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Functional Health Report

Patient Copy

John Smith

Lab Test on Aug 15, 2016
Standard International Units

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Um's Notes



Health Improvement Plan



The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Hyperlipidemia

The results of your blood test indicate that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia), which is associated with an increased risk of cardiovascular disease. There is a need for cardiovascular support, especially support to help lower excessive blood fats.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, Cholesterol/HDL Ratio ↑, HDL Cholesterol ↓

Hypothyroidism - Secondary

The results of your blood test indicate a need for thyroid support.

Rationale:

TSH ↓, Calcium ↑, Cholesterol - Total ↑, Triglycerides ↑

Fatty Liver/ Steatosis

The results of your blood test indicate a tendency towards fatty liver and a need for liver support.

Rationale:

ALT (SGPT) ↑, Ferritin ↑

Increased Cardiovascular Disease Risk

The results of your blood test indicate a higher than optimal risk of you developing cardiovascular disease and shows a need for cardiovascular support.*

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Ferritin ↑, Vitamin D (25-OH) ↓

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Inflammation

The results of your blood test indicate a tendency towards inflammation and shows a need for anti-inflammatory support.

Rationale:

Uric Acid, male ↑, Ferritin ↑, RDW ↑, Vitamin D (25-OH) ↓

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This Health Improvement Plan has been prepared for **John Smith** by **Nature Medicine** . Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Suggested Individual Nutrient Recommendations

The Health Improvement Plan takes all the information on this report and focuses on the top areas that need the most attention.

Vitamin D Need

The results of your blood test indicate that your vitamin D levels might be lower than optimal and shows a need for vitamin D supplementation.

Rationale:

Vitamin D (25-OH) ↓

Zinc Need

The results of your blood test indicate that your zinc levels might be lower than optimal and shows a need for zinc supplementation.*

Rationale:

Alk Phos ↓

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This Health Improvement Plan has been prepared for **John Smith** by **Nature Medicine**. Additional personalized recommendations for nutritional support may be applicable based on this laboratory evaluation, your history and other clinical findings.

Blood Test Results Report



The Blood Test Results Report lists the results of your Blood Chemistry Screen and CBC Test and shows you whether or not an individual biomarker is outside of the optimal range and/or outside of the clinical lab range.

Above Optimal Range 7 Current 0 Previous ↑	Above Standard Range 4 Current 0 Previous ↑↑	Alarm High 2 Current 0 Previous ⚠
Below Optimal Range 3 Current 0 Previous ↓	Below Standard Range 0 Current 0 Previous ↓↓	Alarm Low 1 Current 0 Previous ⚠

Biomarker	Current	Optimal Range	Standard Range	Units
	Aug 15 2016			
Hemoglobin A1C	0.05	0.04 - 0.06	0.00 - 0.06	Proportion of 1.0
Creatinine	81.00	70.72 - 97.24	35.36 - 132.60	µmol/L
eGFR Non-Afr. American	103.00	90.00 - 200.00	90.00 - 200.00	mL/min/1.73m2
Sodium	139.00	135.00 - 142.00	135.00 - 146.00	mmol/L
Uric Acid, male	355.00 ↑	208.18 - 350.93	237.92 - 475.84	µmol/L
Albumin	47.00	40.00 - 50.00	36.00 - 51.00	g/L
Calcium	2.54 ↑	2.30 - 2.50	2.15 - 2.60	mmol/L
Calcium/Albumin Ratio	0.05	0.00 - 0.06	0.00 - 0.06	ratio
Alk Phos	59.00 ↓	70.00 - 100.00	35.00 - 115.00	IU/L
ALT (SGPT)	41.00 ↑↑	10.00 - 26.00	6.00 - 29.00	IU/L
Bilirubin - Total	10.00	1.71 - 15.39	3.42 - 20.52	µmol/L
GGT	24.00	10.00 - 30.00	3.00 - 70.00	IU/L
Ferritin	336.00 ⚠	30.00 - 70.00	10.00 - 232.00	µg/L
Cholesterol - Total	5.87 ↑↑	4.14 - 4.65	3.23 - 5.17	mmol/L
Triglycerides	2.59 ↑↑	0.79 - 0.90	0.00 - 1.69	mmol/L
LDL Cholesterol	3.49 ↑↑	0.00 - 3.11	0.00 - 3.37	mmol/L
HDL Cholesterol	1.20 ↓	1.42 - 1.81	1.19 - 2.59	mmol/L
Cholesterol/HDL Ratio	4.90 ↑	0.00 - 4.00	0.00 - 5.00	Ratio
Triglyceride/HDL Ratio	2.15 ⚠	0.00 - 0.87	0.00 - 0.87	ratio
TSH	1.16 ↓	1.30 - 2.00	0.40 - 4.50	mIU/L
Free T3	5.20	4.61 - 5.38	3.53 - 6.45	pmol/L
Free T4	17.00	12.87 - 19.30	10.30 - 23.17	pmol/L
C-Reactive Protein	2.00	0.00 - 42.86	0.00 - 75.24	nmol/L
Vitamin D (25-OH)	48.00 ⚠	124.80 - 224.64	74.88 - 249.60	nmol/L
Hemoglobin, Male	169.00 ↑	140.00 - 150.00	132.00 - 171.00	g/L
Hematocrit, Male	0.47	0.40 - 0.48	0.38 - 0.50	Prop. of 1.0
MCV	86.00	82.00 - 89.90	80.00 - 100.00	fL
MCH	30.50	28.00 - 31.90	27.00 - 33.00	pg
MCHC	356.00 ↑	320.00 - 350.00	320.00 - 360.00	g/L

