



OPTIMAL HEALTH SYSTEMS

*Where Health Comes Naturally*

Nutrients Rx

# HEALTH REPORT

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*Created For*

**Jane Doe**

*Date of Birth*

**1999-07-02**

*Report Date*

**2023-01-17 00:00:00**

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# Lab Test Results

The Blood Test Results Report lists the results of the patient's Chemistry Screen and CBC and shows you whether or not an individual element is outside of the optimal range and/or outside of the clinical lab range. The elements appear in the order in which they appear on the lab test form.

52

**Optimal**  
Decreased by 3

18

**Functional**  
Increased by 3

4

**Clinical**  
Increased by 1

Lab Test	Current	Clinical Low	Functional Low	Optimal	Functional High	Clinical High
Cholesterol, Total	164	0 - 99	100 - 154	155 - 169	170 - 199	200 or higher
HDL Cholesterol	52	0 - 39	40 - 59	60 - 80	81 - 99	100 or higher
Triglycerides	91	0 - 36	37 - 74	75 - 100	101 - 149	150 or higher
LDL Cholesterol	93	0 - 10	11 - 34	35 - 80	81 - 100	101 or higher
Non HDL Cholesterol	112	- -	- -	0 - 109	110 - 129	130 or higher
CHOL/HDL Ratio	3.2	- -	- -	0 - 2.59	2.6 - 4.99	5 or higher
C - Reactive Protein HS	1.2	- -	- -	0 - 0.99	1 - 3	3.01 or higher
Glucose	83	0 - 63	63.01 - 78	78.01 - 94	94.01 - 99	99.01 or higher
Hemoglobin A1c	5.0	- -	- -	0 - 5.7	5.71 - 6.4	6.4 or higher
Urine - Glucose	NEGATIVE	FEW	TRACE	0 - 3 NEGATIVE	3.01 - 6 MODERATE	6.01 or higher POSITIVE
Urine - Ketones	NEGATIVE	FEW	TRACE	0 - 0.99 NEGATIVE	MODERATE	1 or higher POSITIVE
Uric Acid	4.7	0 - 1.9	2 - 3.6	3.7 - 5.7	5.8 - 8.6	8.7 or higher
Protein, Total	7.4	0 - 6	6.01 - 6.49	6.5 - 7.5	7.51 - 8	8.01 or higher
Albumin	4.8	0 - 3.5	3.6 - 3.9	4 - 4.9	5 - 5.1	5.2 or higher
Globulin	2.6	0 - 1.8	1.81 - 2	2.01 - 3.2	3.21 - 3.7	3.71 or higher
Albumin/Globulin Ratio	1.8	0 - 1	1.1 - 1.4	1.41 - 2	2.01 - 2.5	2.51 or higher
Alkaline Phosphatase	54	0 - 34	35 - 89	90 - 105	106 - 144	145 or higher
Testosterone, Total, Ms	84	0 - 13	14 - 27	28 - 56	57 - 70	71 or higher
Testosterone, Free	9.9	0 - 2	2.01 - 2.99	3 - 4	4.01 - 5	5.01 or higher



