PhytoVest

MONDAY, 14TH OF AUGUST 2023

Final Analysis
Sample Report

BACK TO THE HEALTHBEAT

Current Diet

1 medium, 3x a week Apple (red)	1/2 avocado, 2x a week Avocado	1 banana, 3x a week Banana	8 oz., 2x a week Beef
3 oz. cooked, 1x a week Beef liver	1/4 cup, 2x a week Blueberries	1/4 cup, 2x a week Broccoli	1 tablespoon, 1x a week Capers
1/2 cup, 2x a week Carrots	2 slices, 4x a week Cheddar cheese	1/4 cup, 1x a week Cherries	8 oz., 4x a week Chicken
1 medium cup (12 fl oz), 7x a week Coffee (medium or dark, French press)	1/2 cup, 1x a week Cottage cheese	1 oz. piece, 1x a week Dark chocolate	1/4 cup, 2x a week Grapes (red or purple)
10 drops, 2x a week Hot pepper sauce	1 cup, 2x a week Kale (cooked)	1 oz. (small handful), 3x a week Macadamia nuts	1/2 cup, shredded, 2x a week Mozzarella cheese

1 tablespoon, 7x a week Olive oil	1/4 cup, schredded , 2x a week Parmesan cheese	3 eggs, 6x a week Pastured eggs	6 oz., 2x a week Pork
1 medium, 2x a week Purple sweet potato	8 oz., 1x a week Salmon	3 oz, 2x a week Smoked salmon	2 slices, 5x a week Sourdough bread
1/2 cup, 2x a week Spinach (cooked)	1/4 cup, 1x a week Strawberries	1 whole zucchini, 2x a week Zucchini	

Diet Analysis

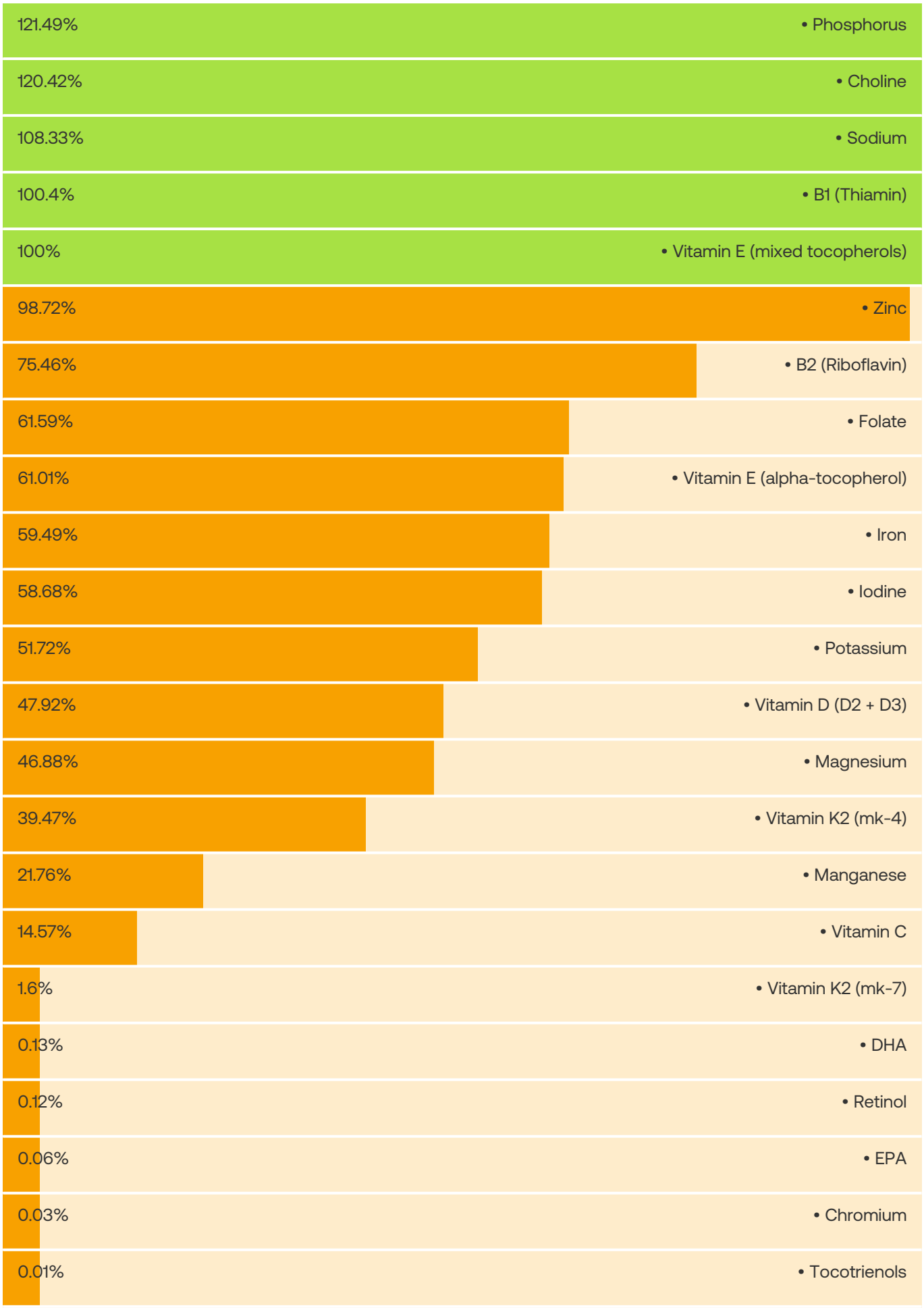
The Micronutrients Analysis gives you a weekly average estimate compared against the US recommended dietary intake based on your selections. The key takeaways are from any micronutrients that are on the very low side.

