



Requisition #: 9900001
Patient Name: Sample
Patient Age: 40
Patient Sex: F
Specimen Id.: 9900001-2

Practitioner: NO PHYSICIAN
Date of Collection: 11/24/2021
Time of Collection: 08:00 AM
Print Date: 11/29/2021



Organic Acids Test - Nutritional and Metabolic Profile

Metabolic Markers in Urine Reference Range (mmol/mol creatinine) Patient Value Reference Population - Females Age 13 and Over

Intestinal Microbial Overgrowth

Yeast and Fungal Markers

Marker	Reference Range (mmol/mol creatinine)	Patient Value	Visual Representation
1 Citramalic	≤ 3.6	H 3.7	
2 5-Hydroxymethyl-2-furoic (Aspergillus)	≤ 14	H 31	
3 3-Oxoglutaric	≤ 0.33	H 3.6	
4 Furan-2,5-dicarboxylic (Aspergillus)	≤ 16	15	
5 Furancarboxylglycine (Aspergillus)	≤ 1.9	1.1	
6 Tartaric (Aspergillus)	≤ 4.5	3.7	
7 Arabinose	≤ 29	H 167	
8 Carboxycitric	≤ 29	0.46	
9 Tricarballic (Fusarium)	≤ 0.44	H 0.45	

Bacterial Markers

10 Hippuric	≤ 613	H 615	
11 2-Hydroxyphenylacetic	0.06 - 0.66	0.32	
12 4-Hydroxybenzoic	≤ 1.3	0.29	
13 4-Hydroxyhippuric	0.79 - 17	8.8	
14 DHPPA (Beneficial Bacteria)	≤ 0.38	H 0.61	

Clostridia Bacterial Markers

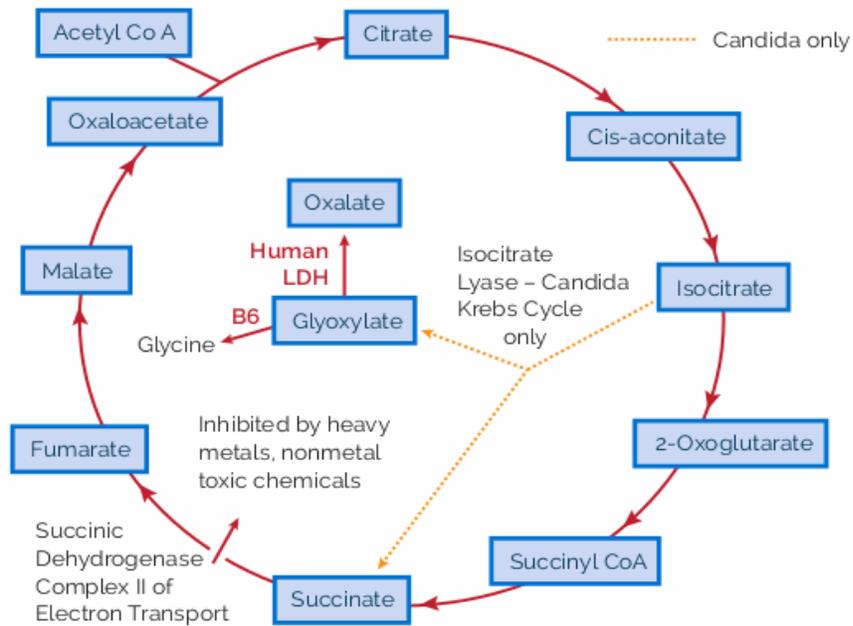
15 4-Hydroxyphenylacetic (C. difficile, C. stricklandii, C. lituseburense & others)	≤ 19	5.1	
16 HPHPA (C. sporogenes, C. caloritolerans, C. botulinum & others)	≤ 208	26	
17 4-Cresol (C. difficile)	≤ 75	6.0	
18 3-Indoleacetic (C. stricklandii, C. lituseburense, C. subterminale & others)	≤ 11	0.28	

