

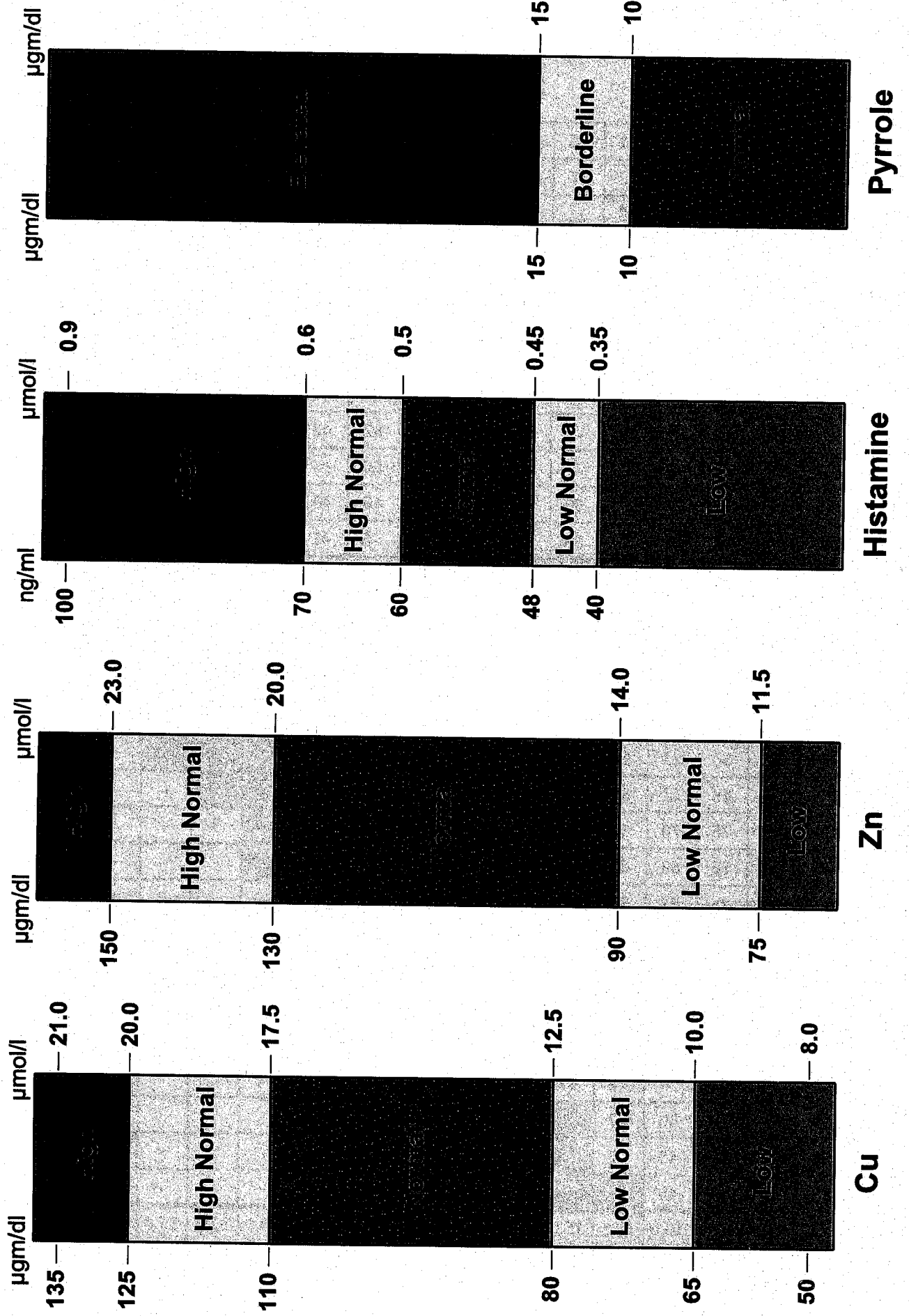


# METABOLIC BIOTYPES

| <b>UNDERMETHYLATION<br/>(HISTADELIA) 22%</b>   | <b>OVERMETHYLATION<br/>(HISTAPENIA) 8%</b>   | <b>PYRROLURIA<br/>(ZINC DEplete) (High H.P.L)</b>   |
|--|--|---|
| <p><b>Self-motivated (HIGH)</b><br/> <b>High achiever</b> before illness<br/> <b>Strong willed / Stubborn / Inflexible</b><br/> <b>My way / thoughts are correct</b><br/>           FH Of being <b>BOSSY/DICTATES</b><br/> <b>Perfectionism / procrastinates</b><br/> <b>Addictive behaviour</b> (Anything)<br/> <b>High energy</b> if well<br/> <b>Obsessional (OCD) +/- ODD</b><br/> <b>Poor Compliance</b><br/> <b>High libido</b><br/> <b>Social Isolation</b><br/> <b>Easy Tearfulness</b><br/> <b>Collects things</b><br/> <b>Difficult Transitions</b><br/>           Walks slowly +/- Motionless<br/> <b>Low pain threshold</b><br/>           Ruminations about the past<br/> <b>Calm demeanour</b> but high inner tension and anxiety<br/> <b>Denial of illness</b><br/>           Heat intolerant<br/>           Not caring about what people think<br/>           Frequent <b>Headaches / Migraines</b><br/>           Can have severe insomnia but often less sleep<br/> <b>Sparse Hair growth / slender</b><br/>           Prominent veins<br/>           Elongated fingers &amp; toes<br/>           Males &gt;&gt; females<br/> <b>Fear of Failure</b><br/>           Better on Animal protein<br/>           Hears pulse in ears at night<br/> <b>Seasonal allergies</b><br/>           Fast metabolism<br/>           Risk-taking<br/> <b>Sudden Breakdown</b><br/> <b>Delusions</b> (not external voices) more than Hallucinations<br/> <b>Phobias</b><br/> <b>Catatonic psychosis</b><br/> <b>Anorexic / bulimia</b><br/> <b>Self-conscious</b><br/> <b>S.A.D</b><br/> <b>ATHLETES</b> often</p> | <p><b>Poor motivation</b><br/> <b>Poor achiever</b><br/> <b>Artistic / musical / Sculpturer</b><br/> <b>High anxiety / panic / nervous</b><br/>           Easily frustrated<br/>           May stutter<br/>           Fatigue common<br/> <b>Overweight / Obesity</b><br/> <b>Hirsute / Hairy</b><br/>           Increased dental caries<br/>           Food / chemical sensitivities<br/> <b>High pain threshold</b><br/>           Prone to Osteoarthritis<br/>           Past Hx ADHD<br/> <b>Tinnitus