Micronutrients

All of the micronutrients that are in green are at or above 100% of the US recommended dietary intake, and anything below 100% is in orange.

ANALYSIS

631.25%	• B12
297.49%	• Selenium
277.91%	• Vitamin K1
241.38%	• Copper
187.09%	• B3 (Niacin)
169.67%	• Vitamin A - RAE
160.03%	• Calcium
159.95%	• B6


121.49%
• Phosphorus
120.42%
• Choline
108.33%
• Sodium
100.4%
• B1 (Thiamin)
100%
• Vitamin E (mixed tocopherols)
98.72%
• Zinc
75.46%
• B2 (Riboflavin)
61.59%
• Folate
61.01%
• Vitamin E (alpha-tocopherol)
59.49%
• Iron
58.68%
• Iodine
51.72%
• Potassium
47.92%
• Vitamin D (D2 + D3)
46.88%
• Magnesium
39.47%
• Vitamin K2 (mk-4)
21.76%
• Manganese
14.57%
• Vitamin C
1.6%
• Vitamin K2 (mk-7)
0.13%
• DHA
0.12%
• Retinol
0.06%
• EPA
0.03%
• Chromium
0.01%
• Tocotrienols

0%	• B5 (Pantothenic acid)

Phytonutrients

The recommended dietary intake has not been established for phytonutrients. For this reason, all of the amounts you consume will be listed in green. Your custom program will give you specific targets for phytonutrients and whether or not you are reaching the target.

ANALYSIS

245.74 mg	• Anthocyanidins
140.40 mg	• Chlorogenic Acid
87.04 mg	• Caffeine
56.73 mg	• Glucosinolates
41.25 mg	• Phytosterols
37.60 mg	• Lariciresinol
29.22 mg	• Beta Sitosterol
11.33 mg	• Delphinidin
7.69 mg	• Epicatechin
7.63 mg	• Cafestol and Kahweol
7.54 mg	• Kaempferol
7.26 mg	• Stigmasterol
7.19 mg	• Quercetin
5.37 mg	• Theobromine
4.21 mg	• Ellagic acid
3.56 mg	• Rutin

3.53 mg	• Campesterol
2.24 mg	• Astaxanthin
1.69 mg	• Epigallocatechin gallate (EGCG)
1.24 mg	• Secoisolariciresinol
1.08 mg	• Caffeic acid
0.92 mg	• Beta Sitostanol
564.32 mcg	• Lutein + Zeaxanthin
0.54 mg	• Gallic acid
0.46 mg	• Matairesinol
0.38 mg	• Daidzein
0.37 mg	• Genistein
0.31 mg	• Campestanol
0.27 mg	• Tiliroside
0.24 mg	• Coumaric acid
228.78 mcg	• Chlorophyll
0.16 mg	• Myricetin
105.53 mcg	• Pinoresinol
96.16 mcg	• Beta Carotene
0.07 mg	• Luteolin
0.05 mg	• Resveratrol
0.05 mg	• Medioresinol
0.04 mg	• Isorhamnetin
0.03 mg	• Capsaicin