Platelets	265.00		155.00 - 385.00	140.00 - 400.00	x10E9/L
RDW	13.20	↑	11.70 - 13.00	11.00 - 15.00	%
Neutrophils	67.00	↑	40.00 - 60.00	40.00 - 74.00	%
Lymphocytes	26.00		24.00 - 44.00	14.00 - 46.00	%
Monocytes	7.00		0.00 - 7.00	4.00 - 13.00	%
Eosinophils	1.00		0.00 - 3.00	0.00 - 3.00	%
Basophils	0.00		0.00 - 1.00	0.00 - 1.00	%



% Deviation from Optimal Report

This report shows the biomarkers on the blood test that are farthest from optimal expressed as a %. The biomarkers that appear closest to the top and the bottom are those biomarkers that are farthest from optimal.

Biomarker	% from Median	Lab Result	Low	High	Optimal Reference Ranges	
					Low	High
Triglycerides	1544	2.59	0.79	0.90		
Ferritin	715	336.00	30.00	70.00		
Cholesterol - Total	285	5.87	4.14	4.65		
Hemoglobin, Male	240	169.00	140.00	150.00		
Triglyceride/HDL Ratio	197	2.15	0.00	0.87		
ALT (SGPT)	144	41.00	10.00	26.00		
Neutrophils	85	67.00	40.00	60.00		
Cholesterol/HDL Ratio	72	4.90	0.00	4.00		
Calcium	70	2.54	2.30	2.50		
MCHC	70	356.00	320.00	350.00		
RDW	65	13.20	11.70	13.00		
LDL Cholesterol	62	3.49	0.00	3.11		
Uric Acid, male	53	355.00	208.18	350.93		
Monocytes	50	7.00	0.00	7.00		
Hematocrit, Male	38	0.47	0.40	0.48		
Free T3	27	5.20	4.61	5.38		
Calcium/Albumin Ratio	27	0.05	0.00	0.06		
Albumin	20	47.00	40.00	50.00		
GGT	20	24.00	10.00	30.00		
Free T4	14	17.00	12.87	19.30		
MCH	14	30.50	28.00	31.90		
Bilirubin - Total	11	10.00	1.71	15.39		
Sodium	7	139.00	135.00	142.00		
MCV	1	86.00	82.00	89.90		
Hemoglobin A1C	0	0.05	0.04	0.06		
Platelets	-2	265.00	155.00	385.00		
Creatinine	-11	81.00	70.72	97.24		
Eosinophils	-17	1.00	0.00	3.00		
eGFR Non-Afr. American	-38	103.00	90.00	200.00		
Lymphocytes	-40	26.00	24.00	44.00		
C-Reactive Protein	-45	2.00	0.00	42.86		
Basophils	-50	0.00	0.00	1.00		
TSH	-70	1.16	1.30	2.00		
Alk Phos	-87	59.00	70.00	100.00		
HDL Cholesterol	-108	1.20	1.42	1.81		
Vitamin D (25-OH)	-127	48.00	124.80	224.64		

Out of Optimal Range Report



The following results show all of the biomarkers that are out of the optimal reference range. The biomarkers that appear closest to the top of each section are those biomarkers that are farthest from optimal.

