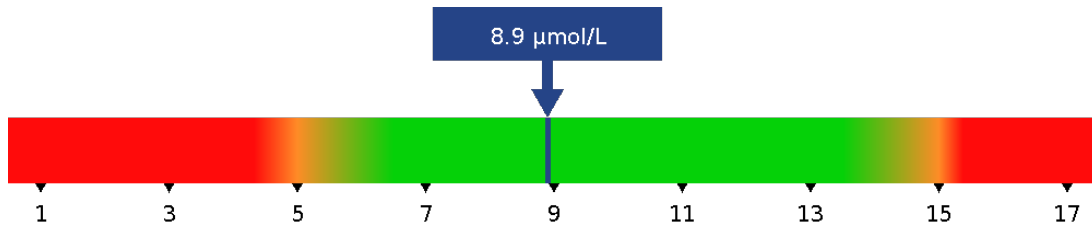


# HOMOCYSTEINE REPORT

**Name:** Fatty Acid  
**DOB:** 2000-01-01  
**Account:** Customer

**Sample ID:** TEST0051  
**Result date:** 2024-10-01

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Reference and desirable range: 5 - 15 μmol/L, Reference range is representative of a normal patient population.

Congratulations on taking charge of your health! This report focuses on your homocysteine levels, an important marker that can provide insights into your overall well-being. Homocysteine is an amino acid in your blood that is influenced by various factors, including diet, genetics, and lifestyle.

For optimal health, it's important to maintain homocysteine levels within a healthy range. Typically, levels are considered balanced if they fall below 15 μmol/L, though the optimal range may vary depending on individual health needs. Elevated homocysteine levels can be influenced by deficiencies in certain B vitamins, particularly B6, B12, and folate.

To manage and maintain healthy homocysteine levels, focusing on key nutrients can be beneficial. Vitamins B6, B12, and folate play crucial roles in regulating homocysteine levels. Including foods rich in these vitamins, such as leafy green vegetables, whole grains, meat, fish, eggs, and dairy products, in your diet can be helpful. Additionally, supplements may be considered if dietary intake is insufficient or if you have specific health conditions affecting nutrient absorption. Ensuring adequate intake of these vitamins can support the conversion of homocysteine into other beneficial substances in your body.

Your current Homocysteine level is 8.9 μmol/L, which is in the optimal range. To maintain a healthy homocysteine level, consider incorporating more B6, B12, and folate into your diet or through supplements, as advised by your healthcare provider. It's essential to discuss any dietary changes or supplementation with your healthcare provider to ensure they are suitable for your individual needs. Your provider can help tailor a plan based on your health status and nutritional needs.

Rechecking your homocysteine levels periodically, especially if you make changes to your diet or supplement routine, is recommended to monitor progress and adjust as needed. Regular monitoring allows you and your healthcare provider to track improvements and make any necessary modifications to your regimen. By keeping your homocysteine levels within a balanced range, you can support your overall health and well-being.

Understanding your homocysteine levels and the impact of diet and supplementation can empower you to make informed decisions about your health. Maintaining a balanced diet rich in essential nutrients and staying proactive with regular health check-ups are key steps in managing your homocysteine levels effectively.

It's essential to discuss any dietary changes or supplementation with your healthcare provider to ensure they are suitable for your individual needs.