27.42 mcg	• Beta Cryptoxanthin
19.18 mcg	• Alpha Carotene
0.01 mg	• Naringenin
0.01 mg	• Apigenin
0.00 mg	• Pterostilbene

Probiotics

RDI Not Established for Probiotics

ANALYSIS

63,000,000,000.00 cfu	• L. acidophilus
52,500,000,000.00 cfu	• B. lactis

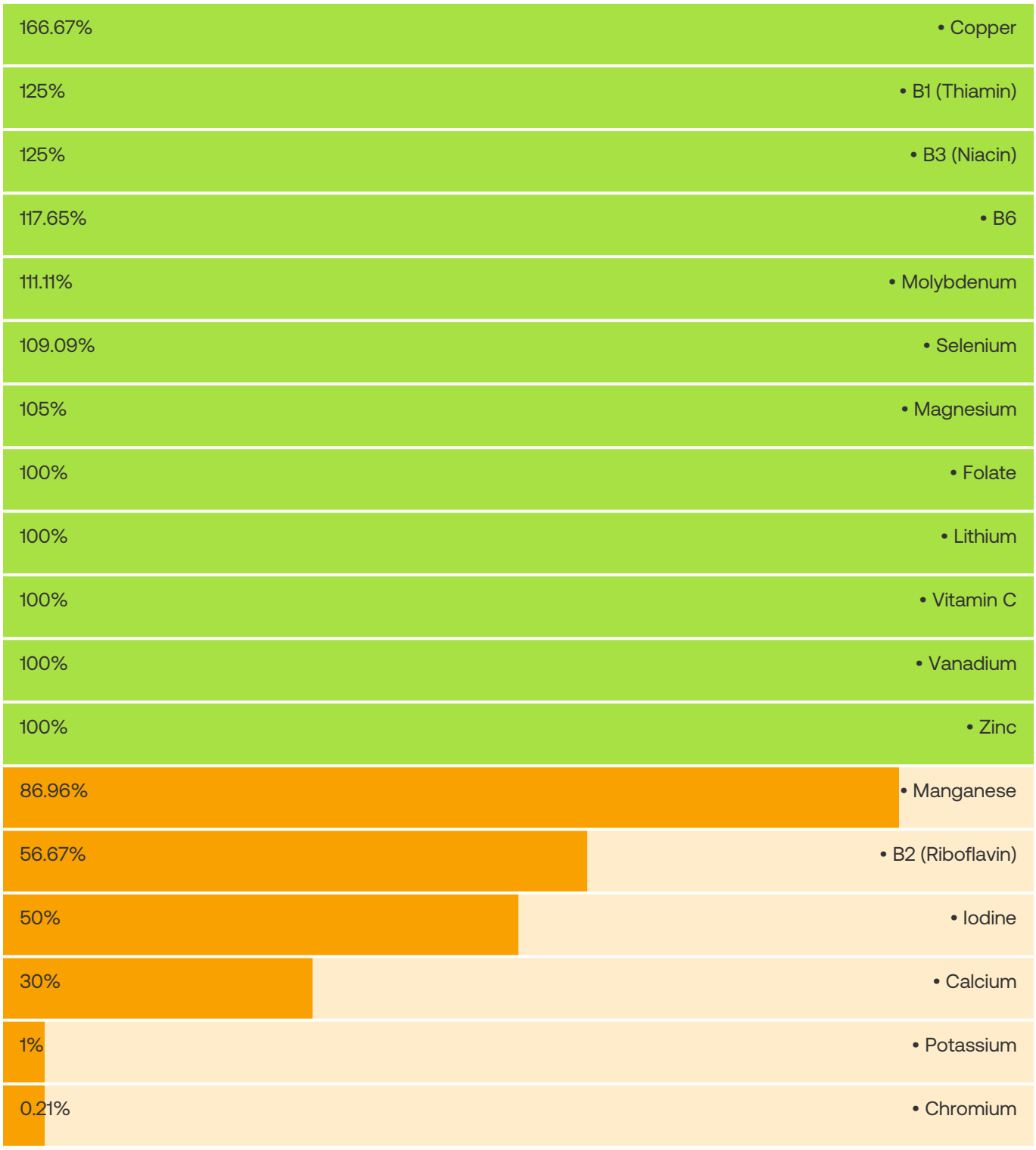
Supplement Analysis

These are the precise amounts you are getting on a weekly basis from your supplement intake.