Testing performed by The Great Plains Laboratory, LLC., Overland Park, Kansas. The Great Plains Laboratory has developed and determined the performance characteristics of this test. This test has not been evaluated by the U.S. FDA; the FDA does not currently regulate such

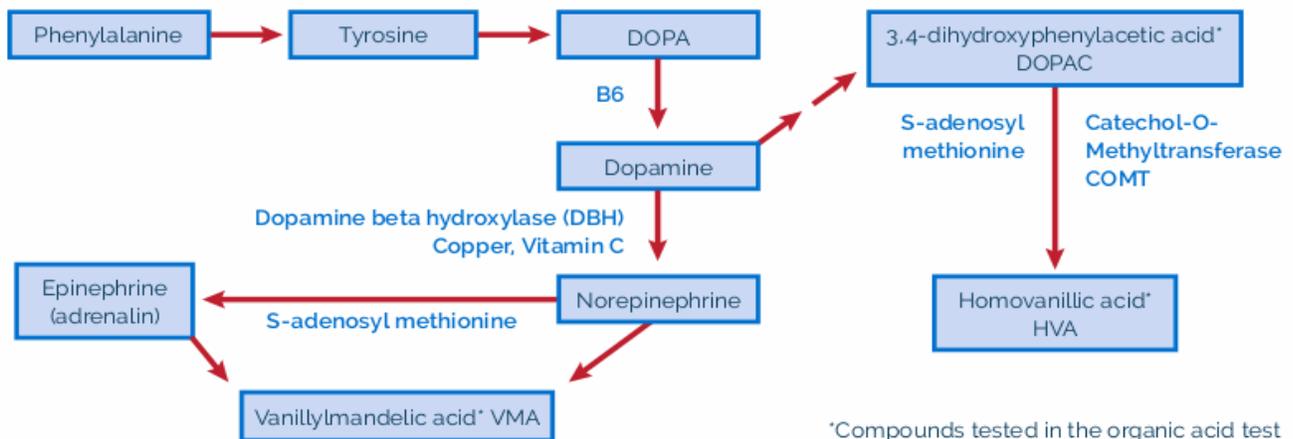
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Human Krebs Cycle showing Candida Krebs Cycle variant that causes excess Oxalate via Glyoxylate



Major pathways in the synthesis and breakdown of **catecholamine neurotransmitters** in the absence of microbial inhibitors



*Compounds tested in the organic acid test

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Oxalate Metabolites

19	Glyceric	0.77 - 7.0	2.3	
20	Glycolic	16 - 117	H 130	
21	Oxalic	6.8 - 101	H 128	

Glycolytic Cycle Metabolites

22	Lactic	≤ 48	16	
23	Pyruvic	≤ 9.1	6.4	

Mitochondrial Markers - Krebs Cycle Metabolites

24	Succinic	≤ 9.3	3.6	
25	Fumaric	≤ 0.94	0.27	
26	Malic	0.06 - 1.8	0.50	
27	2-Oxoglutaric	≤ 35	19	
28	Aconitic	6.8 - 28	17	
29	Citric	≤ 507	424	

Mitochondrial Markers - Amino Acid Metabolites

30	3-Methylglutaric	≤ 0.76	0.20	
31	3-Hydroxyglutaric	≤ 6.2	4.8	
32	3-Methylglutaconic	≤ 4.5	0.74	

Neurotransmitter Metabolites

Phenylalanine and Tyrosine Metabolites				
33	Homovanillic (HVA) <i>(dopamine)</i>	0.80 - 3.6	2.6	
34	Vanillylmandelic (VMA) <i>(norepinephrine, epinephrine)</i>	0.46 - 3.7	2.4	
35	HVA / VMA Ratio	0.16 - 1.8	1.1	
36	Dihydroxyphenylacetic (DOPAC) <i>(dopamine)</i>	0.08 - 3.5	0.94	
37	HVA/ DOPAC Ratio	0.10 - 1.8	H 2.7	
Tryptophan Metabolites				
38	5-Hydroxyindoleacetic (5-HIAA) <i>(serotonin)</i>	≤ 4.3	1.2	
39	Quinolinic	0.85 - 3.9	1.6	
40	Kynurenic	≤ 2.2	0.85	

