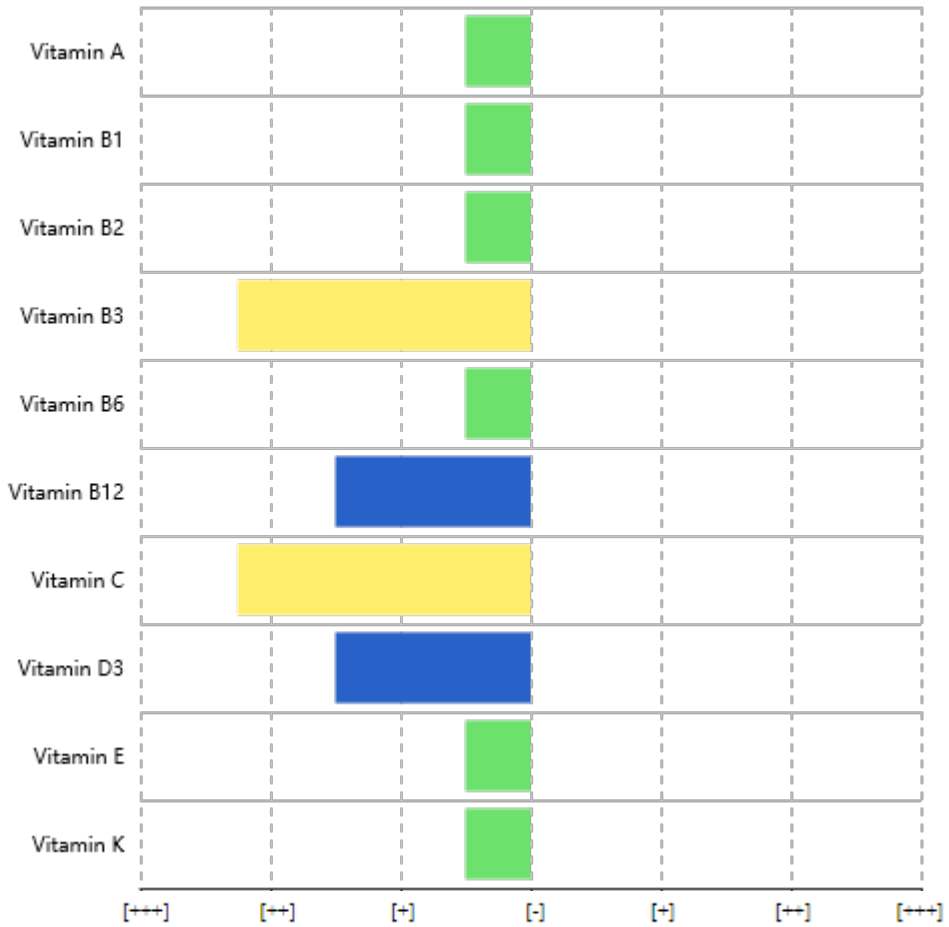
(Vitamin) Analysis Report Card

Name: Leif Rehnvall Sex: Male Age: 81

Figure: 168cm, 54kg Testing Time: 2026-07-07 19:03



Actual Testing Results

Testing Item	Normal Range	Actual Measurement Value	Testing Result
Vitamin A	0.346 - 0.401	0,396	
Vitamin B1	2.124 - 4.192	4,143	
Vitamin B2	1.549 - 2.213	1,711	
Vitamin B3	14.477 - 21.348	12,52	
Vitamin B6	0.824 - 1.942	1,661	
Vitamin B12	6.428 - 21.396	4,261	
Vitamin C	4.543 - 5.023	3,683	
Vitamin D3	5.327 - 7.109	4,512	

Vitamin E	4.826 - 6.013	6,003	
Vitamin K	0.717 - 1.486	1,107	

Reference Standard: **Normal(-)** **Mildly Abnormal(+)** **Moderately Abnormal(++)** **Severely Abnormal(+++)**

