

LAB RESULTS

| Last Name | Lab ID | Specimen Number | Time Collected | Date Entered | Time Reported |
|---------------|----------------|-----------------|-------------------|----------------|----------------------|
| | | | 6/16/2014 6:39 AM | | |
| First Name | Middle Initial | Phone | Control Number | Account Number | Account Phone Number |
| | | | | | |
| Date of Birth | Age | Sex | Fasting | Physician Name | Physician ID |
| | 45 | M | | | |
| Address | | | | | |
| | | | | | |

Tests Ordered

CMP14+LP+4AC+CBC/D/Plt; Testosterone,Free and Total; TSH; Hemoglobin A1c; Thyroxine (T4) Free, Direct, S; DHEA-Sulfate; Cortisol; Estradiol; Reverse

| Tests | Result | Flag | Units | Reference Interval | Lab |
|-------------------------------|--------|------|-------------|--------------------|-----|
| <u>CMP14+LP+4AC+CBC/D/Plt</u> | | | | | |
| Glucose, Serum | 88 | | mg/dL | 70 -99 | :X |
| Uric Acid, Serum | 5.6 | | mg/dL | 3.5 -7.2 | :X |
| BUN | 18 | | mg/dL | 7 -25 | :X |
| Creatinine, Serum | 0.98 | | mg/dL | 0.70 -1.50 | :X |
| eGFR If NonAfricn Am | 93 | | mL/min/1.73 | >59 | :X |
| eGFR If Africn Am | 107 | | mL/min/1.73 | >59 | :X |
| BUN/Creatinine Ratio | 18 | | ratio | 8 -27 | :X |
| Sodium, Serum | 137 | | mEq/L | 136 -147 | :X |
| Potassium, Serum | 4.1 | | mEq/L | 3.5 -5.3 | :X |
| Chloride, Serum | 98 | | mEq/L | 98 -109 | :X |
| Carbon Dioxide, Total | 28 | | mEq/L | 20 -29 | :X |
| Calcium, Serum | 9.5 | | mg/dL | 8.6 -10.0 | :X |
| Phosphorus, Serum | 3.1 | | mg/dL | 2.7 -4.5 | :X |
| Protein, Total, Serum | 6.6 | | g/dL | 6.4 -8.3 | :X |
| Albumin, Serum | 4.4 | | g/dL | 3.5 -5.2 | :X |
| Globulin, Total | 2.2 | | g/dL | 1.5 -4.5 | :X |
| A/G Ratio | 2.0 | | | 1.1 -2.5 | :X |
| Bilirubin, Total | 0.6 | | mg/dL | 0.3 -1.2 | :X |
| Alkaline Phosphatase, S | 52 | Low | U/L | 53 -148 | :X |
| LDH | 164 | | U/L | 110 -250 | :X |

