

TACK180 REPORT



**EXPERT MEDICAL
RECOMMENDATIONS**

**HOW RESULTS IMPACT
YOUR GOALS**

**ADVANCED PREVENTION
& PERFORMANCE LABS**



CONTENTS

SUMMARY OF RESULTS & RECOMMENDATIONS

Dr. Spar has reviewed your medical history, goals, and test results to come up with a summary of the key takeaways and an integrative plan of action moving forward.

CARDIOVASCULAR

We take an in-depth look at your risk for both heart disease and diabetes by using a range of markers including the VAP test.

NUTRITION

Our nutritional analysis includes detailed body composition testing as well as food sensitivities and micronutrient levels.

GENETICS

Tack180 examines your genetic profile to determine predispositions towards certain foods, supplements, exercises, and diseases. We also look at your Telomere length to determine biological age.

HORMONES

Hormones determine everything from sex drive to energy and sleep quality so we review your testosterone and cortisol, along with other key biomarkers.



SUMMARY OF RESULTS & RECOMMENDATIONS

GOALS

- Decrease Heart Disease Risk
- Lower Body Fat
- Live Longer
- Reduce Stress

RESULTS HIGHLIGHTS

Cardiovascular Health:

- You have high LDL “bad cholesterol”, very high Dense LDL III, and low omega-3 fatty acid levels (increases risk for heart disease, stroke, and heart attack).
- Inflammation marker is moderately high (increases general disease risk).

Nutrients:

- Nutrient levels are okay, with deficiencies in Calcium, Vitamin B1, and Vitamin B3 (decreases bone health, brain function, and ability to metabolize food into energy).
- Your body performs best on a balanced diet – not too low in fat or low in carbs.
- Your anti-oxidant strength is slightly low (accelerates aging process and increases general disease risk).

Genetics:

- You have a gene that can decrease your ability to clear dangerous substances in your blood (increases toxicity risk and liver/kidney damage).
- You have genes that put you at risk for overeating and for having high cholesterol (increases heart disease risk).
- You have genes that make it more likely you can lose weight with cardiovascular exercise.
- You have genes that confer high risk for Alzheimer’s and heart disease.

Telomeres:

- Telomere length is much shorter than average, showing faster biologic aging on a cellular level (increases general disease risk).

Hormones:

- Adrenal hormones are low throughout the day. This means you are at risk for developing adrenal fatigue (low energy throughout the day).
- Your testosterone is below average (decreases sex drive and muscle growth).
- Your estradiol is slightly elevated (increases abdominal fat while decreasing sexual function).

RECOMMENDATIONS

Diet:

- Emphasize balanced diet with following calorie breakdown: 40% carbohydrates, 30% proteins, 30% healthy fats (in accordance with your specific genetic makeup).
- Eat foods rich in natural folic acid (greens, chick peas/beans, asparagus, broccoli, avocado) to help your body detoxify, given your genetic profile.
- Avoid foods you have sensitivities to such as dairy, chicken, eggs, and gluten. Eating these foods can cause inflammation in your body and gut which is a root cause of most diseases. Severity of specific intolerances listed in following labs chart.
- Tack180 nutritionist is available to help craft more detailed personal diet plan and keep you on track.

Supplements (take as directed, at any time of day if not specified):

- Fish Oil: 1000 mg EPA+DHA 2/day to lower LDL cholesterol and increase omega-3 levels (reduces heart disease risk).
- Methylated B-complex: 1/day to help body clear dangerous substances (decreases toxicity risk) and replenish Vitamin B deficiencies.
- Adrenal Response: 2/day in AM to boost hormone levels (decreases fatigue).
- Indirect Anti-oxidant NRF2 Synergizer: 1/day in AM with food to slow aging process, strengthen immune system, and reduce cellular damage.
- Calcium: 1000mg 1/day with food to increase depressed calcium levels (reduces chance of osteoporosis tooth decay).
- Brain nootropic formula: 1/day in AM or afternoon with food to maintain memory and brain health.

Exercise:

- Train for 1 hour at least 4x/week with a mix of aerobic interval training and resistance training to help reduce body fat (lowering general disease risk and stress levels) and improve heart health.
- Tack180 trainer is available to help implement personalized exercise program and continually elevate difficulty.

Medication:

- Consider hormone replacement with testosterone for sexual function, heart, and bone health.

Stress Management:

- Engage in daily meditation practice to reduce stress and rebalance hormone levels. Tack180 mental performance expert available to help cultivate mindfulness practice and keep you accountable.
- Increase sleep to at least 8 hours per night (decreases risk of sickness and helps stabilize hormone levels).









