



SAMPLE

Functional Results Review

Prepared for: Sample Client

Date: [Sample]

Practitioner: Hollie – Biomedical Scientist

This is a sample Functional Results Review created for demonstration purposes only. All results and details are fictional and do not relate to a real individual.

Important note about report content

The content of this Functional Results Review is determined by the biomarkers included in your chosen testing package. Different packages include different markers, meaning the sections and depth of interpretation within your review will vary accordingly. Only biomarkers that have been tested are included, ensuring all interpretation remains evidence-based and relevant to your results.

1. Introduction

This Functional Results Review provides a deeper interpretation of your blood test results using both medical reference ranges and functional (optimal) ranges.

The purpose of this review is to help you understand how your results may relate to your symptoms and overall health picture, and to highlight patterns that are not always apparent when results are viewed in isolation.

This review does not provide full health coaching plans or protocols, but it does offer evidence-based interpretation to support informed next steps.

2. Client Snapshot (Sample)

Primary concerns

- Ongoing fatigue
- Reduced concentration
- Poor stress tolerance

Relevant context

- Busy work schedule
- Sleep averaging 6–7 hours per night
- No current prescription medication

This context is important when interpreting your results functionally.

3. Key Findings Overview

From your results, the following themes stand out:

- Iron stores are within medical range but below functional optimal levels
- Several micronutrients are sitting in the low-functional range
- Stress markers suggest increased physiological demand
- Blood sugar regulation may benefit from closer attention

These findings are expanded on below.

4. Biomarker Sections

Iron Status & Oxygen Delivery

Results

Marker	Result	Medical range	Functional range
Ferritin	32 µg/L	15–150	50–100

Marker	Result	Medical range	Functional range
Serum iron	12 µmol/L	7–27	15–25
Transferrin saturation	20%	20–45	25–35

What this means

Iron plays a vital role in oxygen transport and cellular energy production. While your iron markers fall within medical reference ranges, they are below levels typically associated with optimal energy and resilience.

Functionally, this pattern can be associated with fatigue, reduced stamina, and feeling easily drained particularly in individuals experiencing ongoing stress or high cognitive demand.

At this stage, this does not indicate a medical deficiency, but it does suggest sub-optimal iron availability from a functional perspective.

Vitamins & Minerals

Results

Marker	Result	Medical range	Functional range
Vitamin D	62 nmol/L	25–250	125–225
Vitamin B12	295 pmol/L	145–569	500–900
Folate	8.1 nmol/L	>7.0	15–25

What this means

These nutrients are involved in energy metabolism, nervous system function, immune regulation, and mood. Although your results are not clinically deficient, they sit below functional optimal ranges. This can contribute to symptoms such as tiredness, low stress tolerance, and reduced cognitive clarity, particularly when multiple nutrients are borderline at the same time.

Stress & Cortisol (Morning Sample)

Results

Marker	Result	Medical range	Functional range
Cortisol (9am)	495 nmol/L	133–537	250–450

What this means

Cortisol helps regulate energy availability and the stress response. Your morning cortisol result is toward the higher end of the range, which can reflect increased physiological stress demand.

When sustained, this pattern may affect sleep quality, blood sugar regulation, and nutrient utilisation, potentially amplifying feelings of fatigue over time.

5. Cross-Pattern Insights

When viewed together, several connections emerge:

- Sub-optimal iron status alongside low-functional B vitamins may be contributing to reduced energy and mental clarity
- Elevated stress markers can increase nutrient requirements and impair recovery
- Low vitamin D status may further impact immune resilience and musculoskeletal health

These patterns help explain why symptoms may persist even when individual results appear “normal” on standard lab reports.

6. Suggested Focus Areas (Interpretation Only)

Based on your results, areas that may benefit from further attention include:

- Optimising iron availability and absorption
- Improving overall micronutrient status
- Supporting stress resilience and recovery
- Improving metabolic consistency

Detailed food plans, lifestyle strategies, and supplement protocols are not included within this review but can be explored further through a full Health Coaching Package if desired.

7. What Happens Next

This Functional Results Review is designed to provide clarity and direction.

If you would like:

- Personalised food, lifestyle, and supplement support
- A phased action plan
- Ongoing guidance and follow-up

A **Full Health Coaching Report** would allow for deeper investigation and tailored recommendations based on your results and health goals.

8. Disclaimer & Scope Statement

This Functional Results Review is for educational and informational purposes only. It does not diagnose or treat medical conditions and does not replace advice from your GP or healthcare provider.

Many thanks for using my services,

Hollie Benn

HB Phlebotomy – Health by Hollie

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.