Lab Test	Current	Clinical Low	Functional Low	Optimal	Functional High	Clinical High
Testosterone, Bioavailable	22.6	0 - 13.99	14 - 27.99	28 - 56	56.01 - 70	70.01 or higher
Sex Hormone Binding Globulin	32	0 - 21	22 - 45	46 - 55	56 - 77	78 or higher
TSH	1.76	0 - 0.4	0.41 - 0.99	1 - 2.5	2.51 - 4.5	4.51 or higher
Hemoglobin	13.5	0 - 12.9	13 - 14.5	14.6 - 15.5	15.6 - 17.1	17.2 or higher
Hematocrit	40.0	0 - 35	35.01 - 37.4	37.41 - 42.5	42.51 - 44.99	45 or higher
White Blood Cell Count	4.9	0 - 3.3	3.4 - 4.4	4.5 - 7.5	7.6 - 10.8	10.9 or higher
Red Blood Cell Count	4.44	0 - 3.76	3.77 - 4.09	4.1 - 4.7	4.71 - 5.28	5.29 or higher
MCV	90.1	0 - 79.9	80 - 83.9	84 - 92.9	93 - 100	100.1 or higher
MCH	30.4	0 - 27	27.1 - 27.9	28 - 32	32.1 - 33	33.1 or higher
MCHC	33.8	0 - 31.9	32 - 32.5	32.6 - 34.6	34.7 - 36	36.1 or higher
RDW	12.1	0 - 7.99	8 - 10	10.01 - 13	13.01 - 15	15.01 or higher
Platelet Count	235	0 - 74	75 - 149	150 - 379	380 - 454	455 or higher
MPV	10.7	0 - 9.3	9.4 - 10.5	10.6 - 11.5	11.6 - 12.2	12.3 or higher
Carbon Dioxide (CO2)	27	0 - 19	19.1 - 23	23.1 - 28	28.1 - 32	32.1 or higher
Absolute Neutrophils	2876	0 - 1499	1500 - 1999	2000 - 2999	3000 - 7800	7801 or higher
Absolute Lymphocytes	1627	0 - 849	850 - 998	999 - 1999	2000 - 3900	3901 or higher
Absolute Eosinophils	39	0 - 14.9	15 - 100.9	101 - 201.9	202 - 499.9	500 or higher
Absolute Basophils	10	0 - 14	15 - 50	51 - 100	101 - 200	201 or higher
Absolute Monocytes	348	0 - 199	200 - 349	350 - 499	500 - 950	951 or higher
Neutrophils	58.7	0 - 39.9	40 - 49.9	50 - 60.9	61 - 74.9	75 or higher
Lymphocytes	33.2	0 - 13.9	14 - 21.9	22 - 38.9	39 - 46.9	47 or higher
Eosinophils	0.8	--	--	0 - 2.9	3 - 5.9	6 or higher
Basophils	0.2	--	--	0 - 1.9	2 - 3.9	4 or higher
Monocytes	7.1	--	--	0 - 6.9	7 - 9.9	10 or higher
Calcium	9.7	0 - 8.05	8.06 - 9.01	9.02 - 10.02	10.03 - 11.03	11.04 or higher
Iron, Total	167	0 - 49	50 - 105	106 - 125	126 - 180	181 or higher
Iron Binding Capacity	407	0 - 124	125 - 249	250 - 350	351 - 450	451 or higher