Complementary Modalities:






- Consider acupuncture/Traditional Chinese Medicine to restore healthy hormone levels.






CARDIOVASCULAR

Lipid Profile, Inflammation, and Heart Disease Risk:

At over 600,000 fatalities each year (that's 1 out of every 4), heart disease is the leading cause of death in America. The limited testing that is covered by your routine annual physical is partly to blame for this. Most insurance plans will cover basic testing such as LDL (“bad” cholesterol), HDL (“good” cholesterol), and total cholesterol. While important, these numbers fail to provide you and your doctor with the full picture. A recent UCLA Medical School study illustrated this when it concluded that 75% of heart attack victims had LDL levels within the "safe range". Tack180’s advanced heart disease risk panel goes much farther by testing things like cholesterol particle size and density, which allows doctors to uncover risk factors that more basic testing misses.

Test		Lipoprotein Particle Numbers (nmol/L) *		Patient Results	Reference Value
VLDL Particles	nmol/L			166	<85
Total LDL Particles	nmol/L			1225	<900
Total HDL Particles	nmol/L			6795	>7000
Non-HDL Particles	nmol/L			1391	<1000
Remnant Lipoprotein	nmol/L			168	<150
Dense LDL III	nmol/L			766	<300
Dense LDL IV	nmol/L			63	<100
Buoyant HDL 2b	nmol/L			1852	>1500

Test		Lipid Panel (mg/dL)		Patient Results	Reference Value
Cholesterol	mg/dL			276	<200
Triglycerides	mg/dL [1]			433	30 - 150
HDL	mg/dL			43	>40
LDL	mg/dL			167	40 - 130
Non-HDL Cholesterol	mg/dL			233	<160

Test		Vascular Inflammation and Biomarkers		Patient Results	Reference Value
CRP-hs	mg/L			2.64	<3.00
Lipoprotein(a)	mg/dL			22.1	6.0 - 29.9
Apolipoprotein A1	mg/dL			144	> 115
Apolipoprotein B	mg/dL [2]			163	40 - 100
Homocysteine	μmol/L			11.1	<11.0

CardioMetabolic Risk Assessment

HIGH

Reference Value:

LOW

The CardioMetabolic Risk Assessment is an indication of your risk for developing cardiovascular disease, including stroke and diabetes. It is a composite value derived from laboratory test results and may not capture all of the individual risk factors for a particular patient. Additional elements that can impact risk that are not included are weight, blood pressure (hypertension), smoking, inflammation, medical history and family history. The risk score is provided to supplement, not supplant, the clinical utility of individual biomarkers and other clinical indications. The CardioMetabolic Risk Assessment is not intended to provide a single indicator of risk. Treatment decisions should be based on the totality of available information.

Insulin Sensitivity and Diabetes Risk:

According to the Centers for Disease Control, over 100 million Americans are living with either diabetes or prediabetes. The vast majority of the prediabetic cases – about 84 million – will advance to type 2 diabetes if they are left untreated within five years. The problem is that 9 out of 10 people living with prediabetes don’t even know that they have the condition. 1 in 4 diabetics are also unaware of the disease they are living with. With the rate of diabetes cases rising every year, it is now more important than ever to undergo testing like this to find out if you are one of the many Americans unknowingly living with this disease or its precursor. Doing so could help you prevent many of the serious complications associated with it, including heart disease, stroke, nerve damage, and even Alzheimer’s.

Pre-Diabetes Biomarkers Laboratory Report					Patient Results	Reference Value
Test						
Insulin	μIU/mL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>0.08.817.526.335.0</div>	8.6	< 21.0		
Glucose	mg/dL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>3073115158200</div>	90	70 - 105		
HOMA-IR		<div><div></div><div></div><div></div><div></div><div></div></div> <div>0.05.010.015.020.0</div>	1.9	< 3.0		
Hemoglobin A1c	%	<div><div></div><div></div><div></div><div></div><div></div></div> <div>1.05.09.013.017.0</div>	5.4	<5.6		
eAG	mg/dL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>0113225338450</div>	108	< 117		
C-Peptide	ng/mL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>0.002.505.007.5010.00</div>	2.55	0.70 - 7.10		
Adiponectin *	μg/mL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>26.019.513.06.50.0</div>	9.2	5.5 - 26.0		
Leptin *	ng/mL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>0.012.525.037.550.0</div>	5.8	< 9.5		
CRP-hs	mg/L	<div><div></div><div></div><div></div><div></div><div></div></div> <div>0.001.503.004.506.00</div>	2.64	<3.00		
Triglycerides	mg/dL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>075150225300 +</div>	433	30 - 150		
HDL	mg/dL	<div><div></div><div></div><div></div><div></div><div></div></div> <div>1007550250</div>	43	>40		

* The performance characteristics of this test were determined by SpectraCell Laboratories. The U.S. Food and Drug Administration has not approved or cleared this test; however, FDA clearance or approval is not currently required for clinical use. The results are not intended to be used as the sole means for clinical diagnosis or patient management decisions.