often</b><br/>           Stubby fingers<br/>           Nil family history<br/>           Young looking body<br/>           Eczema / dry skin<br/>           Slow metabolism<br/> <b>Better on vegetables</b><br/> <b>Often LATE</b><br/>           Expects perfection in others<br/>           Concerned by what others think of them<br/> <b>REACTS</b> badly to anti-histamines and anti-depressants<br/>           Sleep disorder<br/>           Rarely has colds<br/>           Upper body pain<br/>           Restless / Nervous legs<br/> <b>Caring and Empathy</b><br/> <b>Generous / kind / loving</b><br/> <b>Not keen on sport</b><br/> <b>Depression</b><br/> <b>Self mutilation</b><br/>           Self isolation<br/> <b>Paranoia / less obsessions</b><br/> <b>Hyperactive psychosis</b><br/>           Religiosity<br/>           Grandiosity<br/> <b>Mania</b></p> | <p><b>Poor stress tolerance / Regulation</b><br/> <b>Anxiety/ Panic / Fear</b><br/> <b>Easily fatigued</b><br/> <b>Morning Nausea</b><br/> <b>Moods Swings / Instability</b><br/> <b>Explosive Temper</b><br/> <b>Motion sickness</b><br/> <b>Intolerance of Annoyances</b><br/> <b>Irritability</b><br/> <b>Sensory (Smells, Noise, Glare)</b><br/> <b>Sensitivity (1/3 ASD)</b><br/> <b>Tag Cutter</b><br/> <b>Poor or NO dream recall (B6)</b><br/> <b>Affinity for spicy food</b><br/> <b>Reading difficulty (B6)</b><br/> <b>Underachievement at school</b><br/> <b>Obsessed with smells</b><br/> <b>Fear of Plane travel</b><br/> <b>Behaviour / learning problems</b><br/> <b>Violence potential</b><br/> <b>Delay / skip breakfast</b><br/> <b>Hate mornings</b><br/>           Obsesses about disaster<br/>           Poor short term memory<br/> <b>Impulsivity</b><br/> <b>Hyperactivity</b><br/>           Denies any problems<br/>           Food &amp; chemical sensitivities (1:6)<br/>           Inability to tan / pale skin<br/> <b>Poor growth</b> (low zinc)<br/> <b>Premature graying / dry skin</b><br/> <b>Stretch Marks</b> (low zinc)<br/>           Poor muscle development<br/> <b>Acne</b> (low zinc)<br/> <b>Severe DEPRESSION</b><br/> <b>Paranoia</b><br/> <b>Labile mood</b><br/> <b>Long recovery from anger / violence outbursts</b><br/>           Physical acting out<br/> <b>Losing control</b><br/>           Poor Immune function (Zn)</p> |