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Pyrimidine Metabolites - Folate Metabolism

41	Uracil	≤ 9.7	1.9	
42	Thymine	≤ 0.56	0.20	

Ketone and Fatty Acid Oxidation

43	3-Hydroxybutyric	≤ 3.1	0.33	
44	Acetoacetic	≤ 10	0	
45	Ethylmalonic	0.44 - 2.8	1.8	
46	Methylsuccinic	0.10 - 2.2	1.2	
47	Adipic	0.04 - 3.8	0.89	
48	Suberic	0.18 - 2.2	1.7	
49	Sebacic	≤ 0.24	0.06	

Nutritional Markers

Vitamin B12				
50	Methylmalonic *	≤ 2.3	1.1	
Vitamin B6				
51	Pyridoxic (B6)	≤ 34	2.7	
Vitamin B5				
52	Pantothenic (B5)	≤ 10	1.2	
Vitamin B2 (Riboflavin)				
53	Glutaric *	0.04 - 0.36	0.19	
Vitamin C				
54	Ascorbic	10 - 200	L 5.5	
Vitamin Q10 (CoQ10)				
55	3-Hydroxy-3-methylglutaric *	0.17 - 39	0.20	
Glutathione Precursor and Chelating Agent				
56	N-Acetylcysteine (NAC)	≤ 0.28	0.16	
Biotin (Vitamin H)				
57	Methylcitric *	0.19 - 2.7	1.1	

* A high value for this marker may indicate a deficiency of this vitamin.

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Indicators of Detoxification

Indicator	Reference Range (mmol/mol creatinine)	Patient Value	Visual Representation
Glutathione			
58 Pyroglutamic *	10 - 33	19	
Methylation, Toxic exposure			
59 2-Hydroxybutyric **	0.03 - 1.8	0.33	
Ammonia Excess			
60 Orotic	0.06 - 0.54	0.28	
Aspartame, salicylates, or GI bacteria			
61 2-Hydroxyhippuric	≤ 1.3	H 2.4	

* A high value for this marker may indicate a Glutathione deficiency.
 ** High values may indicate methylation defects and/or toxic exposures.

Amino Acid Metabolites

62 2-Hydroxyisovaleric	≤ 2.0	0.12	
63 2-Oxoisovaleric	≤ 2.1	0.05	
64 3-Methyl-2-oxovaleric	≤ 2.0	0.48	
65 2-Hydroxyisocaproic	≤ 2.0	0.23	
66 2-Oxoisocaproic	≤ 2.0	0.11	
67 2-Oxo-4-methylbutyric	≤ 2.0	0.04	
68 Mandelic	≤ 2.0	0.20	
69 Phenyllactic	≤ 2.0	0.09	
70 Phenylpyruvic	≤ 2.0	0.62	
71 Homogentisic	≤ 2.0	0.03	
72 4-Hydroxyphenyllactic	≤ 2.0	0.32	
73 N-Acetylaspartic	≤ 38	1.9	
74 Malonic	≤ 9.7	2.5	
75 4-Hydroxybutyric	≤ 4.8	1.1	

Mineral Metabolism

76 Phosphoric	1,000 - 5,000	1,868	
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Indicator of Fluid Intake

77 *Creatinine 190 mg/dL

*The creatinine test is performed to adjust metabolic marker results for differences in fluid intake. Urinary creatinine has limited diagnostic value due to variability as a result of recent fluid intake. Samples are rejected if creatinine is below 20 mg/dL unless the client requests results knowing of our rejection criteria.

Explanation of Report Format

The reference ranges for organic acids were established using samples collected from typical individuals of all ages with no known physiological or psychological disorders. The ranges were determined by calculating the mean and standard deviation (SD) and are defined as $\pm 2SD$ of the mean. Reference ranges are age and gender specific, consisting of Male Adult (≥ 13 years), Female Adult (≥ 13 years), Male Child (< 13 years), and Female Child (< 13 years).

