

Introducing the Designs for Health Metabolic Profiles. . .

# Making Customized Nutrition a Reality

Designs for Health has teamed with Metamatrix Clinical Laboratory to bring you the **Designs for Health<sup>SM</sup> Comprehensive Metabolic Profile**. The profile gives you the tools you need to evaluate your patients' complete nutritional and metabolic health *with no blood draw required!* Combining organic acid, lipid peroxide, fatty acid, and IgG food antibody testing, this profile helps you target each patient's needs. Patient-specific supplement recommendations based on individual test results help you select the most efficient combination of DFH products to meet those needs.



*The Designs for Health Comprehensive Metabolic Profile consists of:*

## Designs for Health Organix<sup>SM</sup> Profile

Integrative clinicians begin with an Organix<sup>SM</sup> Profile to establish the nutritional and metabolic basis of patient symptoms, just as traditional practitioners might use a serum chemistry to establish a diagnostic baseline. A single urine specimen provides important information about:

- *Insufficiencies of carnitine and NAC*
- *Functional status of B-vitamins*
- *Methylation sufficiency status*
- *Oxidative stress and antioxidant sufficiency*
- *Specific markers of bacterial dysbiosis*
- *Neurotransmitter metabolism*
- *Detoxification adequacy*
- *Lipoic acid and CoQ10 sufficiency*
- *Mitochondrial energy production*

## Designs for Health Urine Lipid Peroxides

In its efforts to produce the chemical energy to power cells and fight infection, the body produces harmful free radicals. Antioxidant supplements can help protect cells from free radical damage that can result in oxidation of cell membranes, forming lipid peroxides. High levels of lipid peroxides are associated with cancer, heart disease, stroke, and aging.

## Designs for Health Bloodspot<sup>SM</sup> Fatty Acid Profile (not available in NY)

From a simple finger stick, this unique test measures the ratio of the principle omega-6 (AA) and omega-3 (EPA) fatty acids. The AA/EPA ratio is a measure of the body's eicosanoid balance, detecting "silent" inflammation that can lead to heart disease and other chronic and inflammatory processes. Also included is an Index of Omega-3 Fatty Acids: the sum of EPA and DHA as a percent of total fatty acids. Studies have shown that this index can be used to estimate a person's risk of dying from coronary heart disease (CHD). A bloodspot Index of Omega-3 Fatty Acids greater than 1.6 is associated with the greatest cardioprotection, whereas an index less than 0.75 is associated with the least cardioprotection. With many consumers loading up indiscriminately on fish oils, this profile can also detect omega-3 dominant patterns which can lead to increased peroxidation and immune suppression.

## Designs for Health Bloodspot<sup>SM</sup> IgG Food Antibody Profile (not available in NY)

Researchers estimate that at least 60% of the U.S. population suffers from unsuspected food reactions that can cause or complicate health problems. These reactions are difficult to identify since they can occur hours or even days after consumption of an offending food. In some cases, a person may eat a food for several days before developing a reaction to it, so they may not realize the link between the food and their symptoms. Symptoms can be extraordinarily diverse, ranging from arthritis to eczema to migraines. For that reason, many health professionals routinely consider food allergies or intolerances when evaluating a patient's health problems. The Bloodspot<sup>SM</sup> IgG Food Antibody Profile tests for sensitivity to 30 of the most commonly positive food antigens, all from a single finger stick.