| METAL SENSITIVITY   | COPPER EXCESS   | PYRROLURIA<br>(ZINC DEplete) (High H.P.L)   |
|---|---|---|
| <p>React or blacken to cheap jewellery</p>  | <p>Hot sweats 95%</p> <p><b>Tinnitus</b></p> <p><b>Major climacteric issues</b></p> <p>React to OCP (↑ Copper)</p> <p><b>Oestrogen dominance</b></p> <p>↑ Endometriosis and fibroids</p> <p><b>Post-Natal depression</b></p> <p><b>High anxiety / depression and moodiness</b> (↑ Norodrenaline)</p> <p><b>Annoyed by tight cloththing and certain cloth / fabric</b></p> <p>Prone to Osteoarthritis</p> <p>Rx: Zn, B6, MT promoter, molybdenum, GABA, omega3 oils</p> <p>Must ↓ copper slowly to avoid nasty reactions</p> | <p>Common in Celts / fair skin</p> <p>Poor wound healing (Zn)</p> <p>Hypoglycaemia</p> <p><b>Delicate facial features and china doll faces</b></p> <p><b>Crowded upper front teeth</b></p> <p><b>Central obesity and thin wrists and ankles</b></p> <p>Sneeze in sunlight (1:6)</p>   |
| UNDERMETHYLATION<br>BIOCHEMISTRY  | OVERMETHYLATION<br>BIOCHEMISTRY   | PYRROLURIA<br>BIOCHEMISTRY  |
| <p>High histamine</p> <p>Low zinc</p> <p>Low copper often</p> <p>High basophil count</p> <p>Elevated high heavy metals on TMA</p> <p>Low serotonin</p> <p><b>Poor tolerance of Folates</b></p> <p>Higher risk of Alzheimer's</p> <p><b>18% Schizophrenia</b></p> <p><b>25-33% of depression</b></p> | <p>Low HISTAMINE</p> <p>Low ZINC &amp; FOLATE</p> <p>Copper overload often</p> <p>High dopamine</p> <p>High noradrenaline</p> <p>Often normal serotonin</p> <p><b>High oxidative Stress</b></p> <p><b>48% Schizophrenia</b></p> <p>Ok with Risperidol</p> <p><b>AVOID</b> TMG, SAME, Inotisol, Ritalin and OCP (↑ Copper)</p> <p>DMAE - better then Ritalin</p> <p><b>GABA</b> can help and noradrenaline</p> <p>Niacinamide 1g bd for delusions</p> <p><b>Use folate</b></p>   | <p><b>HPL</b> Hydroxyhaemopyrrolin 2 - one ("Pyrroles" / mauve factor)</p> <p>&lt; 10 mcg / ml normal</p> <p>10-15 = borderline</p> <p>&gt; 20 = high</p> <p>Can have a <b>false NEGATIVE</b></p> <p>ZINC and B6 (P5'P) <b>LOW</b></p> <p>High depletion oxidative stress</p> <p>Low Serotonin</p> <p><b>25 - 29% Schizophrenia</b></p> |
| TREATMENT   | TREATMENT   | TREATMENT   |
| <p>Vitamin C</p> <p>Vitamin B6 / P5P</p> <p>Zinc</p> <p>Methionine + / or SAME</p> <p>Magnesium</p> <p>Improvement takes 8 - 12 months</p>  | <p>Vitamin C</p> <p>B6 / P5'P</p> <p>Zinc</p> <p>Folate</p> <p>Niacinamide 1g bd for delusions</p> <p>B12</p> <p>Vitamin E</p> <p>Improvement in 3 - 6 months</p>   | <p>Vitamin C</p> <p>Need life time B6 / P5'P and ZINC supplements</p> <p>Zinc (picolinate)</p> <p>EPO &amp; Biotin if HPL &gt; 30</p> <p>Can use INOSITOL PRN</p> <p>Improvement within 1 - 3 months</p>  |

