

## Body Balance-Ben M

About a year ago (2/09), I went off Body Balance because I wanted by family to experience it more. Once I got off the product, with all other behaviors staying equal, my numbers, shown below and on accompanying labs, got worse. In January, 2010, I got back on Body Balance at 4 ounces per day, with no other changes to my diet and behaviors. Before I ever started using Body Balance, my numbers were much worse than this, even from the 7/09 labs. Also, per the doctor, these changes may look small, but from a health standpoint, they are huge. By 2/18/10, this is what happened;

Test	Jul-09	Feb-10	Range
Total Cholesterol	172	169	140-200
Triglycerides	209	191	40-150
HDL (Good Cholesterol)	29	45	40-65
LDL (Bad Cholesterol)	102	86	70-100
Potassium	4.1	4.7	3.5-5.2
Calcium	9.5	10	8.5-10.4
Total Protein	6.9	7.2	6.5-8.3
Albumin	3.9	4	3.5-5.0
Cortisol	8.3	14.6	4.5-22.7
Chol/HDL Risk (Risk of Heart Attack)	1.4	0.6	.2-1.0
LDL/HDL Risk (Risk of Heart Attack)	1	0.8	.2-1.0
Chol/HDL (Risk of Heart Attack)	5.93	3.76	1.0-4.97
LDL/HDL (Risk of Heart Attack)	3.52	1.91	1.0-3.64

\*\*These statements have not been evaluated by the F.D.A. and we are not making any claims to the effectiveness of the product, this is one person's experience only.

<b>Luce</b> <b>885 Arapahoe St.</b> <b>Boulder, CO 80301</b> <b>303-444-5689</b>	<b>Boulder Community Hospital Laboratory</b> <b>1100 Balsam Avenue</b> <b>Boulder, CO 80301</b> <b>(303)440-2072</b>
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NAME MUELLER, BENJAMIN A		PRAC. PAT.ID	DOB 02/08/1972	AGE 37 Yrs	SEX M
REQUISITION # 04794980	BILLING # L021248265	DATE COLLECTED 07/23/2009 08:16	DATE RECEIVED 07/23/2009 08:16	SUBMITTING MD Luce, Dr. David W.	OTHER DR

Test Description	Result	Abnormal	Reference Range	Units
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CORTISOL-AM (ML)	Specimen: 0723:C00189R		Result: 07/23/2009 13:37	Status: F
CORTISOL-AM	8.3		4.5-22.7	ug/dL

COMP METABOLIC PANEL, 2000 (CMC)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
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SODIUM	139		135-145	mEq/L
POTASSIUM	4.1		3.5-5.2	mEq/L
CHLORIDE	104		97-110	mEq/L
CARBON DIOXIDE	27		22-31	mEq/L
GLUCOSE	91		70-100	mg/dL
BUN	20		7-23	mg/dL
CREATININE	0.9		0.7-1.3	mg/dL
ESTIMATED GFR	>60			

Units: ml/min/1.73 m2

\*\*If patient is African American multiply result by 1.210\*\*

CALCIUM	9.5		8.5-10.4	mg/dL
TOTAL PROTEIN	6.9		6.5-8.3	g/dL
ALBUMIN	3.9		3.5-5.0	g/dL
AST(SGOT)	37		17-59	IU/L
ALK PHOS	65		38-126	IU/L
BILI, TOTAL	0.6		0.1-1.4	mg/dL
ALT(SGPT)	32		21-72	IU/L

URIC ACID (CMC)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
URIC ACID	6.2		3.5-8.5	mg/dL

PHOSPHORUS, INORGANIC (CMC)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
PHOSPHORUS, INORGANIC	2.9		2.5-4.5	mg/dL

GGT (ML)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
GGT	27		5-59	IU/L

LACTATE DEHYDROGENASE (ML)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
LACTATE DEHYDROGENASE	595		313-618	IU/L

T4 (THYROXINE), FREE (CMC)	Specimen: 0723:C00188R		Result: 07/24/2009 08:51	Status: F
T4 (THYROXINE), FREE	0.65		0.59-2.19	ng/dL

H=High L=Low A=Abnormal HH=Critical High LL=Critical Low

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NAME MUELLER, BENJAMIN A		PRAC. PAT ID	DOB 02/08/1972	AGE 37 Yrs	SEX M
REQUISITION # 04794980	BILLING # L021248265	DATE COLLECTED 07/23/2009 08:16	DATE RECEIVED 07/23/2009 08:16	SUBMITTING MD Luce, Dr. David W.	OTHER DR

Test Description	Result	Abnormal	Reference Range	Units
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THYROID STIMULATING HORMONE (CMC)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
THYROID STIMULATING HORMONE	3.780	0.465-4.680	uIU/mL

T3 (TRIIODOTHYRONINE) FREE (ML)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
T3 (TRIIODOTHYRONINE) FREE	6.85 H	2.77-5.27	pg/mL