Vitamin A:	0.346-0.401(-) 0.286-0.311(++)	0.311-0.346(+) <0.286(+++)
Vitamin B1:	2.124-4.192(-) 0.643-1.369(++)	1.369-2.124(+) <0.643(+++)
Vitamin B2:	1.549-2.213(-) 1.147-1.229(++)	1.229-1.549(+) <1.147(+++)
Vitamin B3:	14.477-21.348(-) 8.742-12.793(++)	12.793-14.477(+) <8.742(+++)
Vitamin B6:	0.824-1.942(-) 0.399-0.547(++)	0.547-0.824(+) <0.399(+++)
Vitamin B12:	6.428-21.396(-) 1.614-3.219(++)	3.219-6.428(+) <1.614(+++)
Vitamin C:	4.543-5.023(-) 3.153-3.872(++)	3.872-4.543(+) <3.153(+++)
Vitamin D3:	5.327-7.109(-) 2.413-4.201(++)	4.201-5.327(+) <2.413(+++)
Vitamin E:	4.826-6.013(-) 3.379-4.213(++)	4.213-4.826(+) <3.379(+++)
Vitamin K:	0.717-1.486(-) 0.438-0.541(++)	0.541-0.717(+) <0.438(+++)

Parameter Description
Vitamin A: Vitamin A is related to growth and reproduction, and is an indispensable material of epithelial cells. The lack of vitamin A will cause cortex keratosis, rough skin, night blindness and dry eye.
Vitamin B1: Vitamin B1 is in charge of carbohydrate metabolism. The lack of vitamin B1 will make the substance not metabolized accumulate in the tissues to result in poisoning, athlete's foot, feet numbness, edema and weakened functions of muscle, skin or heart.
Vitamin B2: Vitamin B2 is in charge of fat and protein metabolism and detoxification in the liver. The lack of vitamin B2 will cause decreased growth and skin type and mouth type digestive disturbances.
Vitamin B3:

Vitamin B3 is also known as nicotinic acid and nicotinamide. It can be dissolved in water and can make use of tryptophan for synthesis in the human body, and it is an essential substance of synthetic hormones. Vitamin B3 can promote blood circulation, lower blood pressure, lower cholesterol and triglycerides, reduce gastrointestinal disorder and alleviate the symptoms of Meniere's syndrome and so on. Vitamin B3 has effects for seborrheic dermatitis and eczema and the functions for whitening and activating the skin cells. Vitamin B3 exists in animal livers, kidneys, lean meat, eggs, wheat germ, whole wheat products, peanuts, figs, etc.
Vitamin B6: Vitamin B6 is related to amino acid metabolism. It can lead to disappearance of neurological irritability and have a certain role for the formation of immune substances and the prevention of atherosclerosis. The lack of vitamin B6 will cause anemia, frostbite and other skin disorders. In addition, it can inhibit tryptophan to convert into xanthurenic acid damaging the pancreas, thereby protecting the pancreas.
Vitamin B12: Vitamin B12 has the function for stimulating the hematopoietic function of bone marrow.
Vitamin C (Ascorbic acid): Vitamin C is colorless crystal, can be dissolved in water and alcohol, and can be easily destroyed. Its main functions: it can enhance the body immunity and protect capillaries, prevent scurvy and promote wound healing. Vitamin C can increase the use of iron, its chemical and biological process is that it reduces ferric iron in the diet to ferrous iron to promote the absorption of iron and to store iron in ferritin in the liver and bones. Practice shows that the supplementation of iron as well as adding VC can increase the iron absorption rate by 22%, it basically reaches the normal absorption rate of hemoglobin.
Vitamin D3: Its main physiological function is to promote intestinal calcium absorption, induce bone calcium-phosphorus attaching and prevent rickets.
Vitamin E: Its basic function is to protect the integrity of the internal structure of cells, and it can inhibit the oxidation of lipid in cells and on cell membranes and protect cells against damage of free radical. It also has the functions of anti-oxidation, anti-aging and beautifying.
Vitamin K: Vitamin K is an important vitamin for promoting normal blood coagulation and bone growth. Vitamin K is the essential substance in the synthesis of four kinds of blood clotting proteins (prothrombin, factor VII, anti-hemophilia factor and stuart factor) in the liver. The human body has little vitamin K, but it can maintain normal function of blood coagulation, reduce heavy bleeding in the physiological period, and prevent internal bleeding and hemorrhoids. The person with frequent nosebleed should take in more vitamin K from the natural foods.

The test results for reference only and not as a diagnostic conclusion.