Type 2 Diabetes Risk Assessment

LOW

Reference Value:

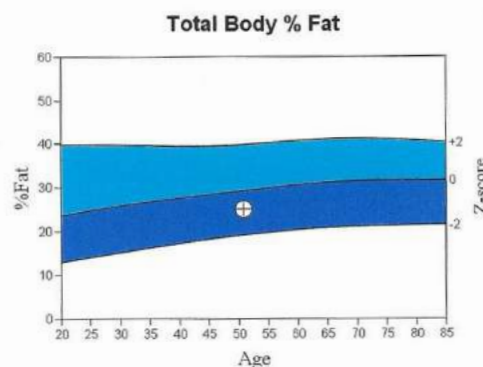
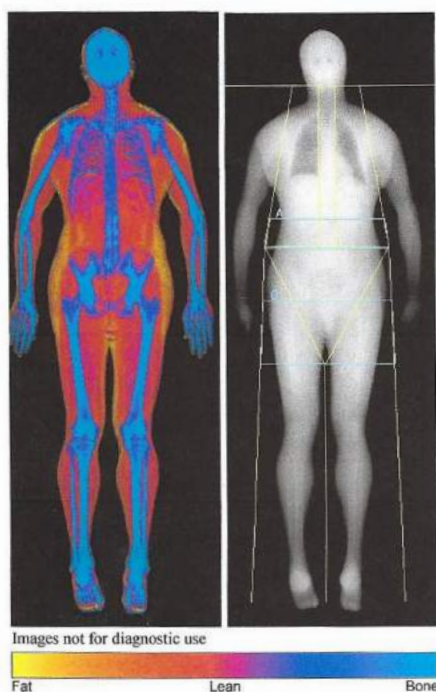
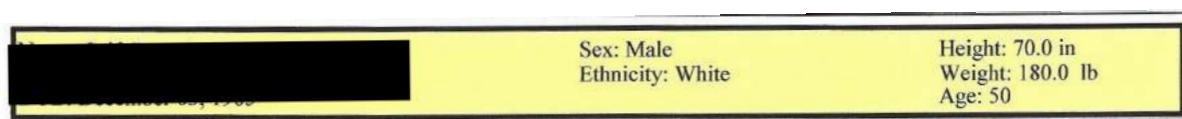
LOW

The type 2 diabetes risk assessment is an indication of your risk for developing type 2 diabetes. It is a composite value derived from laboratory test results and demographics and may not capture all of the individual risk factors for a particular person. It is provided to supplement, not supplant, the clinical utility of individual biomarkers and other clinical indications. The Type 2 Diabetes Risk Assessment is not intended to provide a single indicator of risk. You should discuss these results with your provider. Treatment decisions should be based on the totality of available information.

NUTRITION

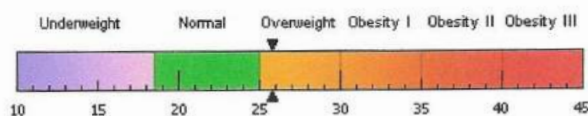
Body Composition:

Hopping on the scale won't tell you if you're making progress building lean muscle tissue or burning fat. DEXA body scans are the gold standard in the industry with 99% accuracy in measuring exactly what types of changes your body is undergoing over time. This quick and painless scan not only reveals your overall bone density, body fat, and lean tissue numbers, but also the distribution of that tissue from body part to body part. The location of the fat on your body is actually a key factor in determining health risks. The visceral fat around your organs increases your disease risk much more than the subcutaneous fat outside of your trunk area. Whether you're trying to determine osteoporosis risk, prevent cardiovascular disease, or just tone your six pack, the following Tack180 body composition tests will give you the information you need to get there.



Source: 2008 NHANES White Male

World Health Organization Body Mass Index Classification
BMI = 25.8 WHO Classification Overweight



BMI has some limitations and an actual diagnosis of overweight or obesity should be made by a health professional. Obesity is associated with heart disease, certain types of cancer, type 2 diabetes, and other health risks. The higher a person's BMI is above 25, the greater their weight-related risks.