For specimen collection kits call 800-847-8302

**Test #4300 Designs for Health<sup>SM</sup>  
Comprehensive Metabolic Profile**  
including:

**DFH Organix<sup>SM</sup> Profile  
DFH Urine Lipid Peroxides**

**Specimen Requirements:**  
12 ml of overnight urine, frozen  
**Method:** LC/MS-MS, Colorimetric

**DFH Bloodspot<sup>SM</sup> Fatty Acids**

**Specimen Requirements:**  
Fasting blood spot  
**Method:** GC/MS

**DFH Bloodspot<sup>SM</sup> IgG Food Antibodies**

**30 Antigens**  
**Specimen Requirements:**  
Non-fasting blood spot  
**Method:** ELISA

**Turnaround Time:**  
7-14 days, 14 days average

**Test #4310 Designs for Health<sup>SM</sup>  
Basic Metabolic Profile**  
including:

**DFH Organix<sup>SM</sup> Profile  
DFH Lipid Peroxides**

**Specimen Requirements:**  
12 ml of overnight urine, frozen  
**Method:** LC/MS-MS, Colorimetric

**Test #4320  
Basic plus FA Metabolic Profile**  
including:

**DFH Organix<sup>SM</sup> Profile  
DFH Lipid Peroxides**

**Specimen Requirements:**  
12 ml of overnight urine, frozen  
**Method:** LC/MS-MS, Colorimetric

**DFH Bloodspot<sup>SM</sup> Fatty Acids**

**Specimen Requirements:**  
Fasting blood spot  
**Method:** GC/MS

PROFILES	CMP	BMP	B+FA	PROFILES	CMP	BMP	B+FA
DFH ORGANIX <sup>SM</sup> PROFILE				DFH FATTY ACID PROFILE			
Analyte				Analyte			
Pyruvate	✓	✓	✓	Arachidonic (20:4n6)	✓		✓
α-Ketoglutarate	✓	✓	✓	Dihomogamma Linolenic (20:3n6)	✓		✓
α-Ketoisovalerate	✓	✓	✓	Docosahexaenoic (22:6n3)	✓		✓
α-Ketoisocaproate	✓	✓	✓	Eicosapentaenoic (20:5n3)	✓		✓
α-Keto-β-Methylvalerate	✓	✓	✓	Gamma Linolenic (18:3n6)	✓		✓
Xanthurenate	✓	✓	✓	Linoleic (18:2n6)	✓		✓
β-Hydroxyisovalerate	✓	✓	✓	Total C:18 Trans	✓		✓
Methylmalonate	✓	✓	✓	LA/GLA Ratio	✓		✓
Formiminoglutamate	✓	✓	✓	AA/EPA Ratio	✓		✓
Adipate	✓	✓	✓	EPA/DGLA Ratio	✓		✓
Suberate	✓	✓	✓	Index of Omega-3 Fatty Acids	✓		✓
Ethylmalonate	✓	✓	✓	DFH IgG FOOD ANTIBODIES			
Lactate	✓	✓	✓	Almond	✓		
β-Hydroxybutyrate	✓	✓	✓	Aspergillus	✓		
Succinate	✓	✓	✓	Beef	✓		
Fumarate	✓	✓	✓	Cantaloupe	✓		
Malate	✓	✓	✓	Cashew	✓		
Hydroxymethylglutarate	✓	✓	✓	Chicken	✓		
Vanilmandelate	✓	✓	✓	Corn	✓		
Homovanillate	✓	✓	✓	Crab	✓		
5-Hydroxyindoleacetate	✓	✓	✓	Egg, Whole	✓		
Kynurenate	✓	✓	✓	Garlic	✓		
Quinolate	✓	✓	✓	Lobster	✓		
Citrate	✓	✓	✓	Milk	✓		
Cis-Aconitate	✓	✓	✓	Mustard Greens	✓		
Isocitrate	✓	✓	✓	Oat	✓		
2-Methylhippurate	✓	✓	✓	Orange	✓		
Orotate	✓	✓	✓	Pea, Green	✓		
Glucarate	✓	✓	✓	Peanut	✓		
α-Hydroxybutyrate	✓	✓	✓	Pinto Bean	✓		
Pyroglutamate	✓	✓	✓	Pork	✓		
Sulfate	✓	✓	✓	Rice	✓		
Benzoate	✓	✓	✓	Salmon	✓		
Phenylacetate	✓	✓	✓	Shrimp	✓		
Phenylpropionate	✓	✓	✓	Soybean	✓		
p-Hydroxybenzoate	✓	✓	✓	Strawberry	✓		
p-Hydroxyphenylacetate	✓	✓	✓	Sunflower	✓		
Indican	✓	✓	✓	Tomato	✓		
Tricarballylate	✓	✓	✓	Tuna	✓		
Dihydroxyphenylpropionate	✓	✓	✓	Turkey	✓		
Creatinine	✓	✓	✓	Walnut	✓		
Urine Lipid Peroxide	✓	✓	✓	Wheat	✓		