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

SAMPLE RESULT

Vitamin & Mineral Test — 12 blood parameters

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

MARKER	RESULT	UNIT	REFERENCE RANGE	POSITION IN RANGE	ASSESSMENT
Minerals and trace elements					
Calcium	**2.38**	mmol/l	2.15 – 2.55		in range
Iron	**9.1**	µmol/l	10 – 30		low
Copper	**21.4**	µmol/l	11 – 22		in range
Magnesium	**0.79**	mmol/l	0.75 – 1.05		in range
Manganese	**8.4**	µg/l	6 – 12		in range
Molybdenum	**0.8**	µg/l	0.3 – 1.5		in range
Selenium	**78**	µg/l	70 – 150		in range
Zinc	**10.2**	µmol/l	11 – 18		low
Vitamins					
Folate	**14.5**	nmol/l	7 – 45		in range
Vitamin B6 (PLP)	**42**	nmol/l	35 – 110		in range
Vitamin B12	**310**	pmol/l	150 – 650		in range
Basic blood count					
Haemoglobin	**128**	g/l	120 – 160		in range
Haematocrit	**0.39**	l/l	0.36 – 0.46		in range
Red blood cells	**4.3**	$\times 10^{12}$/l	3.9 – 5.3		in range
White blood cells	**6.1**	$\times 10^{9}$/l	4 – 10		in range
Platelets	**245**	$\times 10^{9}$/l	150 – 400		in range

Interpretation

Iron and zinc are below the reference range and copper is near the upper limit, so the copper/zinc ratio is raised. Low zinc with higher copper is typical of the **pyroluria** and **copper overload** biotypes and is associated with anxiety, tiredness and lower stress resilience. Low iron can contribute to tiredness.

Recommended next step

We will explain your result in a 45-minute educational consultation (€99). Supplementation of zinc and other nutrients and dosing are set in the Consultation with a Doctor (€225). If the blood count shows more marked deviations, see your doctor.

Blood values show the status at the time of collection and can be affected by diet, supplements and medication. 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.