Micronutrients

ANALYSIS

1000%	• Biotin
250%	• B12
200%	• B5 (Pantothenic acid)



Mycochemicals

ANALYSIS

40.00 mg	• Triterpenes (Ganoderma lucidum)

Medication Analysis

Certain medications have been found to deplete specific vitamins and minerals. This means you may need to focus more on getting over 100% of the RDI of these depleted nutrients if you are experiencing any health issues related to low levels.

01

Antidepressants SSRIs and SNRIs (Lexapro, Zoloft, Prozac, Paxil, Wellbutrin, Cymbalta and Effexor)

NUTRIENTS DEPLETED

Calcium, Vitamin D (D2 + D3)

02

ADHD drugs (Adderal, Ritalin, Dexadrine, Concerta, Vyvanse)

NUTRIENTS DEPLETED

03

Bisphosphonate bone-building (Fosamax, Boniva, Actonel)

NUTRIENTS DEPLETED

Calcium

Final Analysis

The Final Analysis and PhytoVest Score uses your selected health goal programs to narrow down your nutritional priorities. The algorithm compares your intake of micronutrients, phytonutrients, mycochemicals, and probiotics and compares them against published research to determine the optimal intake.

01

Eye Health

Micronutrients under 100% of the RDI:

01 Vitamin E (alpha-tocopherol)
02 Iron
03 Potassium
04 Vitamin D (D2 + D3)
05 Vitamin K2 (mk-4)
06 Vitamin K2 (mk-7)
07 Chromium
08 DHA
09 Retinol
10 EPA
11 Tocotrienols

Target Goals Reached:

01	Astaxanthin	Yes
02	Beta Carotene	Yes
03	Lutein + Zeaxanthin	Yes
04	Anthocyanidins	Yes
01	Curcumin	No

Recommended Phytonutrients to Achieve a Score of 100%

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Astaxanthin	Pure Synergy Eye Protector, wild salmon, shrimp, lobster, and microalgae	1.54 mg	Further Research Needed	Significant improvement in the outcomes of various ocular diseases including diabetic retinopathy, age-related macular degeneration, glaucoma, and cataracts.
Beta Carotene	Carrots, pumpkin, sweet potatoes, spinach, butternut squash and cantaloupe	Further Research Needed	Further Research Needed	β-Carotene has been reported to reduce the risk of macular degeneration.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Lutein + Zeaxanthin	Pure Synergy Eye Protector, goji berries, eggs, spinach, green peas, pumpkin, Brussels sprouts, broccoli, and asparagus	Further Research Needed	10 mg	Lutein and zeaxanthin are referred to as sunscreen for your eyes. The higher the lutein and zeaxanthin in your retina, the more protection you have. They are widely distributed in a number of body tissues and are uniquely concentrated in the retina and lens and protect against blue light.
Anthocyanidins	Pure Synergy Eye Protector, elderberry, goji berries, cacao, blueberry, bilberry, purple sweet potatoes, and grapes	25 mg	50 mg	Anthocyanins have been shown to promote regeneration and synthesis of rhodopsin to protect the retina from overexposure to visible light, and exposure to irradiation, as well as to improve vision and increase the supply of blood to the retina.

Bonus Points

For each Bonus Points target that you reach, you get an additional 5 points added to your score.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Curcumin	Paleovalley Turmeric Complex	200 mg	500 mg	Curcumin has been shown to benefit metabolic syndrome, pain, and to help in the management of inflammatory and degenerative eye conditions.