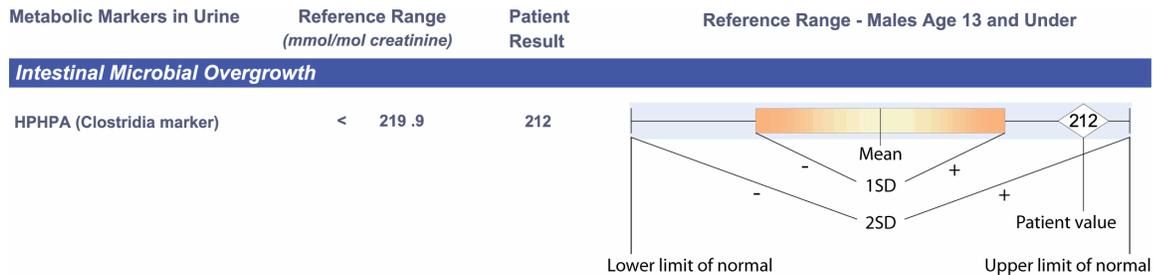
There are two types of graphical representations of patient values found in the new report format of both the standard Organic Acids Test and the Microbial Organic Acids Test.

The first graph will occur when the value of the patient is within the reference (normal) range, defined as the mean plus or minus two standard deviations.

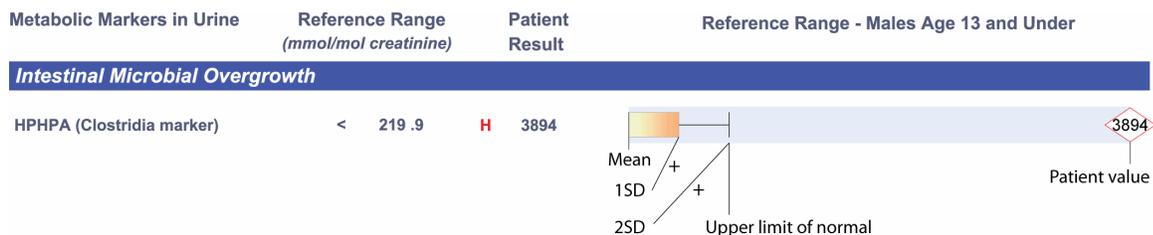
The second graph will occur when the value of the patient exceeds the upper limit of normal. In such cases, the graphical reference range is "shrunk" so that the degree of abnormality can be appreciated at a glance. In this case, the lower limits of normal are not shown, only the upper limit of normal is shown.

In both cases, the value of the patient is given to the left of the graph and is repeated on the graph inside a diamond. If the value is within the normal range, the diamond will be outlined in black. If the value is high or low, the diamond will be outlined in red.