# REFERENCE LEVELS FOR AUSTRALIA AND USA LABS



μmol/L | mcg/dL

### % FREE COPPER

| Cu [Aus] | Cu [US] | % FREE COPPER |      |      |      |      |      |      |      |      |      |      |      |      |      |               |
|----------|---------|---------------|------|------|------|------|------|------|------|------|------|------|------|------|------|---------------|
| 31.5     | 200     | 93            | 89   | 85   | 81   | 78   | 74   | 70   | 66   | 63   | 59   | 55   | 51   | 48   | 44   | 40            |
| 29.9     | 190     | 92            | 88   | 84   | 80   | 76   | 72   | 68   | 64   | 61   | 57   | 53   | 49   | 45   | 41   | 37            |
| 29.1     | 185     | 92            | 88   | 84   | 80   | 76   | 72   | 68   | 64   | 59   | 55   | 51   | 47   | 43   | 39   | 35            |
| 28.3     | 180     | 92            | 88   | 83   | 79   | 75   | 71   | 67   | 63   | 58   | 54   | 50   | 46   | 42   | 38   | 33            |
| 27.5     | 175     | 91            | 87   | 83   | 78   | 74   | 70   | 66   | 61   | 57   | 53   | 49   | 44   | 40   | 36   | 31            |
| 26.8     | 170     | 91            | 87   | 82   | 78   | 74   | 69   | 65   | 60   | 56   | 51   | 47   | 43   | 38   | 34   | 29            |
| 26.0     | 165     | 91            | 86   | 82   | 77   | 73   | 68   | 64   | 59   | 55   | 50   | 45   | 41   | 36   | 32   | 27            |
| 25.2     | 160     | 91            | 86   | 81   | 76   | 72   | 67   | 63   | 58   | 53   | 48   | 44   | 39   | 34   | 30   | 25            |
| 24.4     | 155     | 90            | 85   | 81   | 76   | 71   | 66   | 61   | 56   | 52   | 47   | 42   | 37   | 32   | 27   | 23            |
| 23.6     | 150     | 90            | 85   | 80   | 75   | 70   | 65   | 60   | 55   | 50   | 45   | 40   | 35   | 30   | 25   | 20            |
| 22.8     | 145     | 90            | 84   | 79   | 74   | 69   | 64   | 59   | 53   | 48   | 43   | 38   | 33   | 28   | 22   | 17            |
| 22.0     | 140     | 89            | 84   | 79   | 73   | 68   | 63   | 57   | 52   | 46   | 41   | 36   | 30   | 25   | 20   | 14            |
| 21.2     | 135     | 89            | 83   | 78   | 72   | 67   | 61   | 56   | 50   | 44   | 39   | 33   | 28   | 22   | 17   | 11            |
| 20.5     | 130     | 88            | 83   | 77   | 71   | 65   | 60   | 54   | 48   | 42   | 37   | 31   | 25   | 19   | 13   | 8             |
| 19.7     | 125     | 88            | 82   | 76   | 70   | 64   | 58   | 52   | 46   | 40   | 34   | 28   | 22   | 16   | 10   | 4             |