Above Optimal Range

13 Total



Below Optimal Range

4 Total



Above Optimal

Triglycerides ↑ 2.59 mmol/L (+ 1544 %)

Serum triglycerides are composed of fatty acid molecules that enter the blood stream either from the liver or from the diet. Levels will be elevated in metabolic syndrome, fatty liver, in patients with an increased risk of cardiovascular disease, hypothyroidism and adrenal dysfunction

Ferritin ↑ 336.00 µg/L (+ 715 %)

Ferritin is the main storage form of iron in the body. Increased levels are associated with iron overload, an increasing risk of cardiovascular disease, inflammation and oxidative stress.

Cholesterol - Total ↑ 5.87 mmol/L (+ 285 %)

Cholesterol is a steroid found in every cell of the body and in the plasma. It is an essential component in the structure of the cell membrane where it controls membrane fluidity. It provides the structural backbone for every steroid hormone in the body, which includes adrenal and sex hormones and vitamin D. The myelin sheaths of nerve fibers are derived from cholesterol and the bile salts that emulsify fats are composed of cholesterol. Cholesterol is made in the body by the liver and other organs, and from dietary sources. The liver, the intestines, and the skin produce between 60-80% of the body's cholesterol. The remainder comes from the diet. An increased cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, hypothyroidism, biliary stasis, and fatty liver.

Hemoglobin, Male ↑ 169.00 g/L (+ 240 %)

Hemoglobin is the oxygen carrying molecule in red blood cells. Hemoglobin levels may be increased in cases of dehydration.

Triglyceride/HDL Ratio ↑ 2.15 ratio (+ 197 %)

The Triglyceride:HDL ratio is determined from serum triglyceride and HDL levels. Increased ratios are associated with an increased risk of developing insulin resistance and Type II Diabetes.

ALT (SGPT) ↑ 41.00 IU/L (+ 144 %)

SGPT/ALT is an enzyme present in high concentrations in the liver and to lesser extent skeletal muscle, the heart, and kidney. SGPT/ALT will be liberated into the bloodstream following cell damage or destruction. Any condition or situation that causes damage to the hepatocytes will cause a leakage of SGPT/ALT in to the bloodstream. These would be exposure to chemicals, viruses (viral hepatitis, mononucleosis, cytomegalovirus, Epstein Barr, etc.), alcoholic hepatitis. The most common non-infectious cause of an increased ALT is a condition called steatosis (fatty liver).

Neutrophils ↑ 67.00 % (+ 85 %)

Neutrophils are the white blood cells used by the body to combat bacterial infections. They are the most numerous and important white cell in the body's reaction to inflammation. Levels will be increased in bacterial infections.

Cholesterol/HDL Ratio ↑ 4.90 Ratio (+ 72 %)

The ratio of total cholesterol to HDL is a far better predictor of cardiovascular disease than cholesterol by itself. A lower ratio is ideal because you want to lower cholesterol (but not too low) and raise HDL. A level below 3.0 would be ideal. Every increase of 1.0, i.e. 3.0 to 4.0 increases the risk of heart attack by 60%.

Calcium ↑ 2.54 mmol/L (+ 70 %)

Serum calcium levels, which are tightly regulated within a narrow range, are principally regulated by parathyroid hormone (PTH) and vitamin D. An elevated calcium is associated with parathyroid hyperfunction. If significantly elevated (>10.6 mg/dl or 2.65 mmol/L) check serum PTH levels and refer to an endocrinologist.

MCHC ↑ 356.00 g/L (+ 70 %)

The Mean Corpuscular Hemoglobin Concentration (MCHC) measures the average concentration of hemoglobin in the red blood cells. It is a calculated value. It is elevated with B12/folate deficiency and hypochlorhydria.

RDW ↑ 13.20 % (+ 65 %)

The Red Cell Distribution Width (RDW) is essentially an indication of the degree of abnormal variation in size of red blood cells (called anisocytosis). Although the RDW will increase with vitamin B12 deficiency, folic acid, and iron anemia, it is increased most frequently with vitamin B12 deficiency anemia.

LDL Cholesterol ↑ 3.49 mmol/L (+ 62 %)

LDL functions to transport cholesterol and other fatty acids from the liver to the peripheral tissues for uptake and metabolism by the cells. It is known as "bad cholesterol" because it is thought that this process of bringing cholesterol from the liver to the peripheral tissue increases the risk for atherosclerosis. An increased LDL cholesterol is just one of many independent risk factors for cardiovascular disease. It is also associated with metabolic syndrome, oxidative stress and fatty liver.

