PsyLab
BIOCHEMICAL MENTAL HEALTH
ANALYSIS · TEST · SAMPLE · NUTRITIONAL SUPPORT

SAMPLE RESULT

Histamine Test — whole blood histamine

NAME **Sample Person**	SEX / AGE **female, 38 years**	SAMPLE **whole blood (collection point)**
COLLECTION DATE **12 Oct 2026**	SAMPLE NUMBER **HI-000000**	RESULT DATE **30 Oct 2026**

MARKER	RESULT	UNIT	REFERENCE RANGE	POSITION IN RANGE	ASSESSMENT
Histamine					
Histamine (whole blood)	**63**	µg/l	28 – 51		**high**

Interpretation

The whole blood histamine level is above the reference range. This finding corresponds to the **histadelia** biotype (undermethylation). In Walsh's approach, histadelia is associated with inner tension, perfectionism, obsessive thoughts and seasonal mood swings. Folate is generally not supplemented in histadelia.

Recommended next step

We will explain your result in a 45-minute educational consultation (€99). Nutritional support for histadelia (calcium + L-methionine) and dosing are set in the Consultation with a Doctor (€225). A value below the range would correspond to the opposite biotype — histapenia.

In the orthomolecular approach, whole blood histamine is an indirect indicator of methylation. This is a sample result with made-up values — it only shows what a result looks like. A real result contains the values from your sample and the laboratory's reference ranges. A test result is not a diagnosis; only a doctor can make a diagnosis.

SAMPLE