| 18.9     | 120     | 88            | 81   | 75   | 69   | 63   | 56   | 50   | 44   | 38   | 31   | 25   | 19   | 13   | 6    | -             |
| 18.1     | 115     | 87            | 80   | 74   | 67   | 61   | 54   | 48   | 41   | 35   | 28   | 22   | 15   | 9    | 2    | -             |
| 17.3     | 110     | 86            | 80   | 73   | 66   | 59   | 52   | 45   | 39   | 32   | 25   | 18   | 11   | 5    | -    | -             |
| 16.5     | 105     | 86            | 79   | 71   | 64   | 57   | 50   | 43   | 36   | 29   | 21   | 14   | 7    | -    | -    | -             |
| 15.7     | 100     | 85            | 78   | 70   | 62   | 55   | 48   | 40   | 33   | 25   | 18   | 10   | 3    | -    | -    | -             |
| 14.9     | 95      | 84            | 76   | 68   | 60   | 53   | 45   | 37   | 29   | 21   | 13   | 5    | -    | -    | -    | -             |
| 14.2     | 90      | 83            | 75   | 67   | 58   | 50   | 42   | 33   | 25   | 17   | 8    | -    | -    | -    | -    | -             |
| 13.4     | 85      | 82            | 74   | 65   | 56   | 47   | 38   | 29   | 21   | 12   | 3    | -    | -    | -    | -    | -             |
| 12.6     | 80      | 81            | 72   | 63   | 53   | 44   | 34   | 25   | 16   | 6    | -    | -    | -    | -    | -    | -             |
| 11.8     | 75      | 80            | 70   | 60   | 50   | 40   | 30   | 20   | 10   | -    | -    | -    | -    | -    | -    | -             |
| 11.0     | 70      | 79            | 68   | 57   | 46   | 36   | 25   | 14   | 4    | -    | -    | -    | -    | -    | -    | -             |
| 10.2     | 65      | 77            | 65   | 54   | 42   | 31   | 19   | 8    | -    | -    | -    | -    | -    | -    | -    | -             |
| 9.4      | 60      | 75            | 63   | 50   | 37   | 25   | 13   | -    | -    | -    | -    | -    | -    | -    | -    | -             |
| 8.7      | 55      | 73            | 59   | 45   | 32   | 18   | 5    | -    | -    | -    | -    | -    | -    | -    | -    | -             |
| 7.9      | 50      | 70            | 55   | 40   | 25   | 10   | -    | -    | -    | -    | -    | -    | -    | -    | -    | -             |
|          | 5.0     | 7.5           | 10.0 | 12.5 | 15.0 | 17.5 | 20.0 | 22.5 | 25.0 | 27.5 | 30.0 | 32.5 | 35.0 | 37.5 | 40.0 | Cp [US] mg/dL |
|          | 0.05    | 0.08          | 0.10 | 0.13 | 0.15 | 0.18 | 0.20 | 0.23 | 0.25 | 0.28 | 0.30 | 0.33 | 0.35 | 0.38 | 0.40 | Cp [Aus] g/L  |