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|--|--------|------|-------|--------------------|-----------|
| CMP14+LP+4AC+CBC/D/Plt | | | | | |
| AST (SGOT) | 22 | | U/L | 5 -34 | :X |
| ALT (SGPT) | 29 | | U/L | 0 -55 | :X |
| Iron, Serum | 104 | | ug/dL | 31 -144 | :X |
| Cholesterol, Total | 311 | High | mg/dL | 100 -199 | :X |
| Triglycerides | 150 | | mg/dL | 0 -150 | :X |
| HDL Cholesterol | 38 | Low | mg/dL | > 40 | :X |
| VLDL Cholesterol Cal | 30 | | mg/dL | 5 -40 | :X |
| LDL Cholesterol Calc | 243 | High | mg/dL | < 100 | :X |
| The calculation of LDL-cholesterol and VLDL-Cholesterol are only reliable when the Triglyceride level is less than 400 mg/dL. Likewise, other calculations like LDL/HDL ratio will not be reliable. Therefore, when the triglyceride level is above 400 mg/dL, a reliable LDL concentration will require direct measurement rather than calculation. | | | | | |
| Comment: | | | | | |
| T. Chol/HDL Ratio | 8.2 | High | ratio | 0.0 -5.0 | :X |
| WBC | 5.7 | | x10-3 | 4.4 -11.0 | :X |
| RBC | 4.78 | | x10-6 | 4.10 -5.60 | :X |
| Hemoglobin | 15.6 | | g/dL | 14.0 -18.0 | :X |
| Hematocrit | 46.9 | | % | 42.0 -52.0 | :X |
| MCV | 98.1 | High | fL | 80.0 -98.0 | :X |
| MCH | 32.6 | | pg | 27.0 -34.0 | :X |
| MCHC | 33.3 | | g/dL | 33.0 -37.0 | :X |
| RDW | 13.2 | | % | 11.5 -14.5 | :X |
| Platelets | 188 | | x10-3 | 130 -400 | :X |
| **Please note reference interval change** | | | | | |
| Neutrophils | 51.2 | | % | 42.2 -75.2 | :X |
| Lymphs | 38.7 | | % | 20.5 -51.1 | :X |
| Monocytes | 7.3 | | % | 1.7 -10.0 | :X |
| Eos | 2.1 | | % | 0.0 -10.0 | :X |
| Basos | 0.7 | | % | 0.0 -2.0 | :X |
| Neutrophils (Absolute) | 2.9 | | x10-3 | 1.4 -6.5 | :X |
| Lymphs (Absolute) | 2.2 | | x10-3 | 1.0 -4.8 | :X |
| Monocytes(Absolute) | 0.4 | | x10-3 | 0.0 -0.8 | :X |
| Eos (Absolute) | 0.1 | | x10-3 | 0.0 -0.7 | :X |
| Baso (Absolute) | 0.0 | | x10-3 | 0.0 -0.2 | :X |
| Hematology Comments: | | | | | |
| | MPV | | 11.5 | H fL | 7.4 -10.4 |
| Testosterone,Free and Total | | | | | |
| Testosterone, Serum | 608 | | ng/dL | 348-1197 | MB |
| Comment: | | | | | |
| Adult male reference interval is based on a population of lean males up to 40 years old. | | | | | |
| Free Testosterone(Direct) | 11.4 | | pg/mL | 6.8-21.5 | BN |

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| Tests | Result | Flag | Units | Reference Interval | Lab |
|---------------------------------------|--|------|--------|--------------------|-----|
| <u>TSH</u> | | | | | |
| TSH | 1.930 | | uIU/mL | 0.450 -4.500 | :X |
| Comment: | | | | | :X |
| <u>Hemoglobin A1c</u> | | | | | |
| Hemoglobin A1c | 5.3 | | % | 4.8 -5.6 | :X |
| | Increased risk for diabetes 5.7 - 6.4% | | | | |
| | Diabetes > 6.4% | | | | |
| | Glycemic control for adult diabetics < 7.0% | | | | |
| | The Percent Hemoglobin A1c fraction (%HbA1c) is measured by direct immunoassay of the HbA1c fraction which is then converted to the %HbA1c of total hemoglobin in the sample. The Diabetes Control and Complications Trial found that patient average blood glucose can be roughly estimated from the %HbA1c using the following formula: Average Plasma Glucose = (35.6 x %HbA1c) - 77.3 | | | | |
| | Increased risk for diabetes: 5.7 - 6.4 | | | | |
| | Diabetes: >6.4 | | | | |
| | Glycemic control for adults with diabetes: <7.0 | | | | |
| <u>Thyroxine (T4) Free, Direct, S</u> | | | | | |
| T4,Free(Direct) | 1.32 | | ng/dL | 0.82 -1.77 | :X |
| <u>DHEA-Sulfate</u> | | | | | |
| DHEA-Sulfate | 500.6 | High | ug/dL | 71.6-375.4 | MB |
| <u>Cortisol</u> | | | | | |
| Cortisol | 17.4 | | ug/dL | 2.3 -19.4 | :X |
| | Dexamethasone Clinical Information: Abnormal changes in cortisol levels may be due to hypothalamic, pituitary, or adrenal malfunction. If undiagnosed and untreated, these disorders can lead to severe metabolic imbalance, which may be life-threatening. In the diurnal rhythm of normal individuals, peak levels are seen in the morning (6:00 a.m.) with lowest levels in the late evening (10:00 p.m.). These individuals will also show suppression in response to dexamethasone administration. The dexamethasone suppression tests are the basis for the evaluation and differential diagnosis of patients with Cushing's syndrome. Note: different doses of dexamethasone than that given below may cause results to vary somewhat from that shown. In general however, tumors do not suppress with dexamethasone. Reference Interval: For Cortisol, Serum AM (e.g., 0800 hours) : 4.2-38.4 ug/dL PM (e.g., 2000 hours): 1.7-16.6 ug/dL | | | | |
| <u>Estradiol</u> | | | | | |
| Estradiol | 27 | | pg/mL | 8 -43 | :X |
| | Estradiol Reference Ranges | | | | |
| | Adult Female | | | | |
| | Follicular 12 - 166 pg/mL | | | | |
| | Ovulation 86 - 498 pg/mL | | | | |
| | Luteal 44 - 211 pg/mL | | | | |
| | post-menopausal <5 - 55 pg/mL | | | | |