Example of Value Within Reference Range



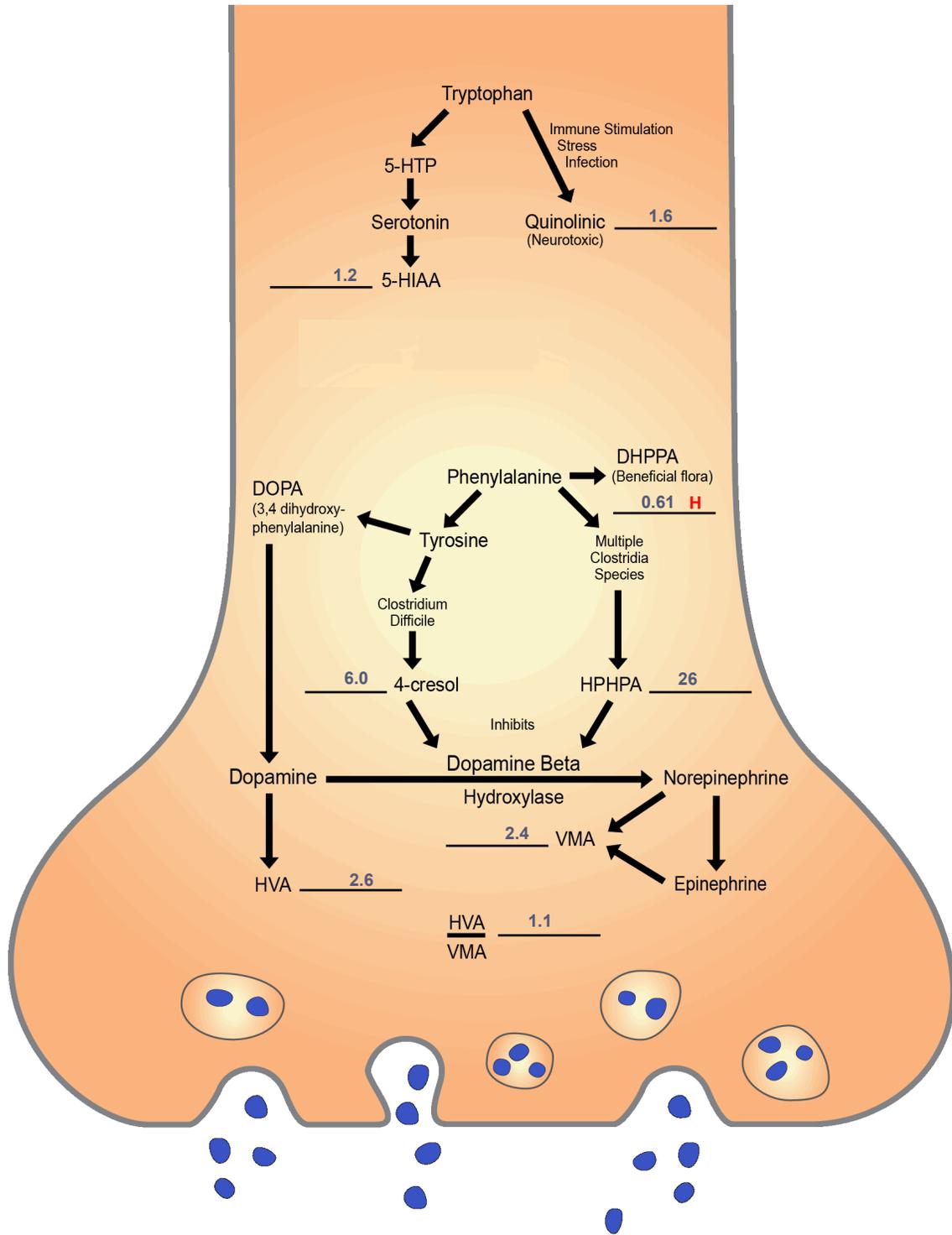
Example of Elevated Value



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Neurotransmitter Metabolism Markers



The diagram contains the patient's test results for neurotransmitter metabolites and shows their relationship with key biochemical pathways within the axon terminal of nerve cells. The effect of microbial byproducts on the blockage of the conversion of dopamine to norepinephrine is also indicated.

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Interpretation

High yeast/fungal metabolites (1-8) Elevations of one or more metabolites indicate a yeast/fungal overgrowth of the gastrointestinal (GI) tract. Prescription or natural (botanical) anti-fungals, along with supplementation of high potency multi-strain probiotics, may reduce yeast/fungal levels.

High 5-hydroxymethyl-2-furoic acid (2), furan-2,5-dicarboxylic acid (4), or furancarboxylglycine (5). High 5-hydroxymethyl-2-furoic acid, furan-2,5-dicarboxylic acid, and furancarboxylglycine have been reported to be byproducts of fungi such as *Aspergillus* species. Tartaric acid and oxalic acid have also been reported as fungal byproducts. Values of these compounds in urine decreased after antifungal treatment so high values may indicate fungal colonization of the gastrointestinal tract. Individuals with high values may want to followup with The Great Plains Laboratory urine Mycotoxin test.