Body Composition Results

Region	Fat Mass (g)	Lean + BMC (g)	Total Mass (g)	% Fat	%Fat Percentile YN	AM
L Arm	1129	3863	4992	22.6	53	26
R Arm	1191	3726	4917	24.2	61	33
Trunk	11146	30185	41331	27.0	61	26
L Leg	3078	10107	13185	23.3	32	21
R Leg	2918	9932	12850	22.7	27	16
Subtotal	19463	57813	77275	25.2	51	22
Head	1123	3511	4634	24.2		
Total	20586	61324	81909	25.1	53	22
Android (A)	1970	4359	6329	31.1		
Gynoid (G)	3363	9392	12755	26.4		

Scan Date:	September 23, 2016	ID: A09231603
Scan Type:	a Whole Body	
Analysis:	October 13, 2016 14:31 Version 13.4.2	
	Auto Whole Body Fan Beam	
Operator:	JC	
Model:	Discovery A (S/N 45864)	
Comment:		

Adipose Indices

Measure	Result	Percentile	
		YN	AM
Total Body % Fat	25.1	53	22
Fat Mass/Height ² (kg/m ²)	6.51	52	25
Android/Gynoid Ratio	1.18		
% Fat Trunk/% Fat Legs	1.17	94	64
Trunk/Limb Fat Mass Ratio	1.34	95	58

Lean Indices

Measure	Result	Percentile	
		VN	AM
Lean/Height ² (kg/m ²)	18.7	52	40
Appen. Lean/Height ² (kg/m ²)	8.32	45	42

YN = Young Normal
AM = Age Matched

Food Sensitivity:

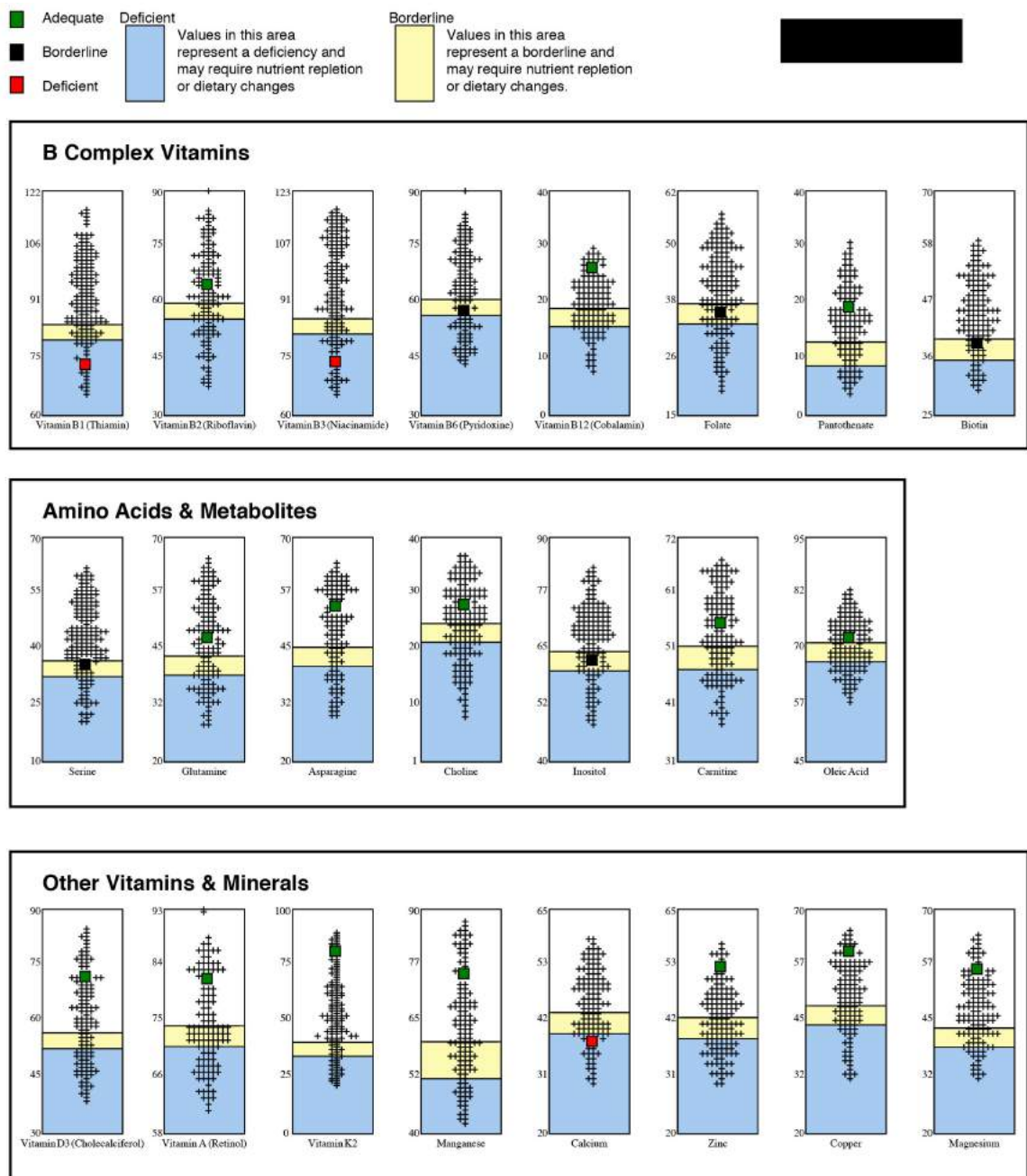
The vast majority of food-related ailments are caused by a food sensitivity or intolerance rather than a full-blown allergy. While harder to detect, food sensitivities cause a wide range of problems, including stomach pain, fatigue, bloating, diarrhea, skin rash, nausea, and inflammation. Instead of trying to meticulously eliminate each pernicious food one by one in your own at-home experiments, take this easy test to figure out what you should and shouldn't be eating. The results are scaled from 0-3 to let you know the severity of your sensitivity and thus how strict you need to be about avoiding each food. Many people are very surprised by the number of intolerances they have contributing to underlying digestive and other health problems, even though they never knew it.

