



Holistic Health Route - Lab Report

Contact: support@holistichealthroute.com

Disclaimