Analysis Date: 19 June 2026

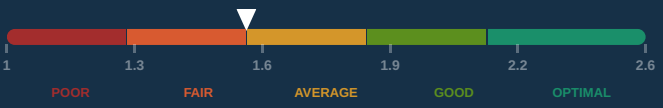
PERSON NAME **Ankit Chawla**	PERSON ID **n/a**	DATE OF BIRTH **n/a**
SAMPLE ID **001_DHL**	SAMPLE TYPE **PBMC**	SAMPLE DATE **18 June 2026**
CLINIC **Agami Health**	VALIDATION **Dr. J. Barlow**	TEST DATE **—**

MitoFLUX™ results summary

MITOCHONDRIAL HEALTH INDEX

1.6

AVERAGE

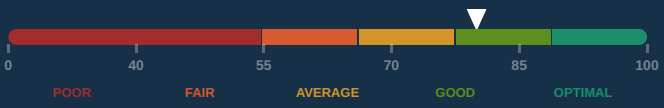


Moderate mitochondrial health - cellular energy production is within the average healthy range but there is room for improvement

OVERALL BIOENERGETIC ASSESSMENT

73.3%

GOOD



Weighted score: 93.5 / 127.5

OVERALL INFLAMMATORY ASSESSMENT

NO INFLAMMATION DETECTED

Non-Mito · Glyc ATP · ATP Base · Res Cap · MHI · Max OCR · Basal OCR

0 of 7

RESULT CLASSIFICATION GUIDE

OPTIMAL
Results equal to or above the top tier of the healthy range. Cellular energy status operating at an excellent level.

GOOD
Results above the healthy range average. Cellular energy status operating well but potential to optimise.

AVERAGE
Results within the middle of the healthy range. Cellular energy status operating at adequate levels but room for improvement.

FAIR
Results at the lower end of the healthy range. Early detection of reduced cellular energy status that warrants attention.

POOR
Results below the healthy range. Detection of impaired cellular energy status, intervention protocols recommended.

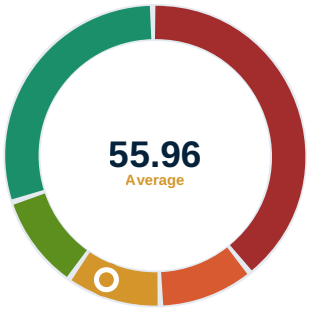
MITOCHONDRIAL HEALTH INDEX PARAMETERS

ATP-COUPLED (% TOTAL)

REFERENCE
- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION
Good ATP coupling - efficient energy conversion supporting cellular functions

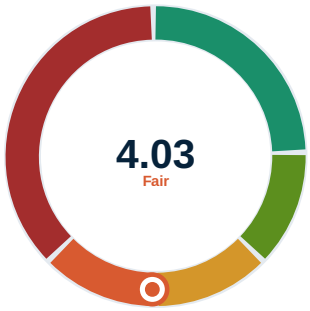
RESERVE CAPACITY (% TOTAL)



REFERENCE
- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION
Moderate spare capacity - limited metabolic flexibility under stress conditions

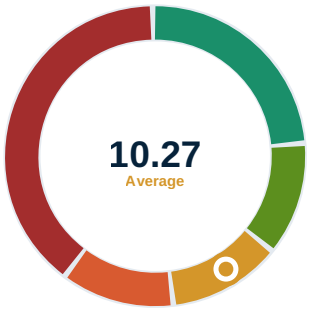
LEAK RESPIRATION (% TOTAL)



REFERENCE
- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION
Elevated proton leak - compromised membrane integrity reducing ATP synthesis efficiency

NON-MITO RESPIRATION (% TOTAL)

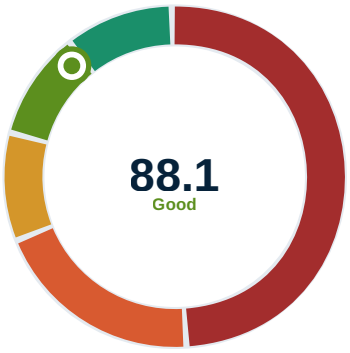


REFERENCE
- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION
Moderate non-mitochondrial activity - some cellular oxygen consumption outside mitochondria

MITOCHONDRIAL EFFICIENCY

COUPLING EFFICIENCY (%)