Uric Acid, male ↑ 355.00 µmol/L (+ 53 %)

Uric acid is produced as an end product of purine, nucleic acid, and nucleoprotein metabolism. Levels can increase due to over-production by the body or decreased excretion by the kidneys. Increased uric acid levels are associated with gout, atherosclerosis, oxidative stress, arthritis, kidney dysfunction, circulatory disorders and intestinal permeability.

Below Optimal

Vitamin D (25-OH) ↓ 48.00 nmol/L (- 127 %)

This vitamin D test measures for levels of 25-OH vitamin D and is a very good way to assess vitamin D status. Decreased vitamin D levels are a sign of Vitamin D deficiency.

HDL Cholesterol ↓ 1.20 mmol/L (- 108 %)

HDL functions to transport cholesterol from the peripheral tissues and vessel walls to the liver for processing and metabolism into bile salts. It is known as “good cholesterol” because it is thought that this process of bringing cholesterol from the peripheral tissue to the liver is protective against atherosclerosis. Decreased HDL is considered atherogenic (tending towards the formation of fatty plaques in the artery).

Alk Phos ↓ 59.00 IU/L (- 87 %)

Alkaline phosphatase (ALP) is a group of isoenzymes that originate in the bone, liver, intestines, skin, and placenta. It has a maximal activity at a pH of 9.0-10.0, hence the term alkaline phosphatase. Decreased levels of ALP have been associated with zinc deficiency.

TSH ↓ 1.16 mIU/L (- 70 %)

TSH or thyroid stimulating hormone is a hormone produced by the anterior pituitary to control the thyroid gland's production of T4, to store T4 and to release it into the blood stream. TSH synthesis and secretion is regulated by the release of TRH (Thyroid Releasing Hormone) from the hypothalamus. TSH levels describes the body's desire for more thyroid hormone (T4 or T3), which is done in relation to the body's need for energy. A low TSH is a reflection of the body's low need for thyroid hormone. Optimal TSH levels, in a normally functioning pituitary, can tell us that the amount of T4 in the blood match the body's current need and/or ability to utilize the energy necessary for optimal cell function. When the pituitary is not functioning in an optimal manner, the TSH test can be quite misleading.

Functional Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Functional Indices Report based on our latest research. This report gives me an indication of the level of dysfunction that exists in the various physiological systems in your body from the digestion of the food you eat to the health of your liver and the strength of your immune system – which are all key factors in maintaining optimal health. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Dysfunction Highly Likely, 70% - 90% - Dysfunction Likely, 50% - 70% - Dysfunction Possible, < 50% - Dysfunction Less Likely.

Functional Index	0%	100%
Lipid Panel Index		100%
Thyroid Function Index		83%
Inflammation Index		59%
Cardiovascular Risk Index		58%
Liver Function Index		58%
Blood Sugar Index		55%
Immune Function Index		41%
Oxidative Stress Index		38%
Gallbladder Function Index		33%
Heavy Metal Index		31%
Toxicity Index		24%
Adrenal Function Index		22%
Bone Health Index		17%
Red Blood Cell Index		13%
GI Function Index		9%
Kidney Function Index		5%
Allergy Index	0%	
Prostate Function Index	0%	
Acid-Base Index	0%	
Electrolyte Index	0%	
Sex Hormone Index - Male	0%	

Lipid Panel Index

The Lipid Panel index gives us an indication of the levels of cholesterol and fat in your blood. An increased Lipid Panel Index indicates that you have higher than optimal levels of cholesterol and fat in your blood (a condition called hyperlipidemia). Hyperlipidemia is associated with an increased risk of cardiovascular disease and may be genetic or be due to dietary factors, hormonal imbalances, blood sugar dysregulation and/or other metabolic imbalances. For your blood test, your Lipid Panel Index is:

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, Cholesterol/HDL Ratio ↑, HDL Cholesterol ↓

Thyroid Function Index

The Thyroid Function Index allows us to assess the functional health of your thyroid. The thyroid produces hormones that control how the body uses energy. They are responsible for controlling metabolism in the body, for maintaining body temperature, regulating cholesterol and controlling mood. By examining specific elements on the blood test we can see if your thyroid is in a state of increased function (a condition called hyperthyroidism), in a state of decreased function (hypothyroidism) or hopefully optimal function! For your blood test, your Thyroid Function Index is:

[83%] - Dysfunction Likely. Improvement required.

