

RID:127126

Your BodyCode test results



BodyCode Health

Participant number: 97806902
Age: 46
Testing centre: BodyCode Test Center

Participant name: Jennifer Brown
Gender: Female
Test attendant: BodyCode

Test Time: 2025-05-17 15:40:48

Section 1: Personal Results
Section 2: Personal Recommendations and Actions

Section 1: Personal Results

How the BodyCode Test Works

Every substance reflects light in its own unique way. BodyCode uses safe, visible white light (ranging from 400–700 nm) to gently scan cross-sections of the skin. This light is completely harmless—even for pregnant women, children, and newborns. By analysing how the light is reflected, we can identify the presence, concentration, and behaviour of key elements within the body.

BodyCode measures 31 trace elements—20 essential nutrient trace elements and 11 heavy metal trace elements—with over 97.5% accuracy, repeatability, and stability for each one. Using advanced AI and the science of elementomics, we assess specific element levels and their relationships to your nutritional health. The results also include personalised health recommendations tailored to your nutritional status, body functions, and overall health profile.

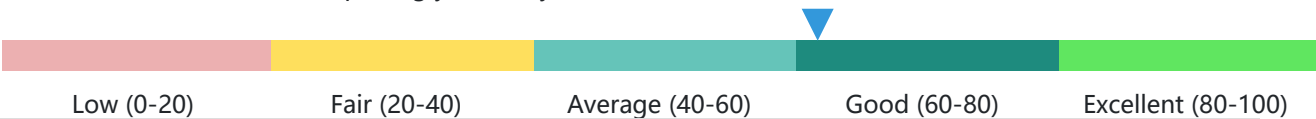
1. General Health Index (GHI): 63.63

The General Health Index provides an overview of long-term health status, primarily influenced by the presence of diseases and underlying conditions. While it is not a diagnostic tool and does not directly detect specific diseases, its score may be slightly affected by recent factors such as rest, workload, illness, physical activity, mood, and overall physiological state. A score below 60 may suggest that your body is experiencing stress. To restore balance and support overall health, we recommend evaluating lifestyle factors and prioritizing recovery.



2. Nutritional State Index (NSI): 61.95

The Nutritional Health Index shows how well your body is balanced in terms of essential nutrients. Different trace elements play important roles in the body and can either work together (synergistically) or compete with each other (antagonistically). Some are more important for certain organs or body functions than others. BodyCode uses an advanced AI-based system to carefully assess these relationships and give a complete picture of your nutritional health. This index can be affected by your recent diet and supplement use. If your score is below 60, it may mean your body is not getting the right balance of nutrients. Improving your food choices and nutritional intake is recommended to help bring your body back into balance.



Disclaimer: The results provided in the BodyCode nutritional screening test report are based on your nutritional well-being at the time of your test. The BodyCode device is not intended to diagnose, treat, cure or prevent any disease or health condition. Without consulting with your health care provider do not change any prescribed medications or supplements.

Your Elements Readings:

Your element readings include precise measurements of your essential elements and heavy metal elements at the time of your BodyCode test.

Essential Elements	Test Value	Unit	Normal Range	Too Low	Low	Normal	High	Too High
Boron	12.4	ppb	8-18					
Calcium	15.72	ppm	12-20					
Chromium	8.8	ppb	6.6-10					
Colbalt	1.3	ppb	0.8-1.8					
Copper	0.34	ppm	0.25-0.6					
Germanium	6.5	ppb	2.5-10.5					
Hydrogen	4.2	ppb	1-7					
Iodine	95.6	ppb	65-130					
Iron	85.54	ppm	50-190					
Lithium	12.4	ppb	8-14					
Magnesium	11.67	ppm	7.5-15					
Manganese	12.1	ppb	5-17					
Molybdenum	10.5	ppb	7-15					
Phosphorus	76.16	ppm	45-88					
Potassium	421.21	ppm	220-700					
Selenium	74.5	ppb	38-96					
Silicon	1.9	ppb	0.8-3.2					
Sodium	766.07	ppm	400-1160					
Vanadium	3.9	ppb	1.8-5.2					
Zinc	1.93	ppm	1.6-2.7					

Heavy Metal Elements	Test Value	Unit	Normal Range	Normal	High	Too High
Aluminium	236.7	ppb	0-340			
Antimony	1.9	ppb	0-3			
Arsenic	17.1	ppb	0-38			
Barium	146.2	ppb	0-220			
Beryllium	2.8	ppb	0-4.5			
Bismuth	2.6	ppb	0-4			
Cadmium	3.1	ppb	0-4			
Lead	117.9	ppb	0-190			
Mercury	1.0	ppb	0-1.8			
Nickel	18.4	ppb	0-38			
Silver	9.0	ppb	0-18			

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Your Skin Nutritional Index (SNI): 68.76

Your SNI is an evaluation of the nutritional health status of your skin. The SNI is the weighted average of eight key components of skin health.

Name	Test Value	Normal Range	Poor (30-50)	Low (50-70)	Normal (70-100)
Skin Antioxidation	68.83	70-100			
Skin Anti-Glycation	69.51	70-100			
Skin Anti-Wrinkle	53.78	70-100			
Skin Anti-Pigmentation	72.5	70-100			
Skin Anti-Sensitivity	69.73	70-100			
Skin Anti-Inflammation	74.39	70-100			
Skin Repair	72.04	70-100			
Skin Metabolism	69.29	70-100			

Body Function Nutrition Evaluation:

Name	Test Value	Normal Range	Poor (30-50)	Low (50-70)	Normal (70-100)
Carbohydrate Metabolism	69.88	70-100			
Lipid Metabolism	72.24	70-100			
Skeletal Nutritional Health	83.3	70-100			
Blood Nutritional Health	67.1	70-100			
Neural Nutrition	71.53	70-100			
Eye Protection	69.47	70-100			
Muscle Nutrition	63.98	70-100			
Hair Nutrition	43.02	70-100			

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Section 2: Personal Recommendations and Actions

Your personal recommendations are the most important part of your Test Report. They are personalised and comprehensive.

The BodyCode recommendations should always be reviewed by a health professional who can provide advice on the use of supplements and / or changes to your lifestyle and diet in order to achieve your optimal nutritional status.

The essential elements recommended in this section may not be deficient, however, they may help balance the levels of other essential elements and lower the levels of heavy metal elements.

The vitamins recommended in this section will ensure you have an adequate intake of necessary vitamins. Vitamins are essential for facilitating either the absorption or excretion of elements (balancing) and the activation of elements to perform and support their biological functions.

Essential Elements and Vitamins Requiring Replenishment
Zinc
Potassium
Magnesium
Iodine
Vitamin B (B1, B3 (Niacin), B5 (Pantothenic Acid), B6)

Always follow the recommendations of your health professionals.

Book a follow-up BodyCode test in 4-6 weeks to check progress. It is important to fine tune your element and vitamin balances on a regular basis to optimise the self-management of your well-being.

For further information visit our websites:

bodycodehealth.com

bodycodehealth.nz

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