

Sample Report - This is a sample report created for demonstration purposes only. All results and details are fictional and do not relate to a real individual.

SAMPLE

Personalised Functional Health Coaching Report

Prepared for: Sample Client

Date: [Sample]

Practitioner: Hollie – Biomedical Scientist & Health Coach

1. Introduction

This personalised health coaching report has been created to help you understand your blood test results in the context of your symptoms, lifestyle, and health goals.

Rather than focusing solely on whether results fall within medical reference ranges, this report also considers functional ranges. Functional ranges aim to identify patterns that may help explain how you are feeling and highlight areas where targeted nutrition, lifestyle changes, and supportive supplementation may help optimise health.

This report is educational and supportive in nature and does not diagnose or treat medical conditions.

2. Client Snapshot (Sample)

Main goals

- Improve energy levels
- Reduce brain fog and afternoon crashes
- Support hormone balance

Reported symptoms

- Persistent tiredness
- Poor stress tolerance
- Low motivation
- Occasional headaches

Relevant medical context

- No diagnosed chronic conditions
- Not currently taking prescribed medication

Lifestyle overview

- Sleep: 6–7 hours, often unrefreshing
- Stress: high due to work demands
- Exercise: light gym sessions 1–2 times per week
- Alcohol: 2–3 drinks per week

3. Key Findings Overview

Based on your results and questionnaire, the key themes identified are:

- Sub-optimal iron storage, which may impact oxygen delivery and energy levels
- Low functional vitamin D status, potentially affecting immune and musculoskeletal health
- Signs of increased stress demand, which may be influencing energy, focus, and recovery
- Mild disruption to glucose regulation, suggesting the need for improved metabolic support

These findings are discussed in more detail below.

4. Biomarker Sections

Iron Status & Oxygen Delivery Results

Marker	Result	Medical range	Functional range
Ferritin	28 µg/L	15–150	50–100
Serum iron	11 µmol/L	7–27	15–25
Transferrin saturation	18%	20–45	25–35

What this means

Iron plays a key role in oxygen transport and cellular energy production. While your iron markers sit within medical reference ranges, they are below optimal functional levels.

This pattern can contribute to symptoms such as fatigue, reduced exercise tolerance, brain fog, and feeling easily drained, particularly in individuals with high stress or busy lifestyles.

Support suggestions

Food

- Prioritise iron-rich foods such as red meat, liver (if tolerated), sardines, and egg yolks
- Include vitamin C-rich foods alongside iron-containing meals to support absorption

Lifestyle

- Avoid drinking tea or coffee with meals, as this can reduce iron absorption
- Ensure adequate recovery and rest, particularly if training or under high stress

Supplements

- Iron supplementation may be supportive if dietary intake alone is insufficient, with form and dose tailored individually

Vitamins & Minerals

Results

Marker	Result	Medical range	Functional range
Vitamin D	54 nmol/L	25–250	125–225
Vitamin B12	310 pmol/L	145–569	500–900
Folate	7.2 nmol/L	>7.0	15–25

What this means

Your results suggest that several key micronutrients are sitting below functional optimal levels. Vitamin D and B vitamins are involved in immune function, mood regulation, energy metabolism, and nervous system health.

Sub-optimal levels may contribute to tiredness, low resilience to stress, and reduced cognitive clarity.

Support suggestions

Food

- Increase intake of nutrient-dense foods such as oily fish, eggs, leafy greens, and organ meats
- Ensure adequate protein intake to support nutrient utilisation

Lifestyle

- Regular daylight exposure can help support vitamin D status
- Prioritise consistent meal patterns to support nutrient absorption

Supplements

- Vitamin D with K2 and magnesium may help support optimal levels
- A bioavailable B-complex may support energy metabolism where intake is insufficient

Stress & Cortisol (Morning Sample)

Results

Marker	Result	Medical range	Functional range
Cortisol (9am)	520 nmol/L	133–537	250–450

What this means

Cortisol is a hormone involved in stress response, energy regulation, and blood sugar balance. Your morning cortisol result sits toward the upper end of the range, which can reflect ongoing stress demand.

When sustained, this pattern may contribute to fatigue, poor sleep quality, and difficulty maintaining consistent energy levels throughout the day.

Support suggestions

Lifestyle

- Introduce regular stress-reducing practices such as walking, breathwork, or gentle stretching
- Avoid excessive caffeine, particularly later in the day

Food

- Regular, balanced meals to support blood sugar stability
- Adequate protein intake at breakfast

Supplements

- Magnesium may support nervous system regulation and stress resilience

5. Cross-Pattern Insights

When reviewing your results together, a few important connections emerge:

- Low iron stores combined with sub-optimal B vitamins may be contributing to persistent fatigue
- Elevated stress markers may be increasing nutrient demand and impairing recovery
- Low vitamin D status may further affect energy, mood, and immune resilience

Addressing these areas together, rather than in isolation, is likely to be more effective.