Rationale:

TSH ↓

Inflammation Index

The Inflammation Index can help us identify whether or not you are suffering from inflammation. This is important because inflammation can be silent, i.e. not have any symptoms. A number of elements on a blood test can indicate the presence of inflammation. These are markers for inflammation and are not specific to any particular inflammatory condition or disease but they can help us look at the underlying dysfunctions that are the true cause of inflammation in the body. For your blood test, your Inflammation Index is:

[59%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Uric Acid, male ↑, Ferritin ↑, RDW ↑, Vitamin D (25-OH) ↓

Cardiovascular Risk Index

The Cardiovascular Risk Index looks at 15 elements on a blood test to assess for your risk of cardiovascular dysfunction. A high Cardiovascular Risk Index indicates that you may be at an increased risk of developing cardiovascular disease. The Cardiovascular Risk index will be used along with information from an examination of your diet, lifestyle, exercise, body mass index and family history to give us a more complete picture of what is going on. For your blood test, your Cardiovascular Risk Index is:

[58%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓, Ferritin ↑, Vitamin D (25-OH) ↓

Liver Function Index

The Liver Function Index reflects the degree of function in your liver. The liver has over 500 known functions. It is involved with detoxification, digestion, the hormonal system, the immune system, controlling blood sugar, storing nutrients, and protein and fat metabolism. The liver also produces a substance called bile that is stored in the gallbladder. Bile is essential for proper fat digestion and is also a major route of elimination for the body. Factors affecting liver function include the accumulation of fat within the liver (a condition called fatty liver), inflammation of the liver cells from infections, toxins, etc. (a condition called hepatitis), actual damage to the liver cells themselves (a condition called cirrhosis) or a decrease in the ability of the liver to detoxify, which leads to detoxification issues. There are elements in the blood that we can measure that can indicate the relative function of the liver. For your blood test, your Liver Function Index is:

[58%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

ALT (SGPT) ↑, Cholesterol - Total ↑, Ferritin ↑, RDW ↑

Blood Sugar Index

The Blood Sugar index tells us how well your body is regulating blood glucose. Blood sugar dysregulation is very common. It doesn't suddenly emerge but rather develops slowly, so we can look for clues in your blood test that can help us determine if there's dysregulation and if so what it is. Some conditions associated with blood sugar dysregulation include hypoglycemia (periods of low blood sugar), metabolic syndrome, hyperinsulinemia and diabetes. For your blood test, your Blood Sugar Index is:

[55%] - Dysfunction Possible. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

Nutrient Index Report



The indices shown below represent an analysis of your blood test results. These results have been converted into your individual Nutrient Assessment Report based on our latest research. This report gives me an indication of your nutritional status. Nutritional status is influenced by actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. We can use this information to put together a unique treatment plan designed to bring your body back into a state of functional health, wellness and energy.

Score Guide: 90% - 100% - Nutrient Status is Poor, 75% - 90% - Nutrient Status is Low, 50% - 75% - Moderate Nutrient Status, < 50% - Optimum Nutrient Status

Nutrient Index	0%	100%
Carbohydrate Index		50%
Vitamin Index		43%
Mineral Index		30%
Hydration Index	10%	
Protein Index	6%	
Fat Index	0%	

Carbohydrate Index

The Carbohydrate Index gives us an assessment of your dietary intake of carbohydrates, especially refined carbohydrates (white flour, white rice, white pasta, etc.) and sugars. A diet high in refined carbohydrates and sugars will deplete important nutrients that are used by the body to handle carbohydrates and may also increase blood glucose and blood fat levels, all of which can be measured in your blood. For your blood test, your Carbohydrate Index is:

[50%] - Moderate Nutrient Status. There may be improvement needed in certain areas.

Rationale:

Cholesterol - Total ↑, Triglycerides ↑, LDL Cholesterol ↑, HDL Cholesterol ↓

Individual Nutrient Values

The values below represent the degree of deficiency for individual nutrients based on your blood results. The status of an individual nutrient is based on a number of factors such as actual dietary intake, digestion, absorption, assimilation and cellular uptake of the nutrients themselves. All of these factors must be taken into consideration before determining whether or not you actually need an individual nutrient. I will use the information in this section of your Nutrient Assessment Report to put together an individualized treatment plan to bring your body back into a state of optimal nutritional function.

