

Complete Blood Count (CBC)

Hemoglobin (HGB): Male: 13.5-17.5 g/dL; Female: 12.0-16.0 g/dL

White Blood Cells (WBC): 4,500-11,000/mm³

Red Blood Cells (RBC): Male: 4.3-5.9 million/mm³; Female: 3.5-5.5 million/mm³

Platelets: 140,000-450,000/mm³

Lipid Panel

Total Cholesterol: Less than 200 mg/dL

LDL (Low-Density Lipoprotein): Less than 110 mg/dL for general health

HDL (High-Density Lipoprotein): 60 mg/dL or higher is ideal; 40+ for men or 50+ for women is acceptable

Triglycerides: (Not explicitly requested, but a key component of the lipid panel) < 150 mg/dL is desirable

Glucose

Fasting Blood Glucose: 72-99 mg/dL

2 Hours Post-Meal Glucose: Up to 140 mg/dL

Other Biomarkers

Vitamin D: Above 20 ng/mL is generally considered adequate; 40-60 ng/mL is a recommended range to guarantee sufficiency

Blood Pressure: Normal is around 120/70 to 120/80 mmHg (Systolic/Diastolic)

Important Considerations:

Individual Variability: These are general ranges; actual "normal" values can vary based on age, sex, ethnicity, and individual health factors.

Lab Variations: Specific laboratory reference ranges may differ slightly. Always compare your results to the reference ranges provided by the lab that performed the test.

Professional Interpretation: A healthcare professional should interpret your specific results, considering your overall health status and other medical conditions.