



Phys: **AMERICARE WELLNESS LLC**

2828 S. SEACREST BLVD SUITE 213
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Gregory J. Massimi, MD

Laboratory Director

CLIA No: 33D1057336

Patient: **FOGEL, ARIEL**

DOB: 04/28/1973 Age: 52Y Gender: M
Phone: (305) 810-9413 Fasting: N
Spec#

JANKOWIAK, AURORA DNP

Accession: **2506280255**

Coll. Date: 06/27/25

Recv. Date: 06/28/25

Print. Date: 07/02/25

Chart#:

Coll. Time: 09:00

Recv. Time: 18:27

Print. Time: 19:48

First reported on:

06/28/2025 18:28

Final report date: 07/02/2025 19:48

Test Name	In Range	Out of Range	Reference	Units
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HEMATOLOGY

CBC WITH DIFFERENTIAL

WBC	5.46	4.00-11.00	10(3)/uL
RBC	4.7	4.3-5.7	10(6)/uL
HEMOGLOBIN	14.0	13.5-17.5	g/dL
HEMATOCRIT	43.1	39.0-50.0	%
MCV	90.9	80-99	fL
MCH	30	25-33	pg
MCHC	33	31-35	g/dL
RDWSD	43.1	37.0-49.2	fL
RDWCV	12.8	11.0-15.5	%
Platelet Count	201	150-450	10(3)/uL
MPV	11.4	9.7-13.0	fL
Neutrophil Abs	3.12	1.40-6.51	10(3)/uL
Lymphocyte Abs	1.73	0.57-3.97	10(3)/uL
Monocyte Abs	0.48	0.22-0.93	10(3)/uL
Eosinophil Abs	0.09	0.00-0.39	10(3)/uL
Basophil Abs	0.03	0.01-0.07	10(3)/uL
Immature Granulocyte Abs	0.01	0.00-0.50	10(3)/uL
Neutrophil %	57.2	39.5-72.0	%
Lymphocyte %	31.7	19.0-53.0	%
Monocyte %	8.8	2.0-12.5	%
Eosinophil %	1.6	0-7	%
Basophil %	0.5	0-2	%
Immature Granulocyte %	0.2	0.0-1.5	%
NRBC Abs	0.00	10(3)/uL	

BLOOD BANK

ABO BLOOD GROUP AND RH TYPE

BLOOD GROUP (ABO)	O
RH TYPING	pos

CHEMISTRY

BILIRUBIN DIRECT

BILIRUBIN DIRECT	<0.2	0.0-0.3	mg/dL
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(GGT) GAMMA GLUTAMYL TRANSFERASE

GGT	11	8-61	U/L
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MAGNESIUM SERUM



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CHEMISTRY (Continued)				
MAGNESIUM	2.3		1.6-2.6	mg/dL
URIC ACID				
URIC ACID	4.2		3.4-7.0	mg/dL
PHOSPHORUS (PHOSPHATE)				
PHOSPHORUS	3.6		2.5-4.5	mg/dL
HOMOCYSTEINE				
HOMOCYSTEINE	7.2		<=15.0	umol/L
LACTATE DEHYDROGENASE LDH				
LACTATE DEHYDROGENASE	136		135-225	U/L
IRON AND IRON-BINDING CAP				
IRON	85		59-158	ug/dL
TRANSFERRIN		189 Low	200-360	mg/dL
TOTAL IRON BINDING CAPACITY	265.0		250.0-450.0	ug/dL
UIBC	158		112-347	ug/dL
PERCENT IRON SATURATION	32		15-50	%
FERRITIN				
FERRITIN	124		30-400	ng/mL
IGF-1				
IGF-1	131		72.8-199.5	ng/mL
C-REACTIVE PROTEIN, HIGH SENSITIVITY QNT				
CRP HIGH SENSITIVITY		1.1 High	<=0.9	mg/L
Cardiovascular Disease Risk Assessment:				
hsCRP level (mg/L)		Relative Risk		
< 1.0		Low		
1.0 - 3.0		Average		
> 3.0		High		
LIPID PANEL				
CHOLESTEROL		225 High	<=200	mg/dL
CHOL/HDL RATIO	4.0		See Note	



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CHEMISTRY (Continued)