Lab Test	Current	Clinical Low	Functional Low	Optimal	Functional High	Clinical High
% Saturation	41	0 - 14	15 - 19	20 - 40	41 - 54	55 or higher
Magnesium	2.1	0 - 1.5	1.6 - 2	2.1 - 2.6	2.7 - 3.2	3.3 or higher
Sodium	139	0 - 133	134 - 135	136 - 141	142 - 146	147 or higher
Potassium	4.1	0 - 3.4	3.5 - 3.9	4 - 4.6	4.7 - 5.2	5.3 or higher
Chloride	104	0 - 97	98 - 99	100 - 105	106 - 110	111 or higher
Vitamin B12	637	0 - 200	201 - 600	601 - 900	901 - 1100	1101 or higher
Vitamin D	77	0 - 40	41 - 59	60 - 80	81 - 109	110 or higher
AST	19	0 - 9	10 - 14	15 - 20	21 - 35	36 or higher
ALT	13	0 - 5	6 - 12	13 - 23	24 - 27	28 or higher
Bilirubin	NEGATIVE	FEW	TRACE	NEGATIVE	MODERATE	POSITIVE
Bilirubin, Total	0.7	--	--	0 - 1.2	1.3 - 2.5	2.6 or higher
eGFR	125	0 - 59	60 - 70	71 - 140	141 - 150	150 or higher
Creatinine	0.69	0 - 0.56	0.57 - 0.74	0.75 - 0.95	0.96 - 1.35	1.35 or higher
Urea Nitrogen (BUN)	23	0 - 5	6 - 9	10 - 20	21 - 25	26 or higher
BUN/Creatinine Ratio	NOT APPLICABLE	0 - 5.99	6 - 9.99	10 - 20.99 NOT APPLICABLE	21 - 23.99	24 or higher
Color	DARK YELLOW	--	--	YELLOW	DARK YELLOW	CLOUDY
Appearance	CLEAR	--	--	CLEAR	CLOUDY	TURBID
Specific Gravity	1.024	0 - 0.93	0.93 - 1	1 - 1.03	1.03 - 1.06	1.06 or higher
Ph	7.5	0 - 2.99	3 - 4.99	5 - 8	8.01 - 8.99	9 or higher
Occult Blood	NEGATIVE	FEW	TRACE	NEGATIVE	MODERATE	POSITIVE
Protein	NEGATIVE	FEW	TRACE	0 - 0 NEGATIVE	MODERATE	0.01 or higher POSITIVE
Nitrite	NEGATIVE	FEW	TRACE	NEGATIVE	MODERATE	POSITIVE
Leukocyte Esterase	NEGATIVE	FEW	TRACE	0 - 2 NEGATIVE	2.01 - 3 MODERATE	3.01 or higher POSITIVE
WBC - Urinalysis	0-5	FEW	TRACE	0 - 5 NONE SEEN	5.01 - 10 MODERATE	10.01 or higher MANY
RBC - Urinalysis	0-2	FEW	TRACE	0 - 2 NONE SEEN	2.01 - 4 MODERATE	4.01 or higher MANY

Lab Test	Current	Clinical Low	Functional Low	Optimal	Functional High	Clinical High
Squamous Epithelial Cells	10-20	FEW	TRACE	0 - 5 NONE SEEN	5.01 - 10 MODERATE	10.01 or higher MANY
Bacteria	NONE SEEN	FEW	TRACE	NONE SEEN	MODERATE	MANY
Hyaline Cast	NONE SEEN	FEW	TRACE	NONE SEEN	MODERATE	MANY

# Lab Test History Report

The Blood Test History Report lists the results of your patient’s Chemistry Screen and CBC tests side by side with the latest test listed on the left hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track progress.

Lab Test	2023 January	2022 September
Cholesterol, Total	164	157
HDL Cholesterol	52	74
Triglycerides	91	57
LDL Cholesterol	93	70
Non HDL Cholesterol	112	83
CHOL/HDLC Ratio	3.2	2.1
C - Reactive Protein HS	1.2	0.4
Glucose	83	81
Hemoglobin A1c	5.0	4.8
Urine - Glucose	NEGATIVE	NEGATIVE
Urine - Ketones	NEGATIVE	NEGATIVE
Uric Acid	4.7	4.8
Protein, Total	7.4	7.3
Albumin	4.8	4.9
Globulin	2.6	2.5
Albumin/Globulin Ratio	1.8	1.9
Alkaline Phosphatase	54	61
Testosterone, Total, Ms	84	103
Testosterone, Free	9.9	14.0
Testosterone, Bioavailable	22.6	31.1
Sex Hormone Binding Globulin	32	
TSH	1.76	2.19
Hemoglobin	13.5	14.0

Lab Test	2023 January	2022 September
Hematocrit	40.0	42.6
White Blood Cell Count	4.9	6.9
Red Blood Cell Count	4.44	4.51
MCV	90.1	94.5
MCH	30.4	31.0
MCHC	33.8	32.9
RDW	12.1	11.6
Platelet Count	235	281
MPV	10.7	10.8
Carbon Dioxide (CO2)	27	26
Absolute Neutrophils	2876	4851
Absolute Lymphocytes	1627	1587
Absolute Eosinophils	39	28
Absolute Basophils	10	28
Absolute Monocytes	348	407
Absolute Nucleated RBC		
Neutrophils	58.7	70.3
Lymphocytes	33.2	23.0
Eosinophils	0.8	0.4
Basophils	0.2	0.4
Monocytes	7.1	5.9
Calcium	9.7	9.6
Iron, Total	167	175
Iron Binding Capacity	407	448
% Saturation	41	39
Magnesium	2.1	2.3
Sodium	139	138
Potassium	4.1	4.1
Chloride	104	103