IgG Food Antibody Results											
Dairy			Vegetables			Fish/Shellfish			Nuts and Grains		
Casein	1+	<div></div>	Alfalfa	VL	<div></div>	Clam	0	<div></div>	Almond	VL	<div></div>
Cheddar cheese	1+	<div></div>	Asparagus	0	<div></div>	Cod	VL	<div></div>	Buckwheat	VL	<div></div>
Cottage cheese	VL	<div></div>	Avocado	0	<div></div>	Crab	0	<div></div>	Corn	0	<div></div>
Cow's milk	2+	<div></div>	Beets	0	<div></div>	Lobster	0	<div></div>	Corn gluten	1+	<div></div>
Goat's milk	1+	<div></div>	Broccoli	0	<div></div>	Oyster	VL	<div></div>	Gluten	1+	<div></div>
Lactalbumin	1+	<div></div>	Cabbage	VL	<div></div>	Red snapper	0	<div></div>	Kidney bean	1+	<div></div>
Yogurt	1+	<div></div>	Carrot	0	<div></div>	Salmon	0	<div></div>	Lentil	VL	<div></div>
Fruits			Celery	0	<div></div>	Sardine	VL	<div></div>	Lima bean	VL	<div></div>
Apple	0	<div></div>	Cucumber	0	<div></div>	Shrimp	0	<div></div>	Oat	0	<div></div>
Apricot	0	<div></div>	Garlic	VL	<div></div>	Sole	0	<div></div>	Peanut	1+	<div></div>
Banana	0	<div></div>	Green Pepper	1+	<div></div>	Trout	0	<div></div>	Pecan	0	<div></div>
Blueberry	0	<div></div>	Lettuce	0	<div></div>	Tuna	0	<div></div>	Pinto bean	VL	<div></div>
Cranberry	0	<div></div>	Mushroom	VL	<div></div>	Poultry/Meats			Rice	VL	<div></div>
Grape	0	<div></div>	Olive	0	<div></div>	Beef	1+	<div></div>	Rye	0	<div></div>
Grapefruit	VL	<div></div>	Onion	VL	<div></div>	Chicken	1+	<div></div>	Sesame	VL	<div></div>
Lemon	0	<div></div>	Pea	0	<div></div>	Egg white	1+	<div></div>	Soy	VL	<div></div>
Orange	0	<div></div>	Potato, sweet	0	<div></div>	Egg yolk	1+	<div></div>	Sunflower seed	1+	<div></div>
Papaya	VL	<div></div>	Potato, white	0	<div></div>	Lamb	VL	<div></div>	Walnut	VL	<div></div>
Peach	0	<div></div>	Spinach	0	<div></div>	Pork	VL	<div></div>	Wheat	VL	<div></div>
Pear	0	<div></div>	String bean	VL	<div></div>	Turkey	VL	<div></div>	Miscellaneous		
Pineapple	VL	<div></div>	Tomato	0	<div></div>	Total IgE					
Plum	0	<div></div>	Zucchini	0	<div></div>	Inside		Outside	Reference Range		
Raspberry	0	<div></div>	Total IgE ♦						88.3	<=87.0 IU/mL	
Strawberry	0	<div></div>									
0 <div></div> None Detected VL <div></div> Very Low 1+ <div></div> Low 2+ <div></div> Moderate 3+ <div></div> High											



Micronutrients:

Americans spend over \$30 billion on dietary supplements each year, despite the fact that recent studies demonstrate much of this supplementation doesn't help with heart problems, memory loss, or increasing lifespan. Instead of wasting hundreds or thousands of dollars on vitamins you don't really need, a simple micronutrient test can pinpoint specific vitamins and minerals you are deficient in, so you only take the vitamins your body truly needs. In contrast to lesser effective multivitamins, supplementing with particular nutrients has been shown to be far more efficacious. Vitamin D, for example, has been shown to effectively reduce fracture risk as well as lower your risk of cancer and cardiovascular problems. Regardless of the results, this test eliminates the guesswork. In addition, many health issues are created or worsened by subtle nutrient or amino acid deficiencies that don't get picked up in the routine blood tests you have in your annual physical. Tack180's micronutrient and amino acid panel will detect these, giving you the information you need to prevent and treat nutrient-related issues.



GENETICS

Genetics for Nutrition, Diet, and Exercise:

The human genome is made up of about 24,000 genes that play a role in determining everything from your height and hair color to your risk for various diseases. Tack180’s genetic testing will provide you with a wide range of detailed results that decode which diet, exercise, and supplements fit best with your unique genetic makeup. These results allow you to develop a health program that is rooted in a personalized understanding of your biology, making it that much easier to accomplish your goals and overcome genetic predispositions that might have gotten in your way.

YOUR MATCHING DIET



Matching Diet Type p. 8	BALANCED DIET
Response To Monounsaturated Fats p. 11	NEUTRAL
Response To Polyunsaturated Fats p. 11	INCREASED BENEFIT
Omega-6 And Omega-3 Levels p. 12	DECREASED

EATING BEHAVIOR TRAITS



Snacking p. 14	TYPICAL
Hunger p. 14	TYPICAL
Satiety - Feeling Full p. 14	TYPICAL
Eating Disinhibition p. 15	MORE LIKELY
Food Desire p. 15	INCREASED
Sweet Tooth p. 16	TYPICAL

FOOD REACTIONS



Caffeine Metabolism p. 18	FAST METABOLIZER
Bitter Taste p. 18	NON-TASTER
Sweet Taste p. 19	TYPICAL
Lactose Intolerance p. 19	LESS LIKELY
Alcohol Flush p. 20	LESS LIKELY

NUTRITIONAL NEEDS



Vitamin B2 p. 22	STAY BALANCED
Vitamin B6 p. 23	OPTIMIZE INTAKE
Vitamin B12 p. 23	OPTIMIZE INTAKE
Folate - Folic Acid p. 24	OPTIMIZE INTAKE
Vitamin A p. 25	INCONCLUSIVE
Vitamin C p. 26	STAY BALANCED
Vitamin D p. 26	STAY BALANCED
Vitamin E p. 27	OPTIMIZE INTAKE

EXERCISE



Endurance Training p. 30	ENHANCED BENEFIT
Strength Training p. 31	LESS BENEFICIAL
Aerobic Capacity (VO2max) p. 31	TYPICAL
Muscle Power p. 32	LESS MUSCLE POWER
Achilles Tendinopathy p. 32	TYPICAL
Weight Loss Response To Exercise p. 33	EXERCISE RECOMMENDED
Blood Pressure Response To Exercise p. 33	EXERCISE RECOMMENDED
HDL (Good) Cholesterol Response To Exercise p. 34	NORMAL BENEFIT
Loss Of Body Fat Response To Exercise p. 34	NORMAL BENEFIT
Insulin Sensitivity Response To Exercise p. 34	ENHANCED BENEFIT

YOUR BODY AND WEIGHT



Obesity p. 36	AVERAGE
Weight Loss-regain p. 36	MORE LIKELY TO GAIN WEIGHT BACK
Metabolism p. 37	NORMAL
Adiponectin Levels p. 37	TYPICAL

METABOLIC HEALTH FACTORS



Elevated LDL Cholesterol p. 39	ABOVE AVERAGE
Decreased HDL Cholesterol p. 40	ABOVE AVERAGE
Elevated Triglycerides p. 41	ABOVE AVERAGE
Elevated Blood Sugar p. 42	ABOVE AVERAGE



DIET



Eat a balanced diet of protein, fat and carbohydrates, rather than a diet that is targeted towards being specifically low in fat or carbohydrates.



Try to tame your eating behaviors. You have a genetic variant associated with an increased food desire, and you may be willing to put in extra effort to get the foods you like. Therefore, you may have to work harder at self-control.



You may indulge more than average on tempting foods, as you have a genetic marker associated with eating disinhibition. Reduce your exposure to foods that tempt you.