High tricarballic acid (propane-1,2,3-tricarboxylic acid) (9) could be caused by the intake of corn or corn-based food contaminated with fumonisins, a group of mycotoxins produced primarily by *F. verticillioides*, and other related species. Tricarballic acid is released from fumonisins during passage through the gastrointestinal tract. Tricarballic acid is an inhibitor of the enzyme aconitase and therefore interferes with the Krebs cycle. The main symptoms of aconitase deficiency are myopathy and exercise intolerance. It may also act as a magnesium chelator. Tricarballic acid is also metabolite of a component of a substance in modified corn starch, octenylsuccinic acid, found in a number of infant formulas such as Nutramigen, Vivonex, and Pregestimil. In addition, tricarballic acid is a byproduct of beet sugar and maple sugar refining and might appear after ingestion of these sugars. Tricarballic acid is also released from fumonisins upon certain food processing conditions. Clinical syndromes due to the intact mycotoxin are rare and characterized by abdominal pain and diarrhea. A specific role for fumonisins in the development of neural tube defects was suggested after the appearance of a cluster of such defects in Texas associated with consumption of corn from the heavily fumonisin-contaminated 1989 corn crop. More recent studies have shown that fumonisin B1 inhibits folate metabolism in cultured cells. Confirmation of *Fusarium* species can be done by the urine Mycotoxin test of The Great Plains Laboratory.

High hippuric acid (10) may derive from food, GI bacterial activity, or exposure to the solvent toluene. Hippuric acid is a conjugate of glycine and benzoic acid formed in the liver. Most hippuric acid in urine is derived from microbial breakdown of chlorogenic acid to benzoic acid. Chlorogenic acid is a common substance in beverages and in many fruits and vegetables, including apples, pears, tea, coffee, sunflower seeds, carrots, blueberries, cherries, potatoes, tomatoes, eggplant, sweet potatoes, and peaches. Benzoic acid is present in high amounts in cranberry juice and is a food preservative. The workplace is the most common source of toluene exposure, but toluene may be absorbed from outgassing of new carpets and other building materials, or absorbed during recreational abuse of solvents such as glue-sniffing. Because most hippuric acid in urine is from GI sources, this marker is a poor indicator of toluene exposure and is being replaced by other markers in occupational safety testing. Bacterial overgrowth can be treated with natural anti-bacterial agents and/or probiotics (30-50 billion cfu's) that include *Lactobacillus rhamnosus*.

High DHPPA (3,4 dihydroxyphenylpropionic acid) (14) indicates excessive intake of chlorogenic acid, a common substance found in beverages and in many fruits and vegetables, including apples, pears, tea, coffee, sunflower seeds, carrots, blueberries, cherries, potatoes, tomatoes, eggplant, sweet potatoes, and peaches. Harmless or beneficial bacteria such as *Lactobacilli*, *Bifidobacteria*, and *E. coli* mediate the breakdown of chlorogenic acid to 3,4-dihydroxyphenylpropionic acid (DHPPA), and high values may indicate increased amounts of these species in the GI tract. In addition, one *Clostridia* species, *C. orbiscindens*, can convert the flavanoids luteolin and eriodictyol, occurring only in a relatively small food group that includes parsley, thyme, celery, and sweet red pepper to 3,4-dihydroxyphenylpropionic acid. The quantity of *Clostridia orbiscindens* in the GI tract is negligible (approximately 0.1% of the total bacteria) compared to the predominant flora of *Lactobacilli*, *Bifidobacteria*, and *E. coli*. Consequently, this marker is essentially useless as a general *Clostridia* marker but may be a good indicator of the presence of beneficial flora.

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High glycolic (20): in the absence of oxalic is most likely a result of GI yeast overgrowth (*Aspergillus*, *Penicillium*, *Candida*) or due to dietary sources containing glycerol/glycerine. Glycolic acid had also been found to be a metabolite in *Acetobacter*, *Acidithiobacillus*, *Alcanigenes*, *Corynebacterium*, *Cryptococcus*, *Escherichia*, *Gluconobacter*, *Kluyveromyces*, *Leptospirillum*, *Pichia*, *Rhodococcus*, *Rhodotorula* and *Saccharomyces* (PMID: 11758919; PMID: 26360870; PMID: 14390024).