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|------------------------------------|--|---------------|-------------------|--------------------|-------|
| <u>Estradiol</u> | | | | | |
| Estradiol | 27 | | pg/mL | 8 -43 | :X |
| | | 1st Trimester | 215 - >4300 pg/ml | | |
| | ***Note: The lower functional sensitivity of this Estradiol assay is <5 pg/mL. | | | | |
| <u>Reverse T3, Serum</u> | | | | | |
| Reverse T3, Serum | 14.6 | | ng/dL | 9.2-24.1 | BN |
| <u>Vitamin D, 25-Hydroxy</u> | | | | | |
| Vitamin D, 25-Hydroxy | 89.5 | | ng/mL | 30.0-100.0 | MB |
| | Vitamin D deficiency has been defined by the Institute of Medicine and an Endocrine Society practice guideline as a level of serum 25-OH vitamin D less than 20 ng/mL (1,2). The Endocrine Society went on to further define vitamin D insufficiency as a level between 21 and 29 ng/mL (2). | | | | |
| | 1. IOM (Institute of Medicine). 2010. Dietary reference intakes for calcium and D. Washington DC: The National Academies Press. | | | | |
| | 2. Holick MF, Binkley NC, Bischoff-Ferrari HA, et al. Evaluation, treatment, and prevention of vitamin D deficiency: an Endocrine Society clinical practice guideline. JCEM. 2011 Jul; 96(7):1911-30. | | | | |
| <u>C-Reactive Protein, Cardiac</u> | | | | | |
| C-Reactive Protein, Cardiac | 0.4 | | mg/L | 0.0 -3.0 | :X |
| | High Sensitivity (Cardiac) CRP Interpretive Information: | | | | |
| | Low Risk <1.0 mg/L | | | | |
| | Average Risk 1.0-3.0 mg/L | | | | |
| | High Risk >3.0 mg/L | | | | |
| <u>Progesterone</u> | | | | | |
| Progesterone | 1.2 | | ng/mL | 0.2 -1.4 | :X |
| | Male: | 0.2 - | 1.4 | | |
| | Female: | | | | |
| | Follicular phase | 0.2 - | 1.5 | | |
| | Luteal phase | 1.7 - | 27.0 | | |
| | Ovulation phase | 0.8 - | 3.0 | | |
| | Pregnant | | | | |
| | First trimester | 8.8 - | 48.6 | | |
| | Second trimester | 12.4 - | 75.8 | | |
| | Third trimester | 58.5 - | 222.3 | | |
| | Postmenopausal | 0.1 - | 0.8 | | |
| | Progesterone analysis is now being done on the fully automated Abbott AxSYM Immunoassay Analyzer. Clinicians should not see a difference in patient results since AxSYM values agree closely with those from the previous manual radioimmunoassay method | | | | |
| | NORMALS: | | | | ng/ml |
| | MALES | <0.2 - 3.4 | | | |
| | FEMALES | | | | |
| | Follicular phase | 0.3- 2.6 | | | |
| | Luteal phase | 3.3 - 38.6 | | | |
| | Mid-Luteal phase | 5.2 - 38.6 | | | |
| | Post Menopausal | <0.2 - 0.8 | | | |
| | PREGNANT FEMALES | | | | |

