

SYMPTOMS PROFILE

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FOR

test test2 2/5/2008

111 North Street, North City, North State 1234567 (631) 123=4567

Male, 59 years of age Height: 67 inches (170 cm) Weight: 178 pounds (81 kg)

Blood Pressure: 120 / 75

Present Medications: none

Number of bowel movements per week: 14

Comment: no comment

BASAL METABOLIC RATE

BMR: 1624.2 kcals per day

Daily calories = BMR + Food calories

Energy Expenditures Examples:

1.1 kcals per minute are burned during sleep

5.2 kcals per minute are burned walking at 3.5 mph

14.1 kcals per minute are burned running at 7.5 mph

2.5 kcals per minute are burned standing

1.5 kcals per minute are burned sitting

2.9 kcals per minute are burned bicycling at 5 mph

BODY MASS INDEX

Body Mass Index (BMI) is equal to the ratio of the body's weight in kilograms to the square of height in meters.

A BMI over 25 indicates that the individual is overweight.

Your Body Mass Index 27.9

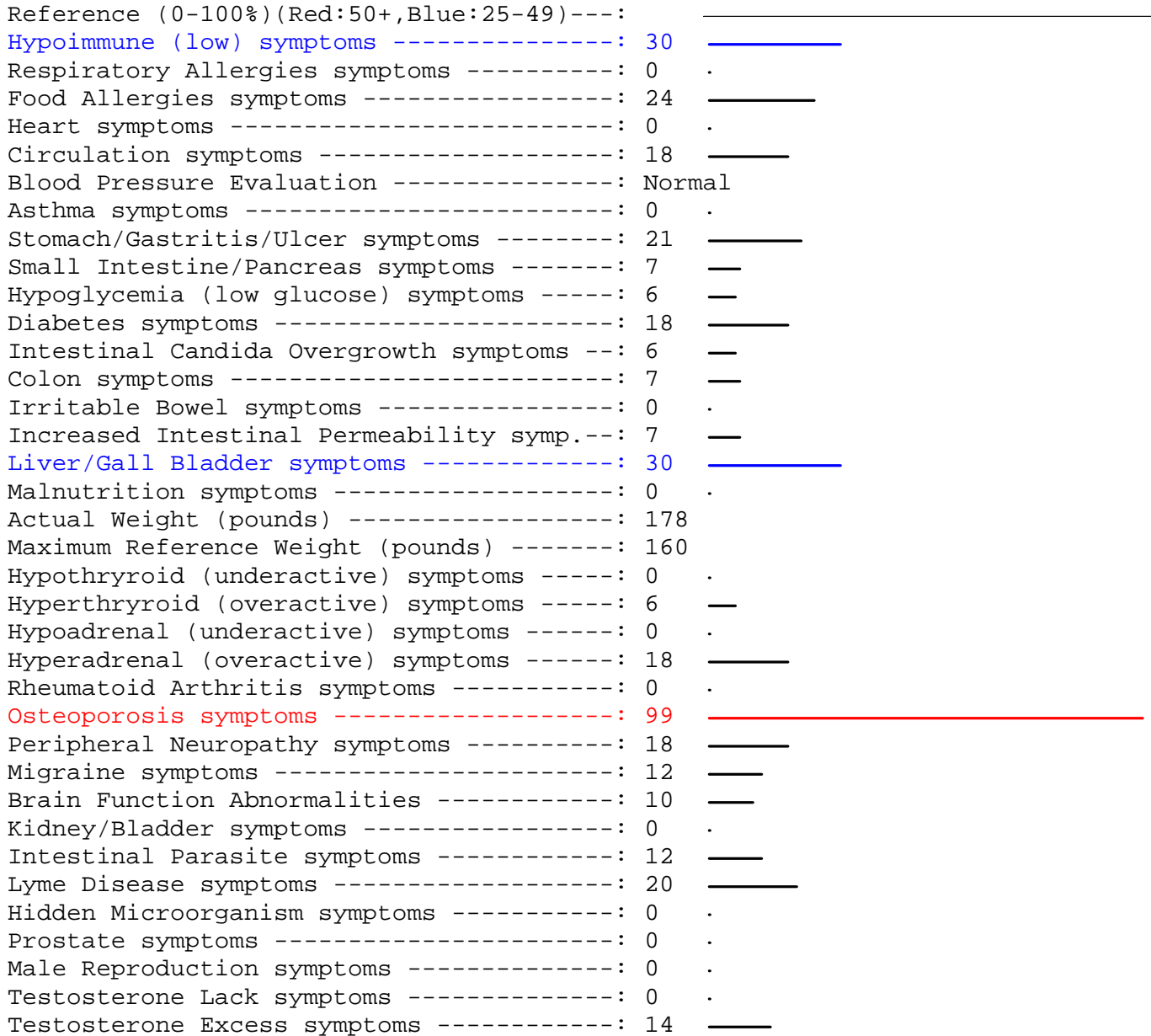
Your Maximum Weight: 159.5 pounds (72.4 kg)

Your Weight: 178.0 pounds (80.7 kg)

Overweight by 18.5 pounds (8.4 kg)

CONDITIONS WHICH MAY INTERFERE WITH GOOD HEALTH

SYMPTOMS PROBABILITY PROFILE PART 1 (50 Percent or more is Significant)



SYMPTOMS PROBABILITY PROFILE PART 2 (50 Percent or more is Significant)

Reference (0-100%)(Red:50+,Blue:25-49):	
Retinol (Vitamin A) Deficiency symptoms -: 0	.
Calciferol (Vitamin D) Deficiency symp. -: 19	_____
Tocopherol (Vitamin E) Deficiency symp. -: 19	_____
Thiamine (Vitamin B1) Deficiency symp. --: 0	.
Riboflavin (Vitamin B2) Deficiency sym. -: 19	_____
Niacin (Vitamin B3) Deficiency symptoms -: 14	_____
Pyridoxine (Vitamin B6) Deficiency sym. -: 14	_____
Cobalamin (B12 Def/Pernicious Anemia) ---: 16	_____
Pantothenic Acid Deficiency symptoms ----: 11	_____
Biotin Deficiency symptoms -----: 14	_____
Folic Acid Deficiency symptoms -----: 16	_____
Ascorbic Acid (Vitamin C) Deficiency ----: 0	.
Calcium Deficiency symptoms -----: 48	_____
Phosphorus Deficiency symptoms -----: 19	_____
Magnesium Deficiency symptoms -----: 16	_____
Potassium Deficiency symptoms -----: 16	_____
Iron Deficiency (Microcytic Anemia) -----: 9	_____
Copper Deficiency symptoms -----: 16	_____
Iodine Deficiency symptoms -----: 0	.
Zinc Deficiency symptoms -----: 0	.
Protein Deficiency symptoms -----: 0	.
Essential Fatty Acid Deficiency symptoms : 0	.
Hypochlorhydria (Low Stomach Acid) sym. -: 0	.
Depression Symptoms -----: 9	_____
Mania Symptoms -----: 9	_____
Obsessive-Compulsive Symptoms -----: 55	_____