



TEST PATIENT

GUa d'Y HYghBUa Y
 Sex : :
 DUH# Collected : 00-00-0000
 111 H9GH ROAD TEST SUBURB
 @AB =8: 0000000 UR#:0000000

TEST PHYSICIAN

DR JOHN DOE
 111 CLINIC STF 99H
 7@B=7 GI 6I F6J=7' \$\$\$

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BIOCHEMISTRY

URINE, SPOT	Result	Range	Units
CREATININE Urine Spot	18.7	8.0 - 19.0	mmol/L

INTEGRATIVE MEDICINE

URINE, SPOT	Result	Range	Units
URINE IODINE	143		ug/L
Urine Iodine Corrected	67.7		ug/gCR

Urine Iodine Comment

Random Urinary Iodine levels are now expressed as ug Iodine/g Creatinine (to correct for urine concentration), with the following reference ranges;

- Normal Iodine Level: >100 ug Iodine/g Creatinine
- Mild Deficiency: 51 - 100 ug Iodine/g Creatinine
- Moderate to severe deficiency: <50 ug Iodine/g Creatinine.

Iodine/iodide is required in sufficient levels for adequate thyroid hormone production. Thyroid hormones are important for growth regulation, metabolic rate, energy levels and temperature control. Iodine deficiency may be associated with an enlarged thyroid gland (goiter), fatigue, reduced cognition, constipation, hair loss, low libido, slow pulse, brittle hair/nails, fibrocystic breasts and increased cancer risk. Many cases of hypothyroidism (low thyroid hormone levels) are due to low iodine in the diet.

Iodine levels are influenced by diet and exposure to environmental factors, including toxins that compete for iodine metabolism, e.g. chlorine and bromide used in pools, spas, drinking water, pastries and breads, carbonated beverages, pesticides and medications.

As there is no optimal range for a random iodine test, the spot test is used to determine the patients pre-load test status. The Loading Test then compares how much of the iodine/iodide dose is absorbed versus how much is passed out in the urine by the kidneys. The total amount passed in the urine is inversely related to the amount your body needs and determines if you have sufficient iodine or need supplementation. For the Urine Iodine Loading Test, 50 mg of an iodine/iodide mixture is given as a loading dose and the amount of iodine excreted in the urine over the next 24 hours is measured.

REFERENCE RANGE

In an iodine sufficient state, approximately 90% of a mixture of a 50mg dose of iodine/iodide would be excreted (i.e. 45mg) and 10% of the iodine would be retained (i.e. 5mg).

Levels below 90% excretion would indicate an iodine deficient state.

URINE, 24 HOUR	Result	Range	Units
24hr Urine Volume	3500	693 - 3741	mL
Ur Iodine, Loading	15200		ug/L
Urine Iodine Loading Test			
Ur Iodine Loading, Conc.	53.20		mg/24hr
Ur Iodine Loading, Excreted	66.2 *L	> 90.0	% Excretion

Tests ordered: UCR,UR-IODINE,IMPEI,uIodEx,UiodL

(*) Result outside normal reference range

(L) Result is below lower limit of reference range