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|------------------------------------|------------------|------|--------------|--------------------|-----|
| <u>Progesterone</u> | | | | | |
| Progesterone | 1.2 | | ng/mL | 0.2 -1.4 | :X |
| | First trimester | | 12.3 - 81.8 | | |
| | Second trimester | | 11.1 - 81.4 | | |
| | Third trimester | | 39.3 - 387.8 | | |
| <u>Insulin</u> | | | | | |
| Insulin | 4.6 | | uIU/mL | 2.6-24.9 | MB |
| <u>Ferritin, Serum</u> | | | | | |
| Ferritin, Serum | 212 | | ng/mL | 28 -365 | :X |
| <u>Triiodothyronine,Free,Serum</u> | | | | | |
| Triiodothyronine,Free,Serum | 2.49 | | pg/mL | 2.00 -4.40 | :X |

| Lab | Facility | Director | Phone |
|-----|---|--------------|--------------|
| :X | LabCorp K 1924 Alcoa Highway, Knoxville, TN, | D, D | 877-914-9705 |
| MB | LabCorp B 1801 First Avenue South, Birmingham, AL, | Elgin, Elgin | 205-581-3500 |
| BN | LabCorp B 1447 York Court, Burlington, NC, | F, F | 800-762-4344 |

For inquiries, the physician may contact the above locations.

Thank you for ordering your lab tests through Life Extension/National Diagnostics, Inc. If you would like to discuss your results please call us at 1-800-208-3444. In order to ensure your privacy we ask that you have a copy of your results in front of you when making the call, as you will be asked to provide a specimen number or other identifier from the report. Our advisory team WILL NOT be able to review your lab results with you, unless you are able to provide this information from the report. We also understand that there are times when you will want to review a family members blood test results with our staff. Although Life Extension is happy to comply with these requests, permission (either verbally or in writing) must be given by the person who took the blood tests in order for us to do so. Thank you for your cooperation with these policies as we endeavor to keep your blood test results secure.

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LAB RESULTS

| | | | | | |
|--|----------------|-----------------|-------------------|----------------|----------------------|
| Last Name | Lab ID | Specimen Number | Time Collected | Date Entered | Time Reported |
| | | | 6/16/2014 6:39 AM | | |
| First Name | Middle Initial | Phone | Control Number | Account Number | Account Phone Number |
| Date of Birth | Age | Sex | Fasting | Physician Name | Physician ID |
| | 45 | M | | | |
| Address | | | Account Address | | |
| LIFE EXTENSION / NATIONAL DIAGNOSTICS, INC 5990 NORTH FEDERAL HIGHWAY, FT. LAUDERDALE, FL 33308 | | | | | |
| Tests Ordered | | | | | |

FSH and LH

| Tests | Result | Flag | Units | Reference Interval | Lab |
|-------------------|--------|------|--------|--------------------|-----|
| <u>FSH and LH</u> | | | | | |
| LH | 5.1 | | mIU/mL | 1.7-8.6 | MB |
| FSH | 5.9 | | mIU/mL | 1.5-12.4 | MB |

| Lab | Facility | Director | Phone |
|-----|--|--------------|--------------|
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| | | | | | |
|--|----------------|-----------------|-------------------|----------------|----------------------|
| Last Name | Lab ID | Specimen Number | Time Collected | Date Entered | Time Reported |
| | | | 6/16/2014 6:38 AM | | |
| First Name | Middle Initial | Phone | Control Number | Account Number | Account Phone Number |
| Date of Birth | Age | Sex | Fasting | Physician Name | Physician ID |
| | 45 | M | | | |
| Address | | | Account Address | | |
| LIFE EXTENSION / NATIONAL DIAGNOSTICS, INC 5990 NORTH FEDERAL HIGHWAY, FT. LAUDERDALE, FL 33308 | | | | | |
| Tests Ordered | | | | | |

IGF-1

| Tests | Result | Flag | Units | Reference Interval | Lab |
|------------------------------|--------|------|-------|--------------------|-----|
| <u>IGF-1</u> | | | | | |
| Insulin-Like Growth Factor I | 202 | | ng/mL | 75-216 | BN |

| Lab | Facility | Director | Phone |
|-----|--|----------|--------------|
| BN | LabCorp B 1447 York Court, Burlington, NC, For inquiries, the physician may contact the above locations. | F, F | 800-762-4344 |

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