OAT Metabolic & Neuro-Metabolic Integration Worksheet

Client Name: __ *Date:* _____

Purpose:

Use this worksheet to translate complex Organic Acids Test (OAT) findings into a simplified "Master Map" for your client. This tool helps bridge the gap between biochemical markers and actionable lifestyle/supplemental interventions.

Section 1: The "Energy Engine" (Krebs Cycle & Mitochondria)

Identify where the cellular "exhaust" indicates a block in energy production.

Marker	Finding (H/L)	Likely Deficiency/Block	Coaching Intervention
Citrate/Isocitrate	□	Heavy Metal/Glutathione	Support Detox/Glutathione
Succinate	□	B2 or CoQ10 Deficiency	CoQ10 (200-400mg) + B-Complex
Fumarate/Malate	□	Severe Mitochondrial Stress	Acetyl-L-Carnitine / High-dose CoQ10
Lactate	□	Oxidative Stress / Thiamine	Thiamine (B1) / Antioxidants

Section 2: Neuro-Metabolic & Mood Assessment

Assess the "Neuro-Endocrine" node. Is the client in "Fight or Flight" or "Serotonin Steal"?

- [ ] **HVA/VMA Elevation:** Chronic "Fight or Flight" (Stress management/Adrenal support needed).
- [ ] **HVA/VMA Depletion:** "Reward Deficiency" (Dopamine support needed).
- [ ] **Quinolinic Acid Elevation:** Neuroinflammation present. **Action:** Shifting Tryptophan away from Serotonin. Add B6 and anti-inflammatories.

- [ ] **HPHPA (Clostridia):** Potential for anxiety/behavioral issues. Inhibits Dopamine conversion.

Section 3: Hidden Dysbiosis (Fungal & Bacterial)

Note: High Arabinose = Yeast overgrowth, not a lack of willpower.

- [ ] **Arabinitol (Arabinose):** Candida present. (Address sugar cravings & SIFO).
- [ ] **Tartaric Acid:** Aspergillus/Candida. (Potential Krebs cycle inhibition).
- [ ] **High HPHPA:** Clostridia species. (Requires gut protocol/botanicals).

Section 4: Functional Nutritional Co-factors

Standard blood labs show levels; OAT shows cellular "need."

- **Methylmalonic Acid (MMA):** If High = **Needs B12**
- **Xanthurenic Acid:** If High = **Needs B6**
- **Glutaric Acid:** If High = **Needs B2 (Riboflavin)**
- **Pyroglutamic Acid:** If High/Low = **Needs Glutathione/NAC**

Section 5: The R.O.O.T.S. Method™ Synthesis

Summary of Findings:

Top 3 Clinical Priorities: 1. _____ **2.** _____ 3. _____

Coach's "Client-Facing" Analogy: *(Example: "Your engine is running on low fuel efficiency because the 'exhaust' is backed up by yeast overgrowth...")*

Next Steps:

- [ ] Schedule Protocol Review Session
- [ ] Initiate Gut/Antimicrobial Phase (if dysbiosis present)
- [ ] Begin Targeted Mitochondrial Support (CoQ10/B-vitamins)
- [ ] Re-test OAT in 90-120 days

AccrediPro Standards Institute Certified Tool