| DOCTOR'S DETAILS |  |
|------------------|--|
| DATE             |  |
| DR'S NAME        |  |
| PRESCRIBER NO.   |  |
| DR'S PHONE       |  |
| DR'S FAX         |  |

| PATIENT DETAILS |                        |
|-----------------|------------------------|
| NAME            |                        |
| PHONE NO.       | (H) _____<br>(M) _____ |
| ADDRESS         |                        |
| D.O.B.          |                        |
| WEIGHT          |                        |

| Morning (AM) - Nutrient  | Elemental Dose |
|--|----------------|
| Vitamin C (mg)<br><i>*Not sourced from corn</i>  |                |
| Pyridoxine HCl (Vitamin B6) (mg)<br><i>*daily dose &gt;200mg of B6 &amp; P5P combined requires a medical doctor's prescription</i> |                |
| Pyridoxal-5-Phosphate (P5P) (mg)   |                |
| Vitamin E (as D-alpha Tocopheryl Succinate) (IU)   |                |
| Vitamin E (as Acetate) (Soy-Free) (IU)   |                |
| Vitamin E (as Mixed Tocopherols) (mg)  |                |
| Biotin (mcg)   |                |
| Cyanocobalamin (Vitamin B12) (mcg)   |                |
| Methylcobalamin (Vitamin B12) (mcg)  |                |
| Folic Acid (mcg)   |                |
| Folinic Acid (mcg)   |                |
| 5-MTHF (as L-5-methyltetrahydrofolate) (mcg)   |                |
| Niacinamide (mg)   |                |
| Chromium (mcg) as picolinate   |                |
| Methionine (mg)  |                |
| Calcium (mg) as carbonate  |                |
| Calcium (mg) as citrate  |                |
| Vitamin A (IU) as acetate<br><i>*daily dose &gt;10,000IU requires a medical doctor's prescription</i>                              |                |
| Beta Carotene (IU)   |                |
| Molybdenum (mcg)   |                |
| Selenium (mcg) as Selenomethionine<br><i>* daily dose &gt;300mcg requires a medical doctor's prescription</i>                      |                |
| Vitamin D3 (IU)<br><i>*daily dose &gt;1,000IU requires a medical doctor's prescription</i>   |                |
| L-Serine (mg)  |                |
| Taurine (mg)   |                |
| Elemental Iron (mg) (as ferrous gluconate)   |                |
| Copper (as gluconate) (mg)   |                |
| Magnesium (mg) as oxide  |                |
| Magnesium (mg) as glycinate  |                |
| Magnesium (mg) as citrate  |                |
| Thiamine (Vitamin B1) (mg)   |                |
| Riboflavin (Vitamin B2) (mg)   |                |
| Riboflavin (as riboflavin-5-phosphate) (mg)  |                |
| Calcium Pantothenate (Vitamin B5) (mg)   |                |

| Evening (PM) - Nutrient   | Elemental Dose |
|---|----------------|
| Vitamin C (mg)<br><i>*Not sourced from corn</i>   |                |
| Zinc (mg) as picolinate<br><i>*daily dose &gt;50mg requires a medical doctor's prescription</i>               |                |
| Zinc (mg) as citrate<br><i>*daily dose &gt;50mg requires a medical doctor's prescription</i>                  |                |
| Vitamin E (as D-alpha Tocopheryl Succinate) (IU)  |                |
| Vitamin E (as Acetate) (Soy-Free) (IU)  |                |
| Vitamin E (as Mixed Tocopherols) (mg)   |                |
| Biotin (mcg)  |                |
| Cyanocobalamin (Vitamin B12) (mcg)  |                |
| Methylcobalamin (Vitamin B12) (mcg)   |                |
| Folic Acid (mcg)  |                |
| Folinic Acid (mcg)  |                |
| 5-MTHF (as L-5-methyltetrahydrofolate) (mcg)  |                |
| Niacinamide (mg)  |                |
| Chromium (mcg) as picolinate  |                |
| Methionine (mg)   |                |
| Calcium (mg) as carbonate   |                |
| Calcium (mg) as citrate   |                |
| Vitamin A (IU) as acetate<br><i>*daily dose &gt;10,000IU requires a medical doctor's prescription</i>         |                |
| Beta Carotene (IU)  |                |
| Molybdenum (mcg)  |                |
| Selenium (mcg) as Selenomethionine<br><i>* daily dose &gt;300mcg requires a medical doctor's prescription</i> |                |
| Vitamin D3 (IU)<br><i>*daily dose &gt;1,000IU requires a medical doctor's prescription</i>                    |                |
| L-Serine (mg)   |                |
| Taurine (mg)  |                |
| Elemental Iron (mg) (as ferrous gluconate)  |                |
| Copper (as gluconate) (mg)  |                |
| Magnesium (mg) as oxide   |                |
| Magnesium (mg) as glycinate   |                |
| Magnesium (mg) as citrate   |                |
| Manganese (mg) as gluconate   |                |
| Calcium Pantothenate (Vitamin B5) (mg)  |                |
| Add Vanillin to Capsules <input type="checkbox"/> Add Vanillin capsules to bottle <input type="checkbox"/>    |                |
| Filler: Glycine <input type="checkbox"/> Vitamin C <input type="checkbox"/> Inositol <input type="checkbox"/> |                |
| <i>*Standard filler is Flocel (microcrystalline cellulose)</i>  |                |

**Quantity:** (Standard Qty is for 100 days) Please specify if other: ..... **Repeats:** ..... **Signature:** .....

Additional Ingredients / Notes:

