

## Understanding Urinary Metabolic Profile (UMP)

### What is Organic Acids?

Organic acids are compounds that produced within the body in the course of metabolism. This provides an insight into your metabolism, the interplay of your genes, beliefs, diet, lifestyle and other potential environmental factors.

### What does UMP measure?

It is an organic analysis that measure 36 organic acids from your morning urine sample, which are essential and critical for the metabolic functions. This provides you a comprehensive picture of the sufficiency of your metabolic performance, with a glimpse into each bodily function addressed by the individuals groups

The report of UMP does not just reveal the problem appears in the metabolism, it also suggests all rounded supplementation program along with the combination of healthcare professional's consultation. Achieving an optimal health in a simple way!

### This test result provides you with the following concerns.

#### The sufficiency of:

- Vitamin and Minerals
- Oxidative stress and antioxidant
- Detoxification
- B-complex and Lipoic acid
- Coenzyme Q10

#### The function of:

- Central Nervous System
- Mitochondrial energy production
- Symbiosis status of micro gut organisms

FIVE Categories	EIGHT Groups	Functions
Macronutrient Metabolites	Glycolysis	First step of releasing the energy from glucose
	Citric Acid Cycle	The central cycle for releasing energy & interchanging materials
	Fatty Acid Oxidation	The pathway of utilizing fatty acids for energy release.
	Ketone Metabolites	The molecules produced for energy when glucose is insufficient.
Cofactor Need		A group of substances required for normal metabolism
Neurotransmitter Metabolism		Pathways that convert nutrients into neurotransmitters for normal neurological functions
Detoxification Markers		A group of biochemical reactions used for toxin removal
Bacterial Metabolism		Biochemistry of bacteria, especially in the gut

### Common symptoms:

- Anxiety
- Bloating
- Depression
- Dermatitis
- Fatigue
- Headache
- Joint pain
- Mood changes
- Nausea
- Sleep abnormalities
- Weight gain

Source and lab test service provider: HK Biotek

### Enquiry

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