02

Prostate Health

Micronutrients under 100% of the RDI:

01 Vitamin E (alpha-tocopherol)
02 Iron
03 Potassium
04 Vitamin D (D2 + D3)
05 Vitamin K2 (mk-4)
06 Vitamin K2 (mk-7)
07 Chromium
08 DHA
09 Retinol
10 EPA
11 Tocotrienols

PhytoVest Score
25

Target Goals Reached:

01	Apigenin	No
02	Beta Sitosterol	No
03	Cafestol and Kahweol	Yes
04	Ellagic acid	No
01	Saw palmetto extract	No
02	β-glucans	No

Recommended Phytonutrients to Achieve a Score of 100%

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Apigenin	Dried parsley, celery, oregano, and chamomile tea	15 mg	Further Research Needed	Apigenin reduces the risk of certain cancers including prostate cancer, and has potent therapeutic properties alone and/or increases the efficacy of several chemotherapeutic drugs in combination.
Beta Sitosterol	Avocado, fennel, peanuts, edamame, miso, tempeh, basil, and buckwheat	130 mg/100g	130 mg	Significant improvements in prostate health markers using 130mg of beta-sitosterol daily over placebo.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Cafestol and Kahweol	Unfiltered coffee	5.3 mg/100g	Further Research Needed	Kahweol and cafestol synergistically inhibit the progression of prostate cancer.
Ellagic acid	Walnuts, raspberries, strawberries, cranberries, blackberries, cherries, and pomegranates	17.28 mg	Further Research Needed	Together with other components of pomegranate fruits (caffeic acid, luteolin, and punicic acid), ellagic acid has been shown to exert antiproliferative and pro-apoptotic activities against the human prostate cancer cell lines.

Bonus Points

For each Bonus Points target that you reach, you get an additional 5 points added to your score.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Saw palmetto extract	Gaia Herbs Saw Palmetto	160 mg/100g	160 mg	A clinical study on 165 BPH patients treated with saw palmetto extract at 160mg for 12 weeks found significant improvements in International Prostate Symptom Scores (IPSS), prostate volume, postvoid residual urine volume, urinary flow rate, quality of life scores (QOL).

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
β-glucans	Real Mushrooms Cordyceps Militaris	500 mg	Further Research Needed	Cordycepin from Cordyceps militaris was effective against tumor metastisis in oral squamous carcinoma, hepatocellular carcinoma, glioblastoma, prostate cancer, ovarian cancer, and melanoma.

03

Skin Health

Micronutrients under 100% of the RDI:

01 Vitamin E (alpha-tocopherol)
02 Iron
03 Potassium
04 Vitamin D (D2 + D3)
05 Vitamin K2 (mk-4)
06 Vitamin K2 (mk-7)
07 Chromium
08 DHA
09 Retinol
10 EPA
11 Tocotrienols

Target Goals Reached:

01	Isorhamnetin	Yes
02	Lycopene	No
03	Lutein + Zeaxanthin	Yes
04	Beta Carotene	Yes
05	Astaxanthin	Yes
06	Chlorophyll	No
01	6-Prenylnaringenin	No
02	8-Prenylnaringenin	No
03	Delphinidin	No
04	Ellagic acid	No
05	Epicatechin	No
06	Cinnamic acid	No
07	Triterpenes (Ganoderma lucidum)	No
08	β-glucans	No
09	β-glucans	No