Score Guide: 90% - 100% - Deficiency Highly Likely, 70% - 90% - Deficiency Likely, 50% - 70% - Deficiency Possible, < 50% - Deficiency Less Likely.

Individual Nutrients	0%	100%
Vitamin D Need		100%
Zinc Need		90%
Calcium Need		43%
Vitamin B12/Folate Need		23%
Vitamin B6 Need		10%
Iron Deficiency		3%
Iodine Need	0%	
Magnesium Need	0%	
DHEA Need	0%	
Vitamin C Need	0%	
Molybdenum Need	0%	
Selenium Need	0%	
Thiamine Need	0%	
Glutathione Need	0%	

Vitamin D Need

The results of your blood test indicate that your Vitamin D levels might be lower than optimal.

[100%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Vitamin D (25-OH) ↓

Zinc Need

The results of your blood test indicate that your Zinc levels might be lower than optimal.

[90%] - Dysfunction Highly Likely. Much improvement required.

Rationale:

Alk Phos ↓

Blood Test History Report



The Blood Test History Report lists the results of your Blood Chemistry Screen and CBC tests side by side with the latest test listed on the left hand side. This report allows you to compare results over time and see where improvement has been made and allows you to track your progress.

Biomarker	Latest Test Result	
		Aug 15 2016
Glucose		
Hemoglobin A1C		0.05
Insulin - Fasting		
Fructosamine		
C-Peptide		
BUN		
Creatinine		81.00
BUN/Creatinine Ratio		
eGFR Non-Afr. American		103.00
eGFR African American		
Sodium		139.00
Potassium		
Sodium/Potassium Ratio		
Chloride		
CO2		
Anion gap		
Uric Acid, male		355.00 ↑
Protein, total		
Albumin		47.00

Biomarker	Latest Test Result	
		Aug 15 2016
Globulin, total		
Albumin/Globulin Ratio		
Calcium		2.54 ↑
Calcium/Albumin Ratio		0.05
Phosphorus		
Calcium/Phosphorous Ratio		
Magnesium		
Alk Phos		59.00 ↓
LDH		
AST (SGOT)		
ALT (SGPT)		41.00 ↑↑
GGT		24.00
Bilirubin - Total		10.00
Bilirubin - Direct		
Bilirubin - Indirect		
Iron - Serum		
Ferritin		336.00 ⚠
TIBC		
% Transferrin saturation		
Cholesterol - Total		5.87 ↑↑
Triglycerides		2.59 ↑↑
HDL Cholesterol		1.20 ↓

Biomarker	Latest Test Result	
	Aug 15 2016	
LDL Cholesterol		3.49 ↑↑
VLDL Cholesterol		
Cholesterol/HDL Ratio		4.90 ↑
Triglyceride/HDL Ratio		2.15 ⚠
Leptin, Male		
TSH		1.16 ↓
Total T4		
Total T3		
Free T4		17.00
Free T3		5.20
T3 Uptake		
Free Thyroxine Index (T7)		
Thyroid Peroxidase (TPO) Abs		
Thyroid Peroxidase (TPO) Abs LABCORP		
Thyroglobulin Abs LABCORP		
Thyroglobulin Abs		
Reverse T3		
Hs CRP, Male		
C-Reactive Protein		2.00
ESR, Male		
Homocysteine		
Fibrinogen		

Biomarker	Latest Test Result	
	Aug 15 2016	
Creatine Kinase		
Vitamin D (25-OH)		48.00 ▼
Vitamin B12		
Folate		
DHEA-S, Male		
Testosterone, Free Male LABCORP		
Testosterone, Free Male		
Testosterone, Total Male		
Sex Hormone Binding Globulin, male		
Estradiol, Male		
Progesterone, Male		
PSA		
Collagen Cross-Linked NTx		
Creatinine Clearance		
Cortisol - AM		
Cortisol - PM		
Gastrin		
Total WBCs		
RBC, Male		
Reticulocyte count		
Hemoglobin, Male		169.00 ↑
Hematocrit, Male		0.47

Biomarker	Latest Test Result	
		Aug 15 2016
MCV		86.00
MCH		30.50
MCHC		356.00 ↑
Platelets		265.00
RDW		13.20 ↑
Neutrophils		67.00 ↑
Bands		
Lymphocytes		26.00
Monocytes		7.00
Basophils		0.00
Eosinophils		1.00

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