall.

Sustained Attention

Sustained Attention Tests

YOUR SCORE **3**

What This Score Means to You

On the sustained attention test, you scored a 3 out of 10 based on your age and gender. This is considered to be in the POOR range.

To efficiently sustain your attention and 'tune out' competing distractions, your brain must produce specific neurotransmitters. However, your brain requires adequate nutrients to create these neurotransmitters.

Attentional problems may be associated with deficiencies in the pre-frontal region of the brain, which controls selective attention, impulsivity, and motivation. These impairments may be caused from nutrient deficiencies, stress, or inflammation.

How to Improve Your Sustained Attention

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your sustained attention.
- ✓ Consume a good amount of protein each day. Proteins contain the amino acids that your brain needs in order to create dopamine and improve attention.
- ✓ Vitamin B6 with Magnesium supports attention by helping your brain cells to produce key neurotransmitters vital to sustaining attention.
- ✓ Sleep quality and quantity is essential to sustained attention.
- ✓ Zinc provides the brain with antioxidant protection and helps produce the sleep hormone melatonin. Zinc has consistently enhanced attention and behavior in clinical trials.
- ✓ Cinnamon has been shown to help attention and it helps regulate blood sugar.

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Cognitive Flexibility

Switching of Attention Test

YOUR SCORE 4

What This Score Means to You

On the cognitive flexibility test, you scored a 4 out of 10 based on your age and gender. This is considered to be in the LOW range.

Cognitive flexibility is your capacity to rapidly adapt your thinking based on new information and not get stuck in compulsive behavior. Your brain must be able to reorganize itself by forming new neural connections.

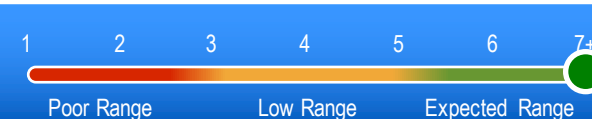
Poor cognitive flexibility scores may be due to a decreased production of the neurotransmitters serotonin and GABA.

How to Improve Cognitive Flexibility

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your cognitive flexibility.
- ✓ Meditation – research has shown that mindfulness meditation can significantly enhance cognitive flexibility.
- ✓ Probiotics support gut microbiome function and optimize the production of neurotransmitters Serotonin and GABA, which help support cognitive flexibility.
- ✓ 5-HTP is a metabolite naturally made in the brain, is converted to serotonin as needed to promote positive mood, relaxation, and quality sleep.
- ✓ Vitamin B12 with Folate is essential for structural integrity of the brain and spinal cord. They produce neurotransmitters and key enzymes that improve overall cognitive skills.

Processing Speed

Choice Reaction Speed Test



YOUR SCORE 7

What This Score Means to You

On the processing speed test, you scored a 7 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.

Processing speed is the pace at which you take in information, make sense of it and begin to respond. It has nothing to do with how smart you are -- just how fast you can take in and use information.

Slow processing speed is associated with inefficient connections in the brain's gray matter. These weak connections may be due to nutrient deficiencies in brain cells, limited production of vital neurotransmitters, chronic stress, lack of quality sleep, and toxins in your diet (such as refined sugars and processed foods).

How to Improve Processing Speed

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your processing speed.
- ✓ Curcumin (Turmeric) keeps your brain sharp under pressure. It has also been shown to decrease plaques in the brain linked to Alzheimer's disease.
- ✓ Ginkgo Biloba & Acetyl-L-Carnitine have been shown to enhance cognition in healthy individuals as well as those with age related cognitive impairment.
- ✓ L-Tyrosine can increase the production of neurotransmitters that are essential for the brain's functions such as processing speed, problem solving, and making decisions.
- ✓ A recent study showed that one particular type of brain exercise - called "speed training" can increase processing speed and even significantly reduce the risk of developing dementia.

Healthcare Provider:	Dr. Quinn	**Date of Assessment:**	10/25/17
Office Phone:	(555) 524-9450	**Lab Processing Date:**	11/1/17
		BarcodeID:	HCP-11303
Provider Signature:		**Patient Name:**	Emily Johnson

Getting in the green zone increases your longevity and the quality of your life. But green zones do not mean areas you should ignore, but areas you want to sustain, and re-check as your body's needs will change as you age. All of the recommendations printed below are only a starting place for you and your practitioner. Your practitioner may choose to modify or focus on a particular area based on your clinical needs. Re-testing at 90 days from your first test is critical, to ensure you are on the right track. Then every 6 months is ideal.

Summary of Results & Recommendations

Test/Description	Score History (10/25/17)	Current Score (10/25/17)	Recommendations
Omega-3 Index *% EPA/DHA in Cell Membrane* - Memory/Focus/Mood		5% BELOW OPTIMAL RANGE	**Cod Liver Oil** Perle(s)/day: _____ or **Calamari Omega-3 Liquid** Tsp(s)/day: _____ *Tuna Omega-3 Oil and Calamari Oil have demonstrated a high level of cellular absorption. The most important factor is how much EPA and DHA is*
Cell Inflammation Balance *Omega-6 to Omega-3 Ratio* - Inflammatory Response - Immune Function		17:1 POOR RANGE	**Boswellia Complex** 1 Tablet _____ times/day *Blocks specific enzymes involved in the metabolic pathway leading to inflammation.** **Cellular Vitality** Capsule(s)/day: _____ *Modulates the body's natural inflammatory response function and reduces free radical damage.**
Carb Burn Rate Index *Excess Palmitic Acid Levels* - Energy/Metabolism - Fat Burning Management - Risk of Metabolic Syndrome		21% OPTIMAL RANGE	**Veg-E Complete Pro™** Serving(s)/day: _____ *Replace high carb processed foods with a low-glycemic protein meal replacement.** **Diaplex®** Capsule(s)/day: _____ with meal *Encourages healthy blood sugar with essential nutrients involved in carbohydrate metabolism.**
Memory Capacity On the memory capacity test, you scored a 5.5 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.		5.5 NORMAL RANGE	**Cataplex® D** Tablet(s)/day: _____ *Research shows that memory declines two to three times faster in individuals with low levels.** **OPC Synergy®** Capsule(s)/day: _____ *OPC's have substantial antioxidant activity that cross the blood-brain barrier & improve oxygenation.**
Sustained Attention On the sustained attention test, you scored a 3 out of 10 based on your age and gender. This is considered to be in the POOR range.		3 POOR RANGE	**Magnesium with B6** Capsule(s)/day: _____ *Supports brain cells in producing vital neurotransmitters needed for sustaining attention.** **Zinc** Tablet(s)/day: _____ *Provides antioxidant protection and has consistently enhanced attention in clinical trials.**
Cognitive Flexibility On the cognitive flexibility test, you scored a 4 out of 10 based on your age and gender. This is considered to be in the LOW range.		4 BELOW AVG. RANGE	**ProSynbiotic** Capsule(s)/day: _____ *Supports gut microbiome function which optimizes the production of Serotonin and GABA.** **Cataplex® G** Tablet(s)/day: _____ with meal *Provides a calmative effect on the nervous system by supporting parasympathetic nerve functioning.**
Processing Speed On the processing speed test, you scored a 7 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.		7 NORMAL RANGE	**L-Tyrosine** Tablet(s)/day: _____ *Increases production of neurotransmitters essential for the brain's processing functions.** **Vitamin B12 with Folate** Tablet(s)/day: _____ *Essential for structural integrity of the brain and spinal cord as well as improving overall cognitive skills.**

**This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.*

APPENDIX A