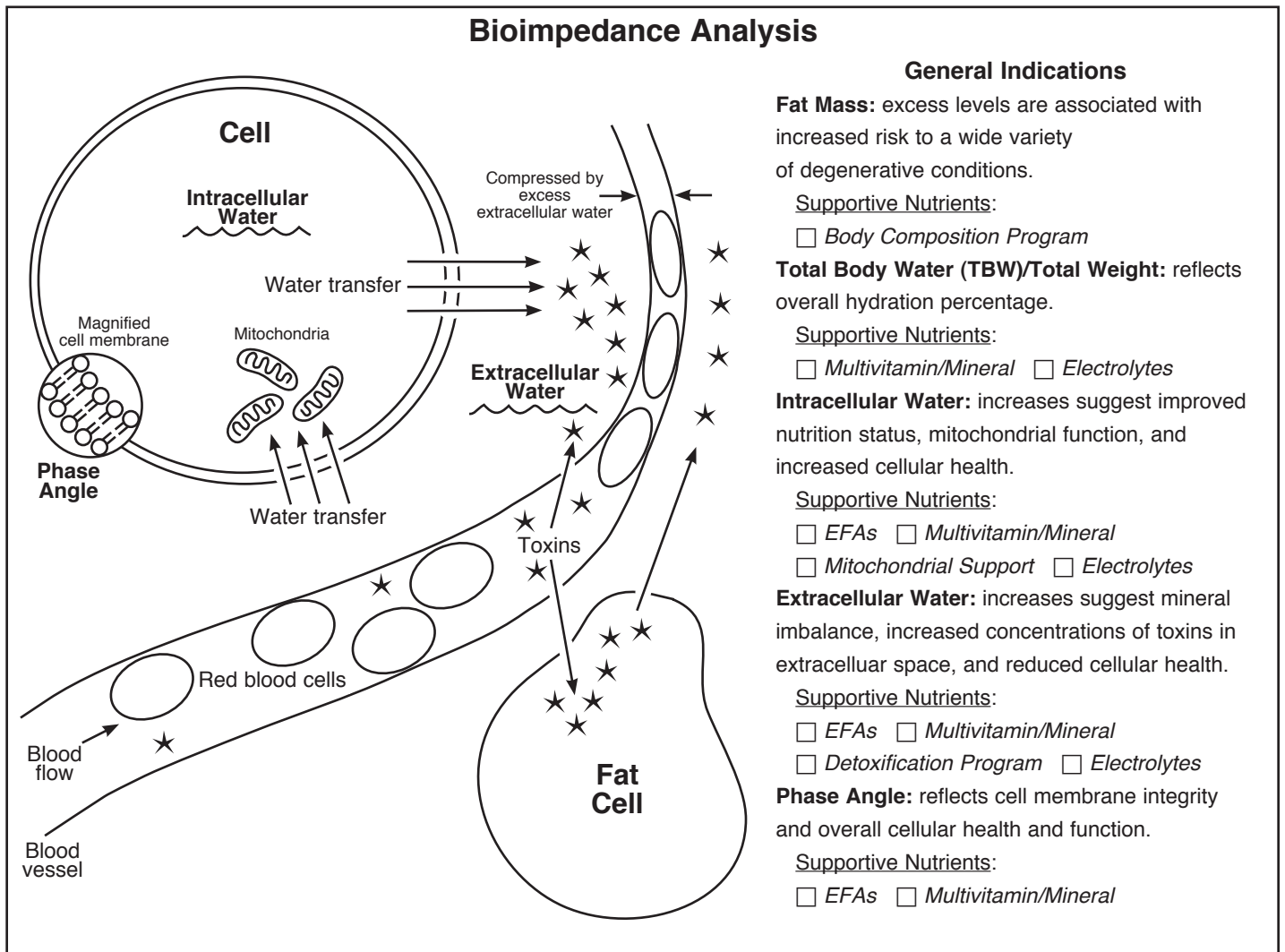


Bioimpedance Analysis



General Indications

Fat Mass: excess levels are associated with increased risk to a wide variety of degenerative conditions.

Supportive Nutrients:

- Body Composition Program*

Total Body Water (TBW)/Total Weight: reflects overall hydration percentage.

Supportive Nutrients:

- Multivitamin/Mineral* *Electrolytes*

Intracellular Water: increases suggest improved nutrition status, mitochondrial function, and increased cellular health.

Supportive Nutrients:

- EAs* *Multivitamin/Mineral*
- Mitochondrial Support* *Electrolytes*

Extracellular Water: increases suggest mineral imbalance, increased concentrations of toxins in extracellular space, and reduced cellular health.

Supportive Nutrients:

- EAs* *Multivitamin/Mineral*
- Detoxification Program* *Electrolytes*

Phase Angle: reflects cell membrane integrity and overall cellular health and function.

Supportive Nutrients:

- EAs* *Multivitamin/Mineral*

Body Composition Values Desired for Women

Total Weight:	_____	
Body Mass Index:	_____	(19-24.5)
Waist Circumference:	_____	(< 89cm)
Hip Circumference:	_____	()
Waist-to-Hip Ratio:	_____	(≤ .8)
Total Body Water (%):	_____	(50-55)
Total Body Water (L):	_____	
Intracellular Water (%):	_____	(50-60)
Intracellular Water (L):	_____	
Extracellular Water (%):	_____	(40-50)
Extracellular Water (L):	_____	
Fat (lbs.):	_____	
Fat (%):	_____	
age 20-39	_____	(20-26 ^a) (22-28 ^b)
age 40-59	_____	(22-28 ^a) (24-30 ^b)
age 60-79	_____	(24-32 ^a) (26-34 ^b)
Phase Angle:	_____	

Recommended Laboratory Values for Women

Total Cholesterol ² :	_____	(4.14-5.18)
Triglycerides ² :	_____	(< 1.70)
HDL Cholesterol ² :	_____	(> 1.30)
LDL Cholesterol ² :	_____	(2.59-3.37)
Triglycerides/HDL Ratio:	_____	(< 1.3)
Homocysteine ² :	_____	(< 8)
hs-C Reactive Protein ³ :	_____	(< .7)
Apolipoprotein B/A1:	_____	(< .6)
Fasting Glucose ² :	_____	(4.44-5.00)
2 Hour Glucose ² :	_____	(4.44-6.66)
Fasting Insulin ⁴ :	_____	(24-30)
2 Hour Insulin ⁴ :	_____	(< 180)
Hemoglobin A1c:	_____	(< 5.5)
GGT ⁵ :	_____	(< 18)
25-OH D ₃ ² :	_____	(100-200)
Blood Pressure ⁷ :	_____	(110/70)

*Bioimpedance Analyzers: a. BioMarkers 2000 b. ImpediMed DF50/ RJL Quantum *Units of Measure: 1. mg/dl 2. mmol/L 3. mg/L 4. pmol/L 5. U/L 6. ng/ml 7. mmHg

Metabolic Syndrome Criteria for Women (3 of the 5 present)

Waist Circumference:	_____	(≥ 89cm)
Blood Pressure:	_____	(≥ 130/85)
Triglycerides ² :	_____	(≥ 1.70)
HDL Cholesterol ² :	_____	(≤ 1.30)
Fasting Glucose ² :	_____	(≥ 5.55)