You are less likely to be lactose intolerant, which means you may consume dairy products and not have gastrointestinal side effects. Choose dairy products that are lower in calories, fat and added sugar.



You have a higher than average genetic risk for elevated LDL (bad) cholesterol. You should limit your saturated fat intake and avoid foods containing trans or hydrogenated fats to help reduce this risk.



NUTRITIONAL NEEDS



You have a genetic variant associated with lower levels of folic acid. Good sources of folate include vegetables, fruits, whole grains, legumes, as well as fortified foods and vitamin supplements.



You have a genetic variant associated with lower vitamin B6 levels. Be sure your diet includes foods rich in vitamin B6, such as dark green leafy vegetables, whole grains, legumes, poultry, fish and eggs.



You have a genetic variant associated with lower vitamin B12 levels. Be sure your diet includes foods rich in vitamin B12, such as meat, fish, poultry and milk products. You can also obtain B12 from fortified foods and vitamin supplements.



EXERCISE



Your genetics are associated with enhanced health benefits from endurance exercises, such as mid-long distance walking, jogging and bicycling. Weight resistance exercises may be less beneficial.



You have genes that may boost the benefit of exercise in increasing insulin sensitivity, which will, in turn, reduce your risk for elevated blood sugar and type 2 diabetes.



Continue a vigorous exercise regimen after losing weight. You have genes that are associated with an increased chance of gaining weight back.



If you do not exercise currently, start slow and exercise regularly. Starting too hard and too fast can lead to injury, pain or frustration.



METABOLIC HEALTH



You have a higher than average genetic likelihood for elevated LDL cholesterol levels. Regular monitoring of your cholesterol by your physician is recommended.



Your genetic profile shows a higher than average likelihood for decreased HDL (good) cholesterol. HDL levels can sometimes be improved through aerobic exercise and a healthy diet.

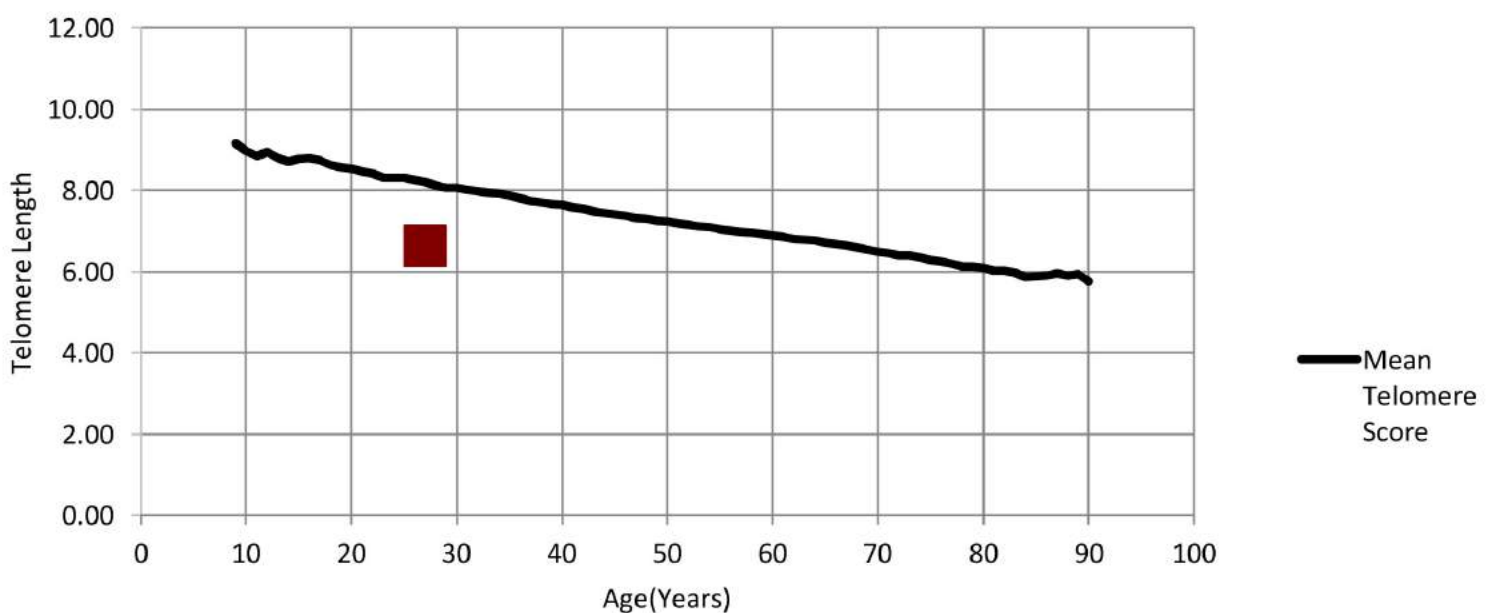


Your genetic profile shows a higher than average likelihood for elevated blood sugar levels, which are often associated with insulin resistance and can lead to type 2 diabetes. Regular monitoring of your blood sugar by your physician is recommended.