	LDL CALCULATION	CHOL/HDL Ratio		Heart Disease Risk:
		Male	Female	
		Average	5.0	4.4
		2x Average	9.5	7.0
HDL CHOLESTEROL	58	3x Average	23.0	11.1
VLDL CALCULATION	11	>=40		mg/dL
TRIGLYCERIDES	55	5-40		mg/dL
		<=150		mg/dL
LDL CALCULATION	156 High	<=100		mg/dL
LDL/HDL RATIO	2.69	0.00-3.20		
LDL/HDL Ratio		Male		Female
		Average Risk	3.60	3.20
		2x Average Risk	6.20	5.00

CMP (COMPREHENSIVE METABOLIC PANEL) WITHOUT POTASSIUM

GLUCOSE	96	70-99	mg/dL
SODIUM	143	136-145	mmol/L
CHLORIDE	107	98-107	mmol/L
BLOOD UREA NITROGEN	19.2	6.0-20.0	mg/dL
CREATININE	1.1	0.7-1.2	mg/dL
BUN/CREATININE RATIO	17.5	6.0-22.0	
CALCIUM	8.9	8.6-10.2	mg/dL
TOTAL PROTEIN	6.5	6.4-8.3	g/dL
GLOBULIN	2.1	1.8-4.0	g/dL
AG RATIO	2.1	1.0-2.1	
BILIRUBIN TOTAL	0.3	<=1.2	mg/dL
ALKALINE PHOSPHATASE	61	40-129	U/L
ALT (SGPT)	16	<=41	U/L
AST (SGOT)	15	<=40	U/L
EGFR	81	>=60	mL/min/1.73m ²

GLYCO

HEMOGLOBIN A1C	5.0	4.2-5.6	%
Test Performed by Capillary Electrophoresis			
American Diabetes Association (ADA) interpretation of HbA1c:			
Non-Diabetic / Normal < 5.7 %			



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GLYCO (Continued)

Prediabetes (increased risk for diabetes) 5.7 - 6.4 %
Diabetes >=6.5 %

INSULIN

INSULIN 4.6 2.6-24.9 uU/mL

ENDOCRINOLOGY

TSH TSH 3.09 0.30-4.20 uIU/mL

T4 FREE, THYROXINE

T4 FREE 1.1 0.9-1.7 ng/dL

T3 FREE TRIIODOTHYRONINE

T3 FREE 2.8 2.0-4.4 pg/mL

ANTI-THYROGLOBULIN IGG

THYROGLOBULIN AB 17.2 <=115.0 IU/mL

THYROID PEROXIDASE AB (TPO)

THYROID PEROXIDASE AB 12.5 <=34.0 IU/mL

ESTRADIOL-E2

ESTRADIOL E2 16 11-43 pg/mL

PROGESTERONE

PROGESTERONE 0.14 0.00-0.20 ng/mL

TESTOSTERONE FREE AND TOTAL

ALBUMIN	4.4	3.5-5.2	g/dL
SHBG	43.0	19.3-76.4	nmol/L
TESTOSTERONE TOTAL	553	249-740	ng/dL
FREE TESTOSTERONE, CALCULATED	9.93	See Table	ng/dL

Male:

14 - 15 years: 0.30 - 13.80 ng/dL
16 - 17 years: 3.80 - 17.30 ng/dL
18 years and up: 4.70 - 24.40 ng/dL
Tanner Stage IV: 3.50 - 16.90 ng/dL



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ENDOCRINOLOGY (Continued)

Tanner Stage V: 4.10 - 23.90 ng/dL

PERCENT FREE TESTOSTERONE	1.79	1.00-3.00	%
FSH FOLLICLE STIMULATING HORMONE			
FSH	4.9	1.5-12.4	mIU/mL
LH LUTEINIZING HORMONE			
LUTEINIZING HORMONE	3.5	1.7-8.6	mIU/mL
CORTISOL TOTAL, SERUM			
CORTISOL	8.6	4.8-19.5	ug/dL
DHEA SULFATE			
DHEA	168.00	44.30-331.00	ug/dL
ESTRONE			
ESTRONE	28.5	0.0-174.0	pg/mL
This test is intended for the quantitative in vitro determination of estrone in human serum and supports the evaluation of estrone sufficiency.			
ESTROGEN	37 Low	56-213	pg/mL
This test is intended for quantitative in vitro determination of total estrogens in human serum. It is used as an aid in the diagnosis of diseases associated with total estrogens excess or deficiency in conjunction with other laboratory and clinical findings.			
PREGNENOLONE			
PREGNENOLONE	1.0	0.1-3.4	ng/mL
This test is intended for the quantitative in vitro determination of pregnenolone in human serum. It is used as an aid in the diagnosis of diseases associated with pregnenolone excess or deficiency in conjunction with other laboratory and clinical findings.			
DEHYDROEPIANDROSTERONE			
DEHYDROEPIANDROSTERONE	1.9	1.3-6.4	ng/mL
Concentrations of Dehydroepiandrosterone (DHEA) tend to decrease in women and men aged 60 - 80 years.			