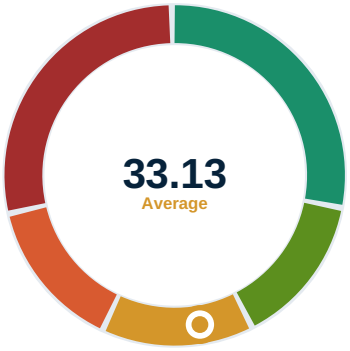
REFERENCE

- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION

Good coupling efficiency - effective energy conversion with minimal waste

ATP BASE TURNOVER (%)



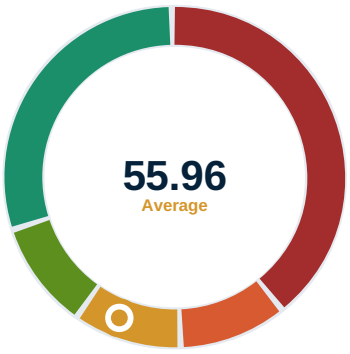
REFERENCE

- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION

Moderate basal turnover - adequate baseline energy production

ATP RESERVE (%)



REFERENCE

- Optimal
- Good
- Average
- Fair
- Poor

EVALUATION

Moderate ATP reserve - limited capacity for energy upregulation

RESERVE & RESPIRATORY CAPACITY

RESERVE CAPACITY (% BASAL)

RESULT

127.09% AVERAGE

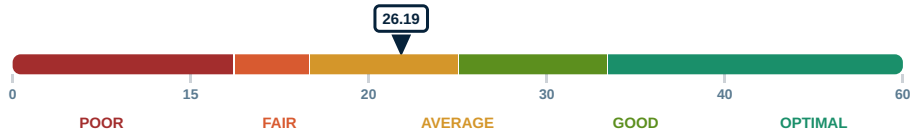
EVALUATION

Moderate reserve capacity - limited ability to respond to increased energy requirements

BASAL OCR (PMOL/MIN)

RESULT

26.19 AVERAGE



EVALUATION

Moderate basal respiration - adequate baseline mitochondrial activity

MAX OCR (PMOL/MIN)

RESULT

69.59 FAIR

EVALUATION

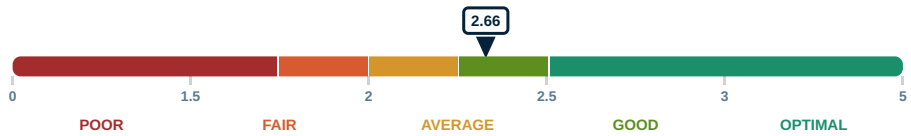
Low maximal capacity - compromised peak mitochondrial function. Review Max:Basal ratio.

MAX:BASAL OCR RATIO

× basal

RESULT

2.66 GOOD



EVALUATION

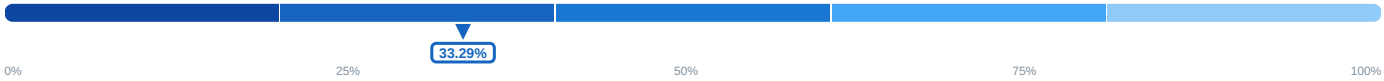
Good mitochondrial reserve - maximal capacity is 2.5-3x basal, adequate for most demands

CELLULAR ENERGY PHENOTYPE

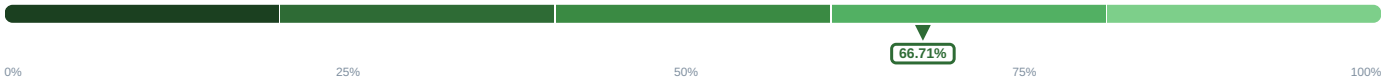
CELLULAR ENERGY SUPPLY & METABOLIC PREFERENCE