Telomeres (Cellular Aging):

Telomeres are the caps at the end of each strand of DNA that protect the information stored within it. Our telomeres' length gives us an approximate picture of how fast our cells are breaking down and aging; the shorter our telomeres, the greater chance we have of succumbing to degenerative diseases. The good news is that it's possible to slow or reverse this shortening of your telomeres. Understanding the length of your telomeres allows you to take preventative measures before negative consequences result.

Telomere Test Results



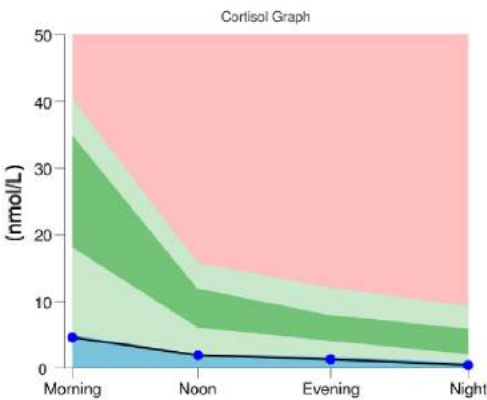


HORMONES

Energy, Sexual Health, Testosterone:

Hormones play an important role in nearly every function of the body, including the regulation of energy levels, sex drive, muscle development, and sleep. In today’s world of over-caffeinated energy drinks as well as a range of prescription drugs to keep us up longer and fall asleep faster, taking a look at your underlying hormonal balances can provide powerful, ACTIONABLE information about the root causes of low energy, low libido, or difficulty sleeping. Certain hormones, such as testosterone in males, have a tendency to decrease over time. This means that your body’s ability to perform basic functions like maintain an erection or burn fat may suffer as you age. Tack180’s hormone testing can uncover these problems and many others, while pointing to effective solutions to keep you on top of your game well into your later years.

	Saliva Hormone Test	Result	Units	L	WR	H	Reference Range
HORMONES	Estrone (E1)*		pg/ml				
	Estradiol (E2)	2.14	pg/ml		◆		<2.5 male
	Estriol (E3)*		pg/ml				
	EQ (E3 / (E1 + E2))						
	Progesterone (Pg)	42.70	pg/ml		◆		<94.0 male (500-3000 supplementation)
	Ratio of Pg/E2**	19.95		↓			200-300 male (Pg supplementation)
	Testosterone*	68.41	pg/ml		◆		30.1-142.5 male (142.6-350.0 supplementation)
ADRENALS	DHEA*	518.10	pg/ml			↑	137.0-336.0 male
	Cortisol Morning	4.60	nmol/L	↓			5.1-40.2; optimal range: 18-35†
	Cortisol Noon	1.93	nmol/L	↓			2.1-15.7; optimal range: 6-12†
	Cortisol Evening	1.32	nmol/L	↓			1.8-12; optimal range: 4-8†
	Cortisol Night	0.50	nmol/L	↓			0.9-9.2; optimal range: 2-6†



Hormone Comments:

- The Pg/E2 ratio is below the optimal reference range, however, this may have limited clinical relevance for males in this age group.
- Suboptimal testosterone may be associated with metabolic syndrome (insulin resistance). Fasting blood sugar and insulin levels may be warranted. Boosting the testosterone level is a consideration depending on the clinical picture.
- DHEA level is consistent with stress response or supplementation (not reported).
- Diurnal cortisol pattern is consistent with established (Phase 3) HPA axis (adrenal gland) dysfunction.

Notes:

L=Low(below range) WR=Within Range (within range) H=High (above range)
*This test was developed and its performance characteristics determined by Labrix Clinical Services, Inc. The US FDA has not approved or cleared this test; however, FDA clearance or approval is not currently required for clinical use. The results are not intended to be used as the sole means for clinical diagnosis or patient management decisions.
**The Pg/E2 ratio is an optimal range established based on clinical observation. Progesterone supplementation is generally required to achieve this level in men and postmenopausal women.
†Apply only when all four cortisol is measured. Clinical comments may override these generalized optimal ref. ranges.

Adrenal Phase: 3



For more information about Tack180 or to schedule a conversation with Tack180's founder, Dr. Myles Spar, simply email us at info@tack180.com, give us a call at [323-364-5227](tel:323-364-5227) or reserve your spot [here](#).