Test				Amino Acids										Minerals					Vitamins								Supplements							Other	
Note: this table is based on Metametrix interpretive guide for amino acids	Is LOW problematic?			*custom	Arg	BCAA	Carnitine	Gly	His	SAM	Tau	Trp or 5-HTP	Tyr	Cu	Fe	Mg	Mn	Zn	Vit B3 Niacin	Vit B2	Vit B5	Vit B6	Vit B9 Folate	Vit B12	Vit C	Vit E	AKG	Aspartic Acid	B-Carotene	Betaine	CoQ10	Lipoate	Lactobacillus & Bifidobacteria	Low Phe Diet	Check Insulin Sensitivity
Aspartic Acid	yes	67%	33%													dn		dn				up					up								
Glutamic Acid	yes	46%	15%																dn			u/d					up								
Hydroxyproline	no	70%	52%												dn										dn		dn								
Serine	yes	84%	32%	dn													up					up	up												
Asparagine	no	15%	27%													up																			
Alpha-amino Adipic Acid	no	0%	50%																			dn					dn								
Glycine	yes	96%	54%					up												dn	dn	dn	dn												
Glutamine	yes	**118%**	39%																			dn					dn								
Sarcosine	no	25%	25%																	dn															
beta-Alanine	no	60%	40%																			dn											dn		
Taurine (sulfur)	yes	**128%**	55%								up											up			dn	dn			dn		dn	dn			
Histidine	yes	96%	22%						up														up												
Citrulline	no	57%	34%													dn												dn							
Arginine	yes	8%	11%		up												dn																		
Threonine	yes	66%	30%	up														dn				dn													
Alanine	yes	100%	32%	up																		dn													
1-methylhistidine	no	26%	23%																				dn	dn		dn									
Gamma-amino butyric acid	no	0%	0%																			dn					dn								
3-methylhistidine	no	**114%**	86%			dn																			dn	dn			dn		dn	dn			
beta-Amino isobutyric acid	no	100%	0%																			dn													
Proline	yes	63%	17%																dn						dn		up								
Ethanoloamine	no	63%	25%													dn																			
Alpha-amino butryic acid	yes	56%	88%																			d/u					u/d								
Tyrosine	yes	45%	29%										up	dn	u/d				up			dn			u/d										
Valine	yes	53%	43%	up																		dn													if hi
Methionine (sulfur)	yes	33%	**-6%**	up						dn						dn						dn					dn								
Cystathionine	no	0%	0%																			dn													
Isoleucine	yes	47%	30%	up																		dn													if hi
Leucine	yes	33%	26%	up																		dn													if hi
Homocystine	no	0%	0%																			dn	dn	dn						dn					
Phenylalanine	yes	88%	50%	up											dn				dn						dn									dn	
Tryptophan	yes	37%	**-39%**									up							dn			dn													
Ornithine	yes	**104%**	77%		up											dn						dn					dn								
Lysine	yes	81%	62%				up								dn				dn			dn			dn		dn								
Phenylalanine/Tyrosine	idk	76%	72%																																
Glutamic Acid/Glutamine	idk	4%	**-3%**																																
Try/(Leu+Ile+Val+Phe+Tyr)	idk	**139%**	**-481%**																																