Lab Test	2023 January	2022 September
Vitamin B12	637	419
Vitamin D	77	36
AST	19	19
ALT	13	15
Bilirubin	NEGATIVE	NEGATIVE
Bilirubin, Total	0.7	0.7
eGFR	125	117
Creatinine	0.69	0.74
Urea Nitrogen (BUN)	23	11
BUN/Creatinine Ratio	NOT APPLICABLE	NOT APPLICABLE
Color	DARK YELLOW	YELLOW
Appearance	CLEAR	CLOUDY
Specific Gravity	1.024	1.018
Ph	7.5	8.0
Occult Blood	NEGATIVE	NEGATIVE
Protein	NEGATIVE	NEGATIVE
Nitrite	NEGATIVE	NEGATIVE
Leukocyte Esterase	NEGATIVE	NEGATIVE
WBC - Urinalysis	0-5	NONE SEEN
RBC - Urinalysis	0-2	NONE SEEN
Squamous Epithelial Cells	10-20	0-5
Bacteria	NONE SEEN	FEW
Calcium Oxalate Crystals		
Crystals		
Hyaline Cast	NONE SEEN	NONE SEEN
Casts		
Amorphous Sediment		
Transitional Epithelial Cells		
Renal Epithelial Cells		

Lab Test	2023 January	2022 September
Triple Phosphate Crystals		
Granular Cast		
Yeast		
Uric Acid Crystals		

# Nutrients Rx Custom Pak

## Your Custom Formula Includes:

**Digestion** - Helps break down all nutrients, helps eliminate gas, bloat, acid reflux and more

**Vitamin-Mineral (2)** - Mineral contains 24 potent whole food vitamins and patented organic minerals. There are no synthetics present.

**EFA** - An essential fatty acid formula geared towards cardiovascular, brain and eye health.

**Joint Nutrients** - Take advantage of what we believe is the best rebuilding and strengthening cartilage/tendon/ligament formula on the market.

**Liver-Kidney** - Support detoxification with nutrients like milk thistle, dandelion and barberry, proven to ensure normal clearance of toxins, as well as protect the liver.

**Protease Anti-Inflam** - Optimal Acute's protease enzymes have been proven to be a safe, natural approach to inflammation reduction.



## Additional Recommendations



### Improve daily lifestyle habits

We highly recommend participating in our 21-Day Jump-Start nutrition program that can be found on the last few pages of the Nutrition 101 book provided. This program will jump-start your healthy lifestyle by helping you easily change your unhealthy habits and cravings. We also recommend exercising for 30 minutes at a minimum of three days per week. If you need a coach to set up your exercise plan and help to hold you accountable, we have professionally certified trainers to help. Just call 1-800-890-4547 and ask for a FREE consultation with an Optimal Health Trainer.

[Buy](#)



### Optimal Complete Nutrition Plus

After evaluating your results, it was determined that you need to increase your clean protein intake. We highly recommend adding more clean, easily-digested protein by supplementing with 1 serving of our Optimal Complete Nutrition Plus daily. This powder is the only non-GMO, hypoallergenic, high protein formula on the market. You will get a great amount of easilydigestible plant protein, free of gluten, soy and other allergens, along with a high dose of fruits and vegetables.

[Buy](#)



### Optimal Muscle RX

After evaluating your results, it was determined that one of your main goals is to increase your muscle strength and size. We highly recommend adding a range of research-proven, ergogenic nutrients to your daily supplement protocol by supplementing with 5 capsules of our Optimal Muscle Rx both before and after your workout, or morning and night on rest days. This patented formula is research-proven to effectively increase muscle strength and size when combined with regular exercise.