Recommended Phytonutrients to Achieve a Score of 100%

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Isorhamnetin	Dill, dried parsley, kale, dried tarragon, mustard greens and red onion	Further Research Needed	Further Research Needed	Isorhamnetin inhibited mitochondrial dysfunction induced by UVB light, protecting human keratinocytes from UVB-induced cell injury and death.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Lycopene	Tomatoes, watermelon, guava, pink grapefruit	10 mg	Further Research Needed	Trials have been conducted to evaluate the effect of lycopene supplementation on skin burn prevention. Volunteers consumed one of five sources of lycopene: tomato paste (16 mg/day lycopene); carrot juice (10 mg/day lycopene, 5.1 mg/day β-carotene; lycopene supplement (9.8 mg/day lycopene, 0.4 mg/day β-carotene); tomato extract (8.2 mg/day lycopene, 0.4 mg β-carotene); or synthetic lycopene (10.2 mg/day lycopene). With the exception of synthetic lycopene, all lycopene treatments were found to be effective in being photoprotective, as measured by skin burn formation.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Lutein + Zeaxanthin	Eggs, spinach, green peas, pumpkin, Brussels sprouts, broccoli, and asparagus	Further Research Needed	8 mg	The photo-protectiveness of β-carotene (24 mg/day) was compared to that of a carotenoid mixture of β-carotene, lycopene, and lutein (8 mg/day each) in a 12-week intervention trial. Skin burn intensity after irradiation with a solar light simulator was determined at baseline and at 6 and 12 weeks of supplementation. The intensity of skin burns 24 hours after irradiation was significantly decreased to a similar level in both groups.
Beta Carotene	Carrots, pumpkin, sweet potatoes, spinach, butternut squash and cantaloupe	Further Research Needed	8 mg	The photo-protectiveness of β-carotene (24 mg/day) was compared to that of a carotenoid mixture of β-carotene, lycopene, and lutein (8 mg/day each) in a 12-week intervention trial. Skin burn intensity after irradiation with a solar light simulator was determined at baseline and at 6 and 12 weeks of supplementation. The intensity of skin burns 24 hours after irradiation was significantly decreased to a similar level in both groups.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Astaxanthin	Wild salmon, shrimp, lobster, and microalgae	1.54 mg	Further Research Needed	Astaxanthin has the highest antioxidant activity of the carotenoids for protecting against UV damage, inhibiting NF-kB in the skin (melanoma uses this pathway), and may offer an attractive new strategy for treating skin inflammatory diseases.
Chlorophyll	Spinach, kale, Swiss chard, collard greens, dandelion, and mustard greens	45 mg	45 mg	Considering the pivotal role of ROS in photoaging, chlorophyll's anti-oxidant properties are speculated to play a role in reducing wrinkles, DNA damage to skin, photoaging, and apoptosis.

Bonus Points

For each Bonus Points target that you reach, you get an additional 5 points added to your score.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
6-Prenylnaringenin	Hops Extract	100 mcg	100 mcg	6- and 8-prenylnaringenin have been found to exert antitumor activity on melanoma cells.
8-Prenylnaringenin	Hops Extract	100 mcg	100 mcg	6- and 8-prenylnaringenin have been found to exert antitumor activity on melanoma cells.
Delphinidin	Maqui berries, bilberries, blueberries, blackberries, black currants, and black beans	30 mg	300 mg	Delphinidins may counteract skin aging through UV protection.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Ellagic acid	Walnuts, raspberries, strawberries, cranberries, blackberries, cherries, pomegranates, whiskey aged in oak barrels	80 mg	180 mg	In vitro and in vivo studies have shown that ellagic acid inhibits melanoma cancer cell proliferation. Ellagic acid, gallic acid, and lyoniresinol are predominant whisky polyphenols and all of them significantly inhibited melanoma cancer cell activity.
Epicatechin	Cocoa powder and chocolate	61 mg	Further Research Needed	In one study, two groups of women consumed either a high flavanol or low flavanol cocoa powder dissolved in 100 mL water for 12 weeks. Epicatechin (61 mg/d) and catechin (20 mg/d) were the major flavanol monomers in the high flavanol drink, whereas the low flavanol drink contained 6.6mg epicatechin and 1.6mg catechin as the daily dose. UV-induced burns were significantly decreased in the high flavanol group, by up to 25%, whereas no change occurred in the low flavanol group.
Cinnamic acid	Cinnamon Extract	1.3 g	Further Research Needed	Cinnamic acid has anti-fungal and anti-microbial properties and is known for its radioprotective effect against skin damage.

RECOMMENDATION	RECOMMENDED SOURCES	DIETARY TARGET	SUPPLEMENT DOSE	HEALTH BENEFITS
Triterpenes (Ganoderma lucidum)	Real Mushrooms Reishi	500 mg	Further Research Needed	Reishi has been found to promote skin wound healing, reduce postburn infections, prevent dermatitis, reduce photoaging, and prevent melanoma cancer growth.
β-glucans	Real Mushrooms Cordyceps Militaris	500 mg	Further Research Needed	Cordyceps sinensis has been found to protect against DNA damage from UV radiation and may prevent basal cell carcinoma, while Cordyceps militaris was effective at preventing melanoma.
β-glucans	Real Mushrooms Tremella	500 mg	Further Research Needed	Tremella has been known as the beauty mushroom due to its anti-aging effects on the skin. The mechanism found is through Tremella's ability to upregulate SIRT1 and prevent oxidative stress in the skin. This may promote wrinkle prevention and a more youthful appearance.

Sources

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