

MVX+

Understanding Your Results

Your results from Labcorp will be graded based on the “**Reference Interval**,” representing a normal person with average health. We would rather use the “**Optimal Scores**” as seen below, comparing you to the optimal health and function that is possible for the human body.

Test	Reference Interval	Optimal Scores
Metabolic Vulnerability Index	< 63	< 40
Inflammation Vulnerability	< 20	< 20
GlycA	< 400	< 300
Small HDL Particle Number	11.5-21.6	18-20
Metabolic Malnutrition Index	< 71	< 40
Citrate	1.08-2.73	1.6-2.0
Valine	116-298	200
Leucine	41-179	100
Isoleucine	28-109	50

What These Tests Mean:

Metabolic Vulnerability Index (MVX) – A risk marker for mortality. The higher the score, the more likely your risk of all-cause death in the next 5 years.

Inflammation Vulnerability – A measure of inflammation in your body.

GlycA – Indicates acute and chronic infection, inflammation and trauma.

Small HDL Particle Number – Indicates toxicity due to infection, chemical exposure and alcohol.

Metabolic Malnutrition Index – Indicates malnutrition due to diet and/or digestive ability.

Citrate – Related to mitochondrial function.

Valine, Leucine, Isoleucine – Amino acids; levels indicate malnutrition or malabsorption.

More information will be given during your follow-up appointment to review this test.