High oxalic (21) with or without elevated glyceric (19) or glycolic acids (20) may be associated with the genetic hyperoxalurias, autism, women with vulvar pain, fibromyalgia, and may also be due to high vitamin C intake. However, kidney stone formation from oxalic acid was not correlated with vitamin C intake in a very large study. Besides being present in varying concentrations in most vegetables and fruits, oxalates, the mineral conjugate base forms of oxalic acid, are also byproducts of molds such as *Aspergillus* and *Penicillium* and probably *Candida*. If yeast or fungal markers are elevated, antifungal therapy may reduce excess oxalates. High oxalates may cause anemia that is difficult to treat, skin ulcers, muscles pains, and heart abnormalities. Elevated oxalic acid is also the result of anti-freeze (ethylene glycol) poisoning. Oxalic acid is a toxic metabolite of trichloroacetic acid and other environmental pollutants. In addition, decomposing vitamin C may form oxalates during transport or storage.

Elevated oxalate values with a concomitant increase in glycolic acid may indicate genetic hyperoxaluria (type I), whereas increased glyceric acid may indicate a genetic hyperoxaluria (type II). Elevated oxalic acid with normal levels of glyceric or glycolic metabolites rules out a genetic cause for high oxalate. However, elevated oxalates may be due to a new genetic disorder, hyperoxaluria type III.

Regardless of its source, high oxalic acid may contribute to kidney stones and may also reduce ionized calcium. Oxalic acid absorption from the GI tract may be reduced by calcium citrate supplementation before meals. Vitamin B6, arginine, vitamin E, chondroitin sulfate, taurine, selenium, omega-3 fatty acids and/or N-acetyl glucosamine supplements may also reduce oxalates and/or their toxicity. Excessive fats in the diet may cause elevated oxalate if fatty acids are poorly absorbed because of bile salt deficiency. Unabsorbed free fatty acids bind calcium to form insoluble soaps, reducing calcium's ability to bind oxalate and increase its absorption. If taurine is low in a plasma amino acid profile, supplementation with taurine (1000 mg/day) may help stimulate bile salt production (taurocholic acid), leading to better fatty acid absorption and diminished oxalate absorption.

High levels of oxalates are common in autism. Malabsorption of fat and intestinal *Candida* overgrowth are probably the major causes for elevated oxalates in this disorder. Even individuals with elevated glyceric or glycolic acids may not have a genetic disease. To rule out genetic diseases in those people with abnormally high markers characteristic of the genetic diseases, do the following steps: (1) Follow the nutritional steps indicated in this interpretation for one month; (2) If *Candida* is present, treat *Candida* for at least one month; (3) Repeat the organic acid test after abstaining from vitamin C supplements for 48 hours; (4) If the biochemical markers characteristic of genetic oxalate disorders are still elevated in the repeat test, consider DNA tests for the most common mutations of oxalate metabolism. DNA testing for type I hyperoxaluria is available from the Mayo Clinic, Rochester, MN as test #89915 "AGXT Gene, Full Gene Analysis" and, for the p.Gly170Arg mutation only, as # 83643 "Alanine: Glyoxylate Aminotransferase [AGXT] Mutation Analysis [G170R], Blood". Another option to confirm the genetic disease is a plasma oxalate test, also available from the Mayo Clinic (Phone 507.266.5700). Plasma oxalate values greater than 50 micromol/L are consistent with genetic oxalate diseases and may serve as an alternate confirmation test.

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Bone tends to be the major repository of excess oxalate in patients with primary hyperoxaluria. Bone oxalate levels are negligible in healthy subjects. Oxalate deposition in the skeleton tends to increase bone resorption and decrease osteoblast activity.