Buy



### Essential NADH

After evaluating your results, we found that your body could highly benefit from more NADH. Please take 1 capsule daily of Essential NADH to improve those levels. This will help improve mental clarity, low moods, and reduce the effects of hangovers.

Buy



### Optimal Sleep Gummies

We highly recommend taking a safe whole-food-based sleep aid. Our Optimal Sleep Gummies contain a synergistic combo of melatonin and passiflora extract. This gives a boost to the pineal gland in supplying your body with the melatonin that it needs. This way you can repair your body's natural melatonin production, not become dependent on a sleep aid, and finally get a better quality of sleep.

Buy

**Or to add these to your subscription, give us a call at:**

**1-800-890-4547 - [optimalhealthsystems.com](https://optimalhealthsystems.com)**

# Questionnaire

Name	Jane Doe
Birthday	1999-07-02
Gender	F
Height	5 4"
Weight	125 lbs
Why are you interested in knowing your exact nutrient needs?	I want to improve my general health and wellness.
Do you follow any of the following eating plans?	None
Are you pregnant, trying, or currently breastfeeding?	Yes
Do you have any allergies or do you try to avoid any of the following?	None
How's your fruit and vegetable daily intake (fist-size servings)?	0-2 servings
How many (fist-size) servings of calcium-rich foods do you typically eat in a day? eg. dairy products, beans, green leafy vegetables, broccoli, almonds, etc.	0-2 servings
How many servings (approximately 3oz) of lean protein do you usually eat daily? eg. fish, chicken, turkey, plant-based protein, etc.	0-2 servings
On average, how many alcoholic beverages do you have in a week?	2-5 servings
Do you smoke or encounter second-hand smoke weekly?	No
Do you get less than 20 minutes of daily sun exposure?	Yes
How are your hair, skin, and nails?	Could use some help
How much time do you spend looking at screens?	I'm always on the computer/phone
Do you have any of the following skin issues?	Acne
Do you experience any of the following?	Fluctuating energy levels throughout the day
On average, how are your energy levels?	I'm always exhausted
How's your mood?	A bit down sometimes
Are you experiencing a lot of stress?	Yes

How do you sleep?	I don't get enough sleep My mind races when I'm trying to sleep
Do you suffer from PMS? eg. bloating, breast tenderness, irritability	Yes
Have you taken antibiotics within the last year?	Yes
Do you have any digestive issues?	Gas or Bloating Diarrhea
Do you struggle with any of these?	Frequent Viral Infections Seasonal Allergies Migraines
Which best describes your fitness or activity level?	I sometimes workout
How often do you do cardio each week?	Less than 2 hours
Are you trying to increase strength & muscle size?	Yes
Do you experience joint or tendon pain?	My joints hurt all the time
Do you have uterine fibroids or endometriosis?	I have neither
Do you have any of the following conditions related to your eye, nose, and gum health?	None
How often do you feel sick?	2-3 times per year
Do you have any of the following conditions related to heart health?	None
Do you have any conditions related to your kidney and bladder health?	Frequent Bladder Infections
Do you have any conditions related to blood sugar and endocrine health?	None
Do you have any of these conditions?	Chronic Fatigue Syndrome



# Out of Optimal Range Report

The following results show all of the elements that are out of the optimal reference range. The elements that appear closest to the top of each section are those elements that are farthest from optimal and should be carefully reviewed.

Clinical Low 1 total	Clinical High 3 total
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## Clinical High

### Testosterone, Total, Ms 84

Your result for this lab test is in the CLINICAL HIGH range. Testosterone is the main sex hormone in men, and it is responsible for male physical characteristics. Although it is considered to be a "male" sex hormone, it is present in the blood of both men and women. Testosterone is mainly produced by special endocrine tissue (the Leydig cells) in the male testicles. It is also produced by the adrenal glands in both men and women, and by the ovaries in small amounts in women.

