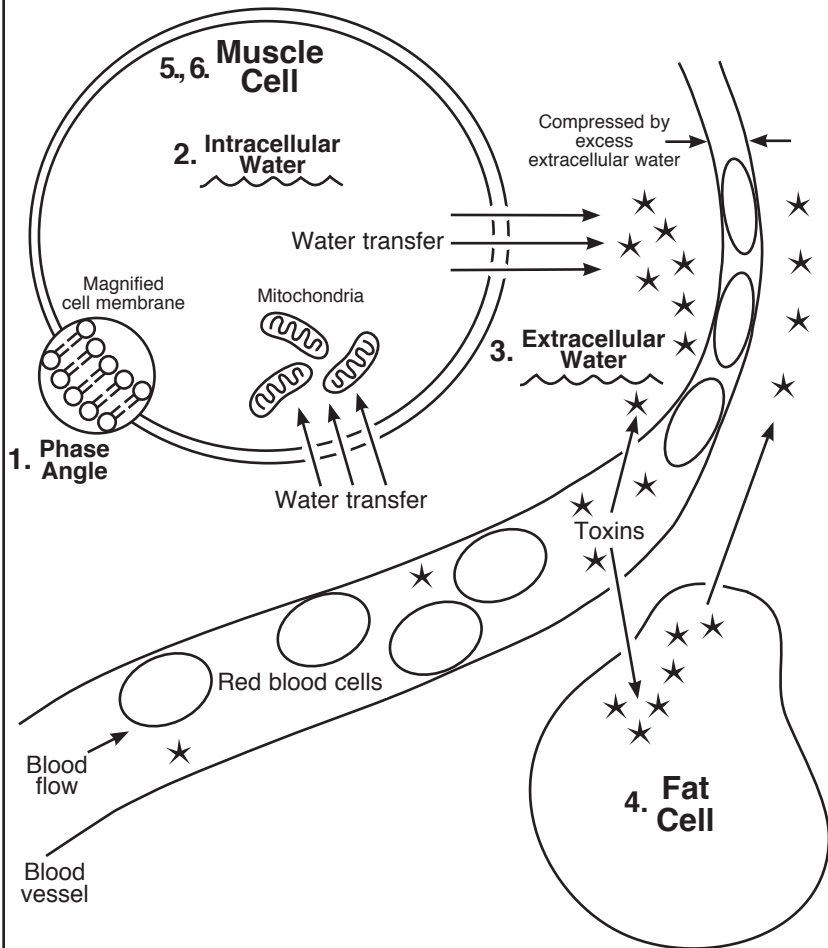


HDL Cholesterol¹: Men _____ (>1.03), Women _____ (>1.29)
Triglycerides¹: _____ (<1.69)
Blood Pressure: _____ / _____ (<120 / <80)
Fasting Glucose¹: _____ (4.47-5.03)
Waist Size: Men _____ (≤40 in.), Women _____ (≤35 in.)
Waist to Hip Ratio: Men _____ (≤1:1), Women _____ (<.8:1)

LDL Cholesterol¹: _____ (<3.37)
Homocysteine¹: _____ (<8)
hs C Reactive Protein²: _____ (<0.7)
Hemoglobin A1c¹: _____ (.005)
Fasting Insulin²: _____ (108)
 (Units of Measure: 1. mmol/L 2. mg/L 3. pmol/L)

Bioimpedance Analysis



General Indications

- Phase Angle:** reflects cell membrane integrity and over-all cellular health and function.
 Supportive Nutrients:
 EFA's Multi Vitamin/Mineral
- Intracellular Water:** increases suggest improved nutrition status, mitochondrial function, and increased cell health.
 Supportive Nutrients:
 EFA's Multi Vitamin/Mineral
 Mitochondrial Support Electrolytes
- Extracellular Water:** increases suggest mineral imbalance, increased concentrations of toxins in extracellular space, and reduced cell health.
 Supportive Nutrients:
 EFA's Multi Vitamin/Mineral
 Detoxification Program Electrolytes
- Fat Mass:** excess levels are associated with increased risk to a wide variety of degenerative conditions.
 Supportive Nutrients:
 Body Composition Program CLA
- Lean Body Mass:** optimal levels of muscle are associated with reduced risk to health decline.
 Supportive Nutrients:
 Protein Supplement (Complete, High Quality)
- ECM/BCM:** Indicates appropriate muscle mass for frame size.
 Supportive Nutrients:
 Protein Supplement (Complete, High Quality)
- TBW/Lean Body Mass:** reflects over-all hydration.
 Supportive Nutrients:
 Multi Vitamin/Mineral Electrolytes

MEN			
Age	Phase Angle	Intracellular Water	Fat Mass
20	_____ (≥8.3)	_____ % (≥62.7%)	_____ % (11%-14%)
30	_____ (≥8.0)	_____ % (≥61.8%)	_____ % (12%-15%)
40	_____ (≥7.7)	_____ % (≥60.8%)	_____ % (14%-17%)
50	_____ (≥7.2)	_____ % (≥58.9%)	_____ % (15%-18%)
60	_____ (≥6.7)	_____ % (≥57.0%)	_____ % (16%-19%)
70	_____ (≥6.1)	_____ % (≥55.1%)	_____ % (17%-20%)
80	_____ (≥5.4)	_____ % (≥53.2%)	_____ % (17%-20%)
ECM / BCM _____ % (≤1)			
TBW / Lean Body Mass _____ % (>69%)			

WOMEN			
Age	Phase Angle	Intracellular Water	Fat Mass
20	_____ (≥7.7)	_____ % (≥57.9%)	_____ % (17%-20%)
30	_____ (≥7.4)	_____ % (≥57.0%)	_____ % (18%-21%)
40	_____ (≥7.0)	_____ % (≥56.1%)	_____ % (19%-22%)
50	_____ (≥6.6)	_____ % (≥54.2%)	_____ % (20%-23%)
60	_____ (≥6.1)	_____ % (≥52.3%)	_____ % (21%-24%)
70	_____ (≥5.5)	_____ % (≥50.4%)	_____ % (22%-25%)
80	_____ (≥4.7)	_____ % (≥48.5%)	_____ % (22%-25%)
ECM / BCM _____ % (≤1)			
TBW / Lean Body Mass _____ % (>69%)			