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ENDOCRINOLOGY (Continued)

This test is intended for the quantitative in vitro determination of Dehydroepiandrosterone (DHEA) in human serum to support the evaluation of dehydroepiandrosterone sufficiency.

TUMOR MARKERS

PSA TOTAL W/REF PSA FREE

PSA TOTAL 0.37 <=4.00 ng/mL

This test was performed using the Roche 801 ECLIA platform. Values obtained with different assay methods cannot be used interchangeably. Results cannot be interpreted as absolute evidence of the presence of malignant disease. The free PSA and percent free PSA are reported on a reflex basis only when the total PSA is between 4.00 and 10.00 ng/mL.

IMMUNOLOGY/SEROLOGY

CELIAC DISEASE

Celikey tTG IgA 1.5 0-7 U/ml

<7 Negative
7-10 Equivocal
>10 Positive

Celikey tTG IgG 0.8 0-7 U/ml

<7 Negative
7-10 Equivocal
>10 Positive

Gliadin, Deamidated Peptide IgA 6.3 0-7 U/ml

<7 Negative
7-10 Equivocal
>10 Positive

Gliadin, Deamidated Peptide IgG 1.9 0-7 U/ml

<7 Negative
7-10 Equivocal
>10 Positive

ANA SCREEN, MULTIPLEX

ANA SCREEN Negative Negative

GASTROINTESTINAL(GI) DISTRESS PROFILE

EGG WHITE (F1) IGE <0.10 0-0.10 kU/L

Class 0

MILK (F2) IGE <0.10 0.00-0.10 kU/L

Class 0

CODFISH (F3) IGE <0.10 0-0.10 kU/L

Class 0



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IMMUNOLOGY/SEROLOGY (Continued)

WHEAT (F4) IGE	<0.10	0-0.10	kU/L
Class 0			
MAIZE / CORN (F8) IGE	<0.10	0-0.10	kU/L
Class 0			
SESAME SEED (F10) IGE	<0.10	0-0.10	kU/L
Class 0			
PEANUT (F13) IGE	<0.10	0-0.10	kU/L
Class 0			
SOYBEAN (F14) IGE	<0.10	0-0.10	kU/L
Class 0			
SHRIMP (F24) IGE	<0.10	0.00-0.10	kU/L
Class 0			
CLAM (F207) IGE	<0.10	0-0.10	kU/L
Class 0			
WALNUT (F256) IGE	<0.10	0-0.10	kU/L
Class 0			
GLUTEN (F79) IGE	<0.10	0-0.10	kU/L
Class 0			
SCALLOP (F338) IGE	<0.10	0-0.10	kU/L
Class 0			
Specific IgE(kU/L)	Level		Class
< 0.10	Absent or Not Detected		0
0.10-0.34	Very Low		0
0.35-0.70	Low		1
0.71-3.50	Moderate		2
3.51-17.5	High		3
17.6-50.0	Very High		4
51.0-100.0	Very High		5
>100.0	Very High		6

ALLERGY

ALTERNARIA ALTERNATA (M6) IGE

ALTERNARIA ALTERNATA (M6)	<0.10	0-0.10	kU/L
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Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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ALLERGY (Continued)

3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

AUREOBASIDIUM PULLULANS (M12) IGE

A. PULLULANS (M12) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

ASPERGILLUS FUMIGATUS (M3) IGE

ASPERGILLUS FUMIGATUS (M3) <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

BLOOMIA TROPICALIS (D201) IGE

BLOOMIA TROPICALIS <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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ALLERGY (Continued)

3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

CANDIDA ALBICANS (M5) IGE

CANDIDA ALBICANS (M5) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

CAT DANDER (E1) IGE

CAT EPITHEL. & DANDER IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

CLADOSPORIUM HERBARUM (M2) IGE

CLADOSPORIUM HERBARUM(M2) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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ALLERGY (Continued)