Testosterone levels are diurnal, peaking in the early morning hours (about 4:00 to 8:00 am), with the lowest levels in the evening (about 4:00 to 8:00 pm). Levels also increase after exercise and also decrease with age. Testosterone exists in your body in an active form called the "Free" form, and in an inactive form where Testosterone is not available for use by your body because it is bound to a protein. This lab test measures the total amount of Testosterone in your body in BOTH the active and inactive forms.

When Total Testosterone is in the Clinical High range we must first determine if this is due to an overexposure to the hormone from an external source, or from an overproduction of the hormone inside the body. Exposure to Testosterone from an external source could include:

- 1) someone who is on a Testosterone hormone therapy as prescribed by a medical provider;
- 2) being in close physical contact with someone who is using a Testosterone lotion, gel or cream as part of a prescribed hormone therapy resulting in the hormone being absorbed into the skin of a second individual unintentionally;
- 3) the intentional intake of Testosterone as a

steroid hormone for muscle building, performance enhancement, or other reasons. An abnormal overproduction of Testosterone from within the body could include testicular tumors, adrenal tumors that are producing testosterone, or pituitary tumors that are causing an overproduction of Luteinizing Hormone (LH) which signal the testicles (in men) to produce Testosterone. A Clinical High level of Testosterone is abnormal and should be evaluated by a qualified healthcare provider to determine the origin of the problem if the cause is unknown to the patient.

## Testosterone, Free 9.9

Testosterone, Free Your result for this lab test is in the FUNCTIONAL HIGH range. Testosterone is the main sex hormone in men, and it is responsible for male physical characteristics. Although it is considered to be a "male" sex hormone, it is present in the blood of both men and women. Testosterone is mainly produced by special endocrine tissue (the Leydig cells) in the male testicles. It is also produced by the adrenal glands in both men and women, and by the ovaries in small amounts in women. Testosterone levels are diurnal, peaking in the early morning hours (about 4:00 to 8:00 am), with the lowest levels in the evening (about 4:00 to 8:00 pm). Levels also increase after exercise and also decrease with age. Testosterone exists in your body in an active form called the "Free" form, and in an inactive form where Testosterone is not available for use by your body because it is bound to a protein. This lab test measures the total amount of Testosterone in ONLY the free or active form. When Free Testosterone is in the Functional High range we must first determine if this is due to an overexposure to the hormone from an external source, or from an overproduction of the hormone inside the body. Exposure to Testosterone from an external source could include: 1) someone who is on a Testosterone hormone therapy as prescribed by a medical provider; 2) being in close physical contact with someone who is using a Testosterone lotion, gel or cream as part of a prescribed hormone therapy resulting in the hormone being absorbed into the skin of a second individual unintentionally; 3) the intentional intake of Testosterone as a steroid hormone for muscle building, performance enhancement, or other reasons. An abnormal overproduction of Testosterone from within the body could include testicular tumors, adrenal tumors that are producing testosterone, or pituitary tumors that are causing an overproduction of Luteinizing Hormone (LH) which signal the testicles (in men) to produce Testosterone. A Functional High level of Testosterone is abnormal and should be evaluated by a qualified healthcare provider to determine the origin of the problem if the cause is unknown to the patient.

Squamous Epithelial Cells 10-20

Clinical Low

Absolute Basophils 10

Your result for this lab test is in the CLINICAL LOW range. Basos - more commonly referred to as Basophils - are one type of White Blood Cell. This lab test is a calculation to determine the actual or absolute number of Basophils within a blood sample. When the total White Blood Cell count is elevated or decreased . . . looking at the absolute count of Basophils can be helpful in determining what type infection or challenge to the immune system is taking place. Once Basophils enter the tissue they are then referred to as a Mast cell. Both Basophils and Mast cells contain small pockets of powerful chemicals like histamine, serotonin and heparin which alter blood supply to tissues, help prevent clotting in inflamed tissue, and help mobilize the body's immune system. Basophils can be elevated in nearly any type of inflammatory condition or immune system reaction.

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