LIPID PANEL (CMC)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
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CHOL	172		140-200	mg/dL
TRIG		209 H	40-150	mg/dL
<b>Adult Male Triglyceride Interpretive Text</b>				
<150 mg/dL.....Normal				
150-199 mg/dL.....Borderline High				
200-499 mg/dL.....High				
> or = 500 mg/dL...Very High				
HIGH DENSITY LIPOPROTEIN		29 L	40-65	mg/dL
LDL CALCULATED		102 H	70-100	mg/dL
<b>Adult LDL Interpretive Text</b>				
<100 mg/dL.....Optimal				
100-129 mg/dL.....Above Optimal				
130-159 mg/dL.....Borderline High				
160-189 mg/dL.....High				
> or = 190 mg/dL....Very High				
VLDL		41 H	8-25	mg/dL
CHOL/HDL RISK		1.4 H	0.2-1.0	
LDL/HDL RISK	1.0		0.2-1.0	
CHOL/HDL		5.93 H	1.00-4.97	RATIO
LDL/HDL	3.52		1.00-3.64	RATIO

CREATINE KINASE (CMC)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
CREATINE KINASE	177	0-224	IU/L

MAGNESIUM (CMC)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
MAGNESIUM	2.1	1.6-2.3	mg/dL

IRON TIBC (ML)	Specimen: 0723:C00188R	Result: 07/24/2009 08:51	Status: F
IRON	72.0	49-199	mcg/dL

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NAME MUELLER, BENJAMIN A		PRAC, PAT ID		DOB 02/08/1972	AGE 38 Yr's	SEX M
REQUISITION # 00201736	BILLING # N00000157768	DATE COLLECTED 02/18/2010 08:05	DATE RECEIVED 02/18/2010 08:05	SUBMITTING MD Luce, Dr. David W.		OTHER DR

Test Description	Result	Abnormal	Reference Range	Units
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COMP METABOLIC PANEL, 2000	Specimen: 0218.C00179r	Result: 02/18/2010 08:05	Status: F
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SODIUM	143		134-144	mEq/L
POTASSIUM	4.7		3.5-5.2	mEq/L
CHLORIDE	102		97-110	mEq/L
CARBON DIOXIDE		35 H	22-31	mEq/L
GLUCOSE	97		70-100	mg/dL
BUN	22		7-23	mg/dL
CREATININE	1.1		0.7-1.3	mg/dL
ESTIMATED GFR	> 60			
Units: ml/min/1.73 m2				
**If patient is African American multiply result by 1.210**				
CALCIUM	10.0		8.5-10.4	mg/dL
TOTAL PROTEIN	7.2		6.5-8.3	g/dL
ALBUMIN	4.0		3.5-5.0	g/dL
AST(SGOT)	39		17-59	IU/L
ALK PHOS	59		38-126	IU/L
BILI, TOTAL	1.0		0.1-1.4	mg/dL
ALT(SGPT)	41		21-72	IU/L

PHOSPHORUS, INORGANIC	Specimen:	Result: 02/18/2010 08:05	Status: F
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PHOSPHORUS, INORGANIC	3.4		2.5-4.5	mg/dL
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LIPID	Specimen:	Result: 02/18/2010 08:05	Status: F
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CHOL	169		140-200	mg/dL
TRIG		191 H ↑↑	40-150	mg/dL

Adult Male Triglyceride Interpretive Text

<150 mg/dL.....Normal  
 150-199 mg/dL.....Borderline High  
 200-499 mg/dL.....High  
 > or = 500 mg/dL...Very High

HIGH DENSITY LIPOPROTEIN	45		40-65	mg/dL
LDL CALCULATED	86		70-100	mg/dL

Adult LDL Interpretive Text

<100 mg/dL.....Optimal  
 100-129 mg/dL.....Above Optimal

H=High L=Low A=Abnormal HH=Critical High LL=Critical Low



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NAME MUELLER, BENJAMIN A			PRAC. PAT ID		DOB 02/08/1972	AGE 38 Yrs	SEX M
REQUISITION # 00201736	BILLING # N00000157768	DATE COLLECTED 02/18/2010 08:05	DATE RECEIVED 02/18/2010 08:05	SUBMITTING MD Luce, Dr. David W.		OTHER DR	

Test Description	Result	Abnormal	Reference Range	Units
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130-159 mg/dL.....Borderline High  
 160-189 mg/dL.....High  
 > or = 190 mg/dL....Very High

VLDL		38 H	8-25	mg/dL
CHOL/HDL RISK	0.6		0.2-1.0	
LDL/HDL RISK	0.8		0.2-1.0	
CHOL/HDL	3.76		1.00-4.97	RATIO
LDL/HDL	1.91		1.00-3.64	RATIO

H=High L=Low A=Abnormal HH=Critical High LL=Critical Low

MD Signature \_\_\_\_\_

Date \_\_\_\_\_

Reviewed



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NAME MUELLER, BENJAMIN A			PRAC, PAT ID		DOB 02/08/1972	AGE 38 Yrs	SEX M
REQUISITION # 00201737	BILLING # N00000157768	DATE COLLECTED 02/18/2010 08:05	DATE RECEIVED 02/18/2010 08:05	SUBMITTING MD Luce, Dr. David W.		OTHER DR	
Test Description		Result	Abnormal	Reference Range	Units		

CORTISOL-AM	Specimen: 0218: c00180r	Result: 02/18/2010 08:05	Status: P
CORTISOL-AM	14.6	4.5-22.7	ug/dL

H=High L=Low A=Abnormal HH=Critical High LL=Critical Low

MD Signature \_\_\_\_\_ Date \_\_\_\_\_  Reviewed