ENERGY SUPPLY

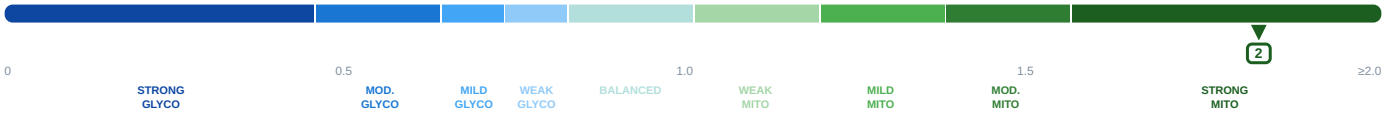
GLYCOLYSIS 33.29% Optimal



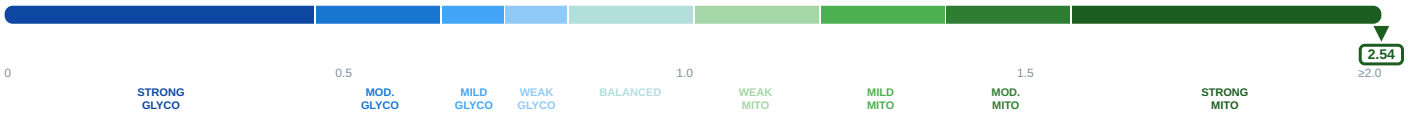
MITOCHONDRIAL 66.71% Optimal



ENERGY PREFERENCE RATIO — BASAL 2 STRONG MITOCHONDRIA PREFERENCE



ENERGY PREFERENCE RATIO — MAX 2.54 STRONG MITOCHONDRIA PREFERENCE



OVERALL ASSESSMENT

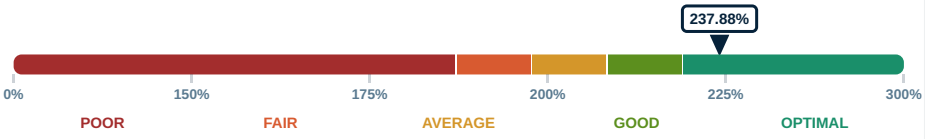
Basal energy preference: Strong mitochondrial preference at basal state — excellent oxidative metabolism dominance indicating highly efficient resting energy production.

Max energy preference: Strong mitochondrial preference at maximal output — superior capacity for oxidative energy generation under high metabolic demand.

ENERGETIC POTENTIAL GLYC (%)

RESULT

237.88% OPTIMAL



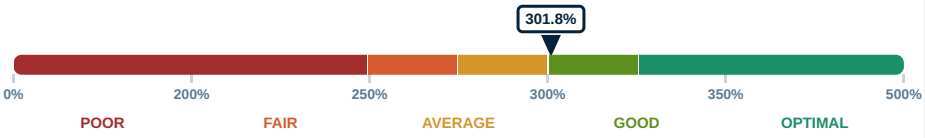
EVALUATION

Excellent glycolytic energetic potential - superior anaerobic capacity available when needed

ENERGETIC POTENTIAL MITO (%)

RESULT

301.8% GOOD



EVALUATION

Good mitochondrial energetic potential - adequate oxidative capacity reserves

OVERALL BIOENERGETIC ASSESSMENT

COMPLETE BIOENERGETIC SCORE ANALYSIS

Weighted Score: 93.5 / 127.5

Percentage Score: **73.3%**

Overall Classification: **GOOD**

Practitioner Evaluation:
Good mitochondrial function with minor areas for optimisation.

Classification	% Score	Description
Optimal	85%–100%	Excellent mitochondrial health
Good	70%–84%	Good mitochondrial function
Average	55%–69%	Adequate function, room for improvement
Fair	40%–54%	Below average, early dysfunction
Poor	<40%	Significantly impaired, consider intervention

OVERALL INFLAMMATORY ASSESSMENT

INFLAMMATORY ANALYSIS

NO INFLAMMATION DETECTED

Indicators: 0 of 7

PERSONALISED CONSIDERATIONS

Personalised considerations are based on the results of your overall bioenergetic and inflammatory assessments. Always consult a qualified healthcare professional before implementing any of these recommendations.

- **EXERCISE**
  EXERCISE CONSIDERATIONS: Regular aerobic and resistance training 4-5x/week with professional guidance.
- **NUTRITIONAL**
  NUTRITIONAL CONSIDERATIONS: Increase mitochondrial cofactors: B-vitamins, magnesium, CoQ10 (ubiquinone). Maintain consistent meal timing.
- **SUPPLEMENTS**
  SUPPLEMENT CONSIDERATIONS: Comprehensive mitochondrial support: CoQ10 (ubiquinone), PQQ (pyrroloquinoline quinone), alpha-lipoic acid as appropriate for targeted parameters.
- **LIFESTYLE**
  LIFESTYLE MODIFICATIONS: Maintain consistent sleep schedules and optimise circadian rhythm. Consider intermittent fasting or sauna use.
- **PROFESSIONAL**
  PROFESSIONAL SUPPORT: Sports nutritionist or functional medicine practitioner for targeted parameter optimisation.
- **CLINICAL**
  NONE
- **FOLLOW-UP**
  FOLLOW-UP TIMELINE: Retest in 6 months to monitor optimisation progress and parameter improvements.