

| Study                           | units                  | "WRL"  | Optimal <sup>®</sup> | Prior Sub-Optimal | Date   |      | Date   |      | Date   |      | Date   |      |
|---------------------------------|------------------------|--------|----------------------|-------------------|--------|------|--------|------|--------|------|--------|------|
|                                 |                        |        |                      |                   | by     | by   | by     | by   | by     | by   |        |      |
|                                 |                        |        |                      |                   | Result | Note | Result | Note | Result | Note | Result | Note |
| Basic                           | CBC                    | panel  |                      |                   |        |      |        |      |        |      |        |      |
|                                 | CMP/GGT                | Panel  |                      |                   |        |      |        |      |        |      |        |      |
|                                 | U/A                    | panel  |                      |                   |        |      |        |      |        |      |        |      |
| Metabolic/<br>Cardiac           | HgA1c                  |        | < 100                | < 90              |        |      |        |      |        |      |        |      |
|                                 | Glucose fasting        |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Insulin, fasting       |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | CRP-HS                 | mg/L   | 1.0-3.0              | < 2.0             |        |      |        |      |        |      |        |      |
|                                 | Homocysteine           | umol/L | <11.4                | < 7.0             |        |      |        |      |        |      |        |      |
| Lipid<br>Panel                  | Total Cholesterol (TC) | mg/dL  | <200                 | 150-180           |        |      |        |      |        |      |        |      |
|                                 | HDL                    | mg/dL  | >40                  | > 50              |        |      |        |      |        |      |        |      |
|                                 | TG                     | mg/dL  | <150                 | < 110             |        |      |        |      |        |      |        |      |
|                                 | LDL                    | mg/dL  | <130                 | < 100             |        |      |        |      |        |      |        |      |
|                                 | TC/HDL , TG/HDL        | mg/dL  | <4.4                 | < 4.0/3.0         |        |      |        |      |        |      |        |      |
| Thyroid &<br>Pituitary<br>Gland | Thyroid Stim. Horm.    |        |                      | 0.5 - 1.95        |        |      |        |      |        |      |        |      |
|                                 | T4 Total/Free          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | T3 Total/Free          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Reverse T3             |        |                      | 17                |        |      |        |      |        |      |        |      |
|                                 | Thyroglobulin          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Thyrog/Perox/TSH Ab's  |        |                      | neg/neg           |        |      |        |      |        |      |        |      |
|                                 | Iodine Serum/Urine     |        |                      |                   |        |      |        |      |        |      |        |      |
| Adrenal &                       | Pregnenolone/DHEAs     | mcg/dL |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Estrogen/Progesterone  |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Testosterone Tot/Free  |        |                      |                   |        |      |        |      |        |      |        |      |
| Vitamins                        | Vit A Retinol          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B1 Thiamin         |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B2 Riboflavin      |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B3 Niacin          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B5 Pantothenic     |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B6 Pyridoxine      |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B7 Biotin          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | TMAO                   |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Vit B12                |        |                      | > 700             |        |      |        |      |        |      |        |      |
|                                 | Vit D 25 OH (/1,25)    |        | 20-100               | 50 - 90           |        |      |        |      |        |      |        |      |
| Oils &<br>Minerals              | RBC O3/O6/Odd/Tran     |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Calcium Ionized/RBC    |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Copper RBC/Serum       |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Iron/ Ferritin         |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Magnesium RBC/Serum    | mg/dL  | 4.2-6.4              | > 5.2             |        |      |        |      |        |      |        |      |
|                                 | RBC Manganese          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | RBC Potassium          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Selenium RBC/Serum     |        |                      |                   |        |      |        |      |        |      |        |      |
| Zinc RBC/Serum                  | mg/L                   |        |                      |                   |        |      |        |      |        |      |        |      |
| Rheumatic,<br>Immune            | Ig E, G, A, M          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | ANA/RF                 |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | CPK                    |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | ECP                    |        |                      |                   |        |      |        |      |        |      |        |      |
| Infectious                      | Epstein Barr           |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Hepatitis B/C          |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Lyme/An/Bab/Bar/Er     |        |                      |                   |        |      |        |      |        |      |        |      |
| Other                           | Celiac HLA             |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Aminos: Gly/Try/Tyr    |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Bile Acids/Gastrin     |        |                      |                   |        |      |        |      |        |      |        |      |
| Special                         | Heavy Metals/Elem      |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Halide                 |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | Stool                  |        |                      |                   |        |      |        |      |        |      |        |      |
|                                 | OAT                    |        |                      |                   |        |      |        |      |        |      |        |      |