

Comprehensive Report Card

Name: Afarmed CO.

Sex: Male

Age: 30

Figure: 182cm, 102kg

Testing Time: 03/01/2021 10:57

About the probably hidden problems

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Liver Function	Liver Fat Content	0.097 - 0.419	0/738	Eat more foods rich of vitamins B, C and E, such as black fungus, fungi foods; eat less fried foods, and quit smoking, drinking and spicy foods.
Obesity	Abnormal lipid metabolism coefficient	1.992 - 3.713	0/68	Proper control of food intake, and avoid high-sugar, high fat and high calorie diet, regular physical exertion and exercise. When diet and exercise therapy are not effective adjuvant treatment may be drugs.
Collagen	Fat Metabolism	6.338 - 8.368	2/214	Eat more foods rich in collagen, such as beef tendons, trotters, chicken wings, chicken skin, fish skin and cartilage, while complementing the foods rich in vitamin C and collagen to help absorb. If necessary, by taking collagen products to supplement.

About the problems of sub-health trends

System	Testing Item	Normal Range	Actual Measurement Value	Expert advice
Cardiovascular and Cerebrovascular	Myocardial Blood Demand	0.192 - 0.412	0/587	Work and rest together, make emotion stable, eat more foods for adjusting blood fat, such as lack fungus, fungi, vegetables and fruits, and eat less foods with high cholesterol, foods that have high salinity and high-fat foods.
	Stroke Volume	1.338 - 1.672	0/558	
	Left Ventricular Effective Pump Power	1.554 - 1.988	0/868	
	Cholesterol Crystal	56.749 - 67.522	70/471	
	Vascular Resistance	0.327 - 0.937	1/594	
Gastrointestinal	Gastric Peristalsis Function Coefficient	58.425 - 61.213	56/428	Eat more non-stimulating and digestible foods and vegetables on time, chew the foods thoroughly,

Function	Gastric Absorption Function Coefficient	34.367 - 35.642	29/603	eat less but have more meals, relax in eating, keep happy mood, pay attention to rest, and do not eat cold food.
Gallbladder Function	Serum Globulin (A/G)	126 - 159	124/945	Eat less food with high calcium and cholesterol, and eat more fiber vegetables and more foods rich of vitamins B, C and E.
	Serum Total Bile Acid (TBA)	0.317 - 0.695	0/791	
Bone Mineral Density	Degree of Osteoporosis	0.124 - 0.453	0/714	Have a reasonable diet, increase outdoor sports, supplement adequate calcium, usually pay more attention to appropriate exercise, such as walking, jogging, etc.
	Bone Mineral Density	0.796 - 0.433	0/169	
Rheumatoid Bone Disease	Osteoporosis Coefficient	2.019 - 4.721	5/756	Eat less bean foods and soy products, and do not eat stimulating food, tobacco and alcohol.
Trace Element	Copper	0.474 - 0.749	0/219	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Vitamin	Vitamin B12	6.428 - 21.396	2/225	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
	Vitamin E	4.826 - 6.013	3/849	
Coenzyme	Coenzyme Q10	0.831 - 1.588	0/622	Supplement corresponding lacking trace elements by using a variety of foods, or by using through drugs or health products, if necessary.
Human Toxin	Toxic Pesticide Residue	0.013 - 0.313	0/412	Eat the natural food instead of delicate food, eat fresh fruit as the most powerful purifying food, such as pineapple, papaya, kiwi fruit and pears, in addition, reduce irritating diet, correct the habits of drinking coffee and black tea, and drink flower tea and green tea.
Basic Physical Quality	PH	3.156 - 3.694	3/095	Work and rest together, make emotion stable, eat more foods for adjusting blood fat, such as lack fungus, fungi, vegetables and fruits, and eat less foods with high cholesterol, foods that have high salinity and high-fat foods.
Obesity	Brown adipose tissue abnormalities coefficient	2.791 - 4.202	1/788	Proper control of food intake, and avoid high-sugar, high fat and high calorie diet, regular physical exertion and exercise. When diet and exercise therapy are not effective adjuvant treatment may be drugs.
	Triglyceride content of abnormal	1.341 - 1.991	3/955	

	coefficient			
Skin	Skin Immunity Index	1.035 - 3.230	6/361	Eat more vegetables and fruits which are rich in Vitamin C, but less food with strong sensitive to light, esp. like caraway, red turnip, and celery, etc. Avoid yourself to expose in sunlight too much, preventing the harm from ultraviolet rays.
Eye	Dark circles	0.831 - 3.188	6/221	Choosing the right eye care products, to ensure adequate sleep, choose a number of easy-to-Liver eyesight, kidney solid element, but also collagen food, drink, such as ribs stewed with a variety of soups.
Collagen	Hair and skin	4.533 - 6.179	2/62	Eat more foods rich in collagen, such as beef tendons, trotters, chicken wings, chicken skin, fish skin and cartilage, while complementing the foods rich in vitamin C and collagen to help absorb. If necessary, by taking collagen products to supplement.

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