Oxalates may also be deposited in the kidneys, joints, eyes, muscles, blood vessels, brain, and heart and may contribute to muscle pain in fibromyalgia. Oxalate crystal formation in the eyes may be a source of severe eye pain in individuals with autism who may exhibit eye-poking behaviors. High oxalates in the GI tract also may significantly reduce absorption of essential minerals such as calcium, magnesium, zinc, and others. In addition, oxalate deposits in the breast have been associated with breast cancer.

A low oxalate diet may also be particularly useful in the reduction of body oxalates even if dysbiosis of GI flora is the major source of oxalates. Foods especially high in oxalates include spinach, beets, chocolate, soy, peanuts, wheat bran, tea, cashews, pecans, almonds, berries, and many others.

People with abnormally high markers characteristic of the genetic diseases should do the following:

1. Avoid spinach, soy, nuts, and berries for one month.
2. If *Candida* is present, treat *Candida* for at least one month.
3. Repeat the organic acid test having abstained from vitamin C supplements for 48 hours.
4. If the biochemical markers characteristic of genetic oxalate disorders are still elevated in the repeat test, consider DNA tests for the most common mutations of oxalate metabolism.

High HVA/DOPAC ratio (37) HVA and DOPAC are the major metabolites of dopamine. An increase in the conversion of DOPAC to HVA might be due to excessive supplementation of S-adenosyl methionine (S-ame) and/or supplements such as methyltetrahydrofolate or methylcobalamin that increase endogenous Sam-e.

5-hydroxyindoleacetic acid (5HIAA) (38) levels below the mean may indicate lower production and/or decreased metabolism of the neurotransmitter serotonin. 5-hydroxy-indoleacetic acid is a metabolite of serotonin. Low values have been correlated with symptoms of depression. Low production of 5HIAA can be due to decreased intake or absorption of serotonin's precursor amino acid tryptophan, decreased quantities of cofactors needed for biosynthesis of serotonin such as tetrahydrobiopterin and vitamin B6 coenzyme. In addition, a number of genetic variations such as single nucleotide polymorphisms (SNPs) or mutations can cause reduced production of 5HIAA. Such SNPs are available on **The Great Plains DNA methylation pathway test** which can be performed on a cheek swab. Values may be decreased in patients on monoamine oxidase (MAO) inhibitors that are drugs or foods that contain tyramine such as Chianti wine and vermouth, fermented foods such as cheeses, fish, bean curd, sausage, bologna, pepperoni, sauerkraut, and salami.

Pyridoxic acid (B6) levels below the mean (51) may be associated with less than optimum health conditions (low intake, malabsorption, or dysbiosis). Supplementation with B6 or a multivitamin may be beneficial.

Pantothenic acid (B5) levels below the mean (52) may be associated with less than optimum health conditions. Supplementation with B5 or a multivitamin may be beneficial.

Ascorbic acid (vitamin C) levels below the mean (54) may indicate a less than optimum level of the antioxidant vitamin C. Individuals who consume large amounts of vitamin C can still have low values if the sample is taken 12 or more hours after intake. Supplementation with buffered vitamin C taken 2 or 3 times a day is suggested.

High 2-hydroxyhippuric acid (61) may result from ingestion of aspartame (Nutrasweet®), salicylates (aspirin), dietary salicylates, or from GI bacteria converting tyrosine or phenylalanine to salicylic acid. For more information about salicylates in foods go to <http://www.feingold.org/salicylate.php>. 2-Hydroxyhippuric acid is a conjugate of hydroxybenzoic acid (salicylic acid) and glycine. Very high 2-hydroxyhippuric also inhibits dopamine beta-hydroxylase resulting in elevated HVA, decreased VMA, and elevated HVA/VMA ratio.

High quality nutritional supplements can be purchased through your practitioner or at New Beginnings Nutritionals, www.NBNUS.com <<http://www.NBNUS.com>> , or call 877-575-2467.

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The nutritional recommendations in this test are not approved by the US FDA. Supplement recommendations are not intended to treat, cure, or prevent any disease and do not take the place of medical advice or treatment from a healthcare professional.