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26114-0268

Dr Test Doctor (Test Doctor) Test Clinic. 123 Test Street, Test

Lab ID
Patient ID P000061
Ext ID 26114-0268

Test Patient

Sex: Male 56yrs 01-Jan-70
123 Home Street, Test

RECEIVED
24-Apr-26

INTESTINAL PERMEABILITY

Specimen type - Urine, Timed

Collected
14-Nov-24

SERVICE	RESULT	H/L	REFERENCE	UNITS
Lactulose Recovery	0.48	H	(0.00-0.30)	% Recovery
Mannitol Recovery	33.00	H	(9.50-25.00)	% Recovery
Lactulose/Mannitol Ratio	0.015		(0.000-0.035)	

Intestinal Permeability Comment

LACTULOSE AND MANNITOL RECOVERY ELEVATED:

An elevated lactulose and mannitol excretion indicates generalised intestinal hyperpermeability and increased transcellular absorption, suggesting compromised barrier integrity and possible mucosal inflammation.

This pattern is often associated with gastrointestinal inflammation, infections (e.g., SIBO, parasites), NSAID use, food sensitivities, or early autoimmune activity (e.g., coeliac disease). Further assessment of the microbiome may be considered if clinically required.

Suggested Interventions:

Remove triggers: Identify and eliminate potential irritants (gluten, dairy, NSAIDs, alcohol, dysbiotic organisms).

Repair mucosa: Use gut-healing nutrients such as L-glutamine (2–5 g daily), Zinc carnosine, N-acetylglucosamine, Slippery elm, aloe vera, and deglycyrrhizinated licorice (DGL)

Anti-inflammatory support: Curcumin, quercetin, omega-3s.

Microbiome modulation: Consider probiotics (e.g., *Lactobacillus rhamnosus GG*, *Saccharomyces boulardii*), fermented foods, and/or antimicrobial therapy if indicated.

Retest in 8–12 weeks to monitor improvement.

ACCREDITATION SCOPE: Please note that the above test is currently not under the laboratory's scope of accreditation.

Methodology

Gas Chromatography-MS (GC/MS)

SAMPLE REPORT

NATA Accreditation No. 20770. The current scope of accreditation is available on the NATA website.