3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

D. PTERONYX SINUS (D1) IGE

D. PTERONYX SINUS(D1) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

DERMATOPHAGOIDES FARINAE (D2) IGE

DERMATOPHAGOIDES FARINAE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

DOG DANDER (E5) IGE

DOG DANDER (E5) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



Phys: **AMERICARE WELLNESS LLC**

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Gregory J. Massimi, MD

Laboratory Director

CLIA No: 33D1057336

Patient: **FOGEL, ARIEL**

DOB: 04/28/1973 Age: 52Y Gender: M
Phone: (305) 810-9413 Fasting: N
Spec#

JANKOWIAK, AURORA DNP

Accession: **2506280255** Coll. Date: 06/27/25
Chart#: Coll. Time: 09:00
First reported on: 06/28/2025 18:28

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ALLERGY (Continued)

3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

MUCOR RACEMOSUS (M4) IGE

MUCOR RACEMOSUS (M4) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

PENICILLIUM NOTATUM (M1) IGE

PENICILLIUM NOTATUM (M1) <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2
3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

PHOMA BETAEE (M13) IGE

PHOMA BETAEE (M13) IGE <0.10 0-0.10 kU/L

Class 0

Specific IgE(kU/L)	Level	Class
< 0.10	Absent or Not Detected	0
0.10-0.34	Very Low	0
0.35-0.70	Low	1
0.71-3.50	Moderate	2



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ALLERGY (Continued)

3.51-17.5	High	3
17.6-50.0	Very High	4
51.0-100.0	Very High	5
>100.0	Very High	6

IGE SERUM

TOTAL IGE 9 0-87 kU/L

TRACE ELEMENTS

LEAD, BLOOD

LEAD <1.0 <5.0 ug/dL

This test was performed using inductively coupled plasma mass spectrometry (ICP-MS). It was developed and its performance characteristics determined by Empire City Laboratories. It has not been cleared or approved by the US Food and Drug Administration. The FDA has determined that such clearance or approval is not necessary. This test is used for clinical purposes. It should not be regarded as investigational or for research. The results are not intended to be used as the sole means for clinical diagnosis or patient management decisions. This laboratory is certified under the Clinical Laboratory Improvement Amendments of 1988 (CLIA-88) as qualified to perform high complexity clinical laboratory testing.

CADMIUM, BLOOD

CADMIUM,BLOOD <0.5 <=5.0 ug/L

Reference range:

Adults, Non-Smokers: 1.7 ug/L or less

Adults, Smokers: 5.0 ug/L or less

OSHA Reference range: 5.0 ug/L or less

Toxic Concentration: Early signs of toxicity have been observed at 30 ug/L. Elevated blood cadmium levels confirm recent acute exposure, but do not correlate with body burden or clinical outcome, and should not be used to determine the need for treatment. The best screening and diagnostic test for chronic cadmium exposure is a 24-hour urinary cadmium level, normalized to creatinine excretion.

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TRACE ELEMENTS (Continued)

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MERCURY, BLOOD

MERCURY, BLOOD 5.5 0.0-10.0 ug/L

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ZINC, SERUM

ZINC, SERUM 1004 600-1300 ug/L

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NUTRITION

VITAMIN A [RETINOL]

VITAMIN A (RETINOL) 40.0 38.0-98.0 ug/dL

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NUTRITION (Continued)

FOLATE SERUM (FOLIC ACID)

FOLATE 14.7 4.6-34.8 ng/mL

VITAMIN B12

VITAMIN B12 928 232-1245 pg/mL

VITAMIN 25OH-D [D2, D3] LCMS

VITAMIN D25-OH,TOTAL 49.9 30.0-100.0 ng/mL

VITAMIN D25-OH,D3 49.9 ng/mL

VITAMIN D25-OH,D2 <2.3 ng/mL

25-OHD3 indicates both endogenous production and supplementation. 25-OHD2 is an indicator of exogenous sources such as diet or supplementation. Therapy is based on measurement of Total 25-OHD, with levels <20 ng/mL indicative of Vitamin D deficiency, while levels between 20 ng/mL and 30 ng/mL suggest insufficiency. Optimal levels are > or = 30 ng/mL.

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VITAMIN E (TOCOPHEROL)

VITAMIN E (ALPHA) 10.6 5.7-19.9 mg/L

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VITAMIN K1

VITAMIN K1 661 80-1550 pg/mL

This test was developed and its performance characteristics determined by Empire



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NUTRITION (Continued)

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Vitamin K result may be lower if specimen was not received frozen.