

Comprehensive Wellness Labs - Patient Report

Patient Name: Jane Doe
Date of Report: 2025-08-19
Patient ID: JD-789012

Fasting Blood Panel Results

1. Glucose & Metabolic Panel

Fasting Glucose: 115 mg/dL (Reference Range: 70-99 mg/dL)

Note: Value is elevated, indicating potential pre-diabetes.

2. Lipid Panel (Cholesterol)

Total Cholesterol: 220 mg/dL (Reference Range: < 200 mg/dL)

LDL Cholesterol ("Bad"): 145 mg/dL (Reference Range: < 100 mg/dL)

Note: LDL is significantly high.

HDL Cholesterol ("Good"): 45 mg/dL (Reference Range: > 40 mg/dL)

Triglycerides: 130 mg/dL (Reference Range: < 150 mg/dL)

3. Vitamin & Mineral Panel

Vitamin D, 25-Hydroxy: 18 ng/mL (Reference Range: 30-100 ng/mL)

Note: Insufficient levels.

Iron: 85 mcg/dL (Reference Range: 60-170 mcg/dL)

Doctor's Summary & Notes:

The patient's lab results show elevated fasting glucose, which is a concern for pre-diabetes. Additionally, the LDL cholesterol is high, increasing cardiovascular risk. We also noted a Vitamin D deficiency.

Recommendations: Strongly recommend a dietary consultation to focus on lowering blood sugar and managing cholesterol. Advise increasing intake of foods rich in Vitamin D or considering a supplement.