6. Support Priorities

Phase 1 – Foundations

- Support iron status through diet and absorption strategies
- Improve vitamin D and B vitamin availability
- Focus on sleep and stress regulation

Phase 2 – Optimisation

- Improve metabolic resilience and energy consistency
- Support nervous system balance

7. Supplement Priority Table (Sample)

Priority	Supplement	Rationale	Duration
High	Vitamin D with K2 & magnesium	Support immune, bone, and neuromuscular health	12 weeks
Medium	Iron (if required)	Support oxygen delivery and energy	Individual
Optional	B-complex	Support energy metabolism	8–12 weeks

Supplement Recommendations

To support the recommendations outlined above, I strongly encourage sourcing supplements from reputable, high-quality providers. The formulation, strength, and purity of supplements can vary significantly between brands, which can directly affect how effective they are.

Many high-street retailers offer supplements at a lower cost, but these products often contain fillers, bulking agents, and lower active doses, meaning you may not receive the level of support suggested by your blood results. While they may appear cheaper upfront, they can be less effective overall.

Preferred supplement providers

The following suppliers are known for clean formulations, transparent labelling, and clinically meaningful doses:

British Supplements - [British Supplements - Premium Clean High Strength Supplements UK Made](#)

- UK-made supplements with minimal ingredients and no unnecessary fillers
- Clear labelling of active doses
- Suitable for long-term foundational support

Website: [British Supplements – Premium Clean High Strength Supplements UK Made](#)

Nutri Advanced (via Revital) - [Your Health, Vitamin & Supplements Store Online | Revital](#)

- Practitioner-grade supplements



- Well-researched formulations
 - Suitable where higher-quality or specific nutrient forms are required
- Website: *Your Health, Vitamin & Supplements Store Online | Revital*

Probiotics If you do consider a probiotic, the following brands are well-researched and reputable:

- **Symprove** (liquid, multi-strain probiotic) - [Symprove Probiotic Supplement - Lowest Price Guarantee](#)
- **OptiBac** (targeted probiotic formulations) - [OptiBac | Revital](#)

Iron supplementation

If iron supplementation is recommended following discussion with your GP, a gentle, well-absorbed form such as iron bisglycinate is often better tolerated.

Example option:

- Iron bisglycinate 42mg (gentle, vegan-friendly formulation) - [Gentle Iron Supplements for Women and Men - 42 mg Iron Tablets high Strength with Natural Vitamin C - Active Form - bisglycinate - Fatigue Supplements with high bioavailability - 120 Capsules : Amazon.co.uk: Health & Personal Care](#)

When using iron:

- Take away from calcium and caffeine
- Take with vitamin C to improve absorption
- Review iron status with follow-up blood tests before continuing long term

Omega-3 supplements

Many omega-3 products contain low amounts of EPA and DHA, which are the active components that influence triglycerides, inflammation, and cardiovascular health.

High-strength options include:

- **Nutravita Omega-3 Fish Oil** - [Omega 3 Fish Oil Supplements - Supports Brain & Vision - Nutravita | Nutravita](#)
- **Bare Biology Super-Strength Fish Oil** (high EPA/DHA content) - [Bare Biology Super-Strength Fish Oil 1,700mg Omega-3 - Life & Soul Daily Omega 3 Capsules \(1 Month Supply - 60 Capsules\) 1,100mg 500mg DHA, Supports Heart, Brain Function & Eye Health : Amazon.co.uk: Health & Personal Care](#)

Alongside supplements, increasing dietary omega-3 intake from oily fish (e.g. salmon, sardines, mackerel) remains important.

Progesterone support

For individuals using topical progesterone support under guidance:

- **Progest-E (Dr Peat's Progest-E Complex Replenishing Oil)** is commonly used due to its formulation and absorption characteristics. - [Kenogen Dr Peat's Progest E Complex Replenishing Oil](#)

This should always be used cautiously and in line with practitioner or clinician guidance.

8. What Happens Next

Improvements in energy and wellbeing typically occur gradually over several weeks. Consistency with nutrition, lifestyle changes, and supplementation is key.

Follow-up testing may be considered after an appropriate period to assess progress and refine support where needed.

9. Disclaimer & Scope Statement

This report is intended for educational and wellness support purposes only. It does not diagnose, treat, or replace medical care. Always consult your GP or healthcare provider regarding medical concerns or prescribed treatments.

Many thanks for using my services,

Hollie Benn
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Independent Health Scientist
Biomedical Scientist, BSc Hons

Disclaimer: This report is provided for educational and wellbeing purposes only. It is not intended to diagnose, treat, or cure any medical condition. I am not a medical doctor, and the information in this report should not be considered a substitute for professional medical advice, diagnosis, or treatment.

The insights shared are based on your blood test results and health questionnaire, using a functional health perspective to support general wellbeing. All nutritional, lifestyle, and supplement suggestions are intended to complement — not replace — care from your GP or healthcare provider.

If any markers fall outside of clinical reference ranges, or if you are experiencing symptoms or ongoing health concerns, you should seek advice from a qualified medical professional. This service is not a replacement for medical care, and you are encouraged to share your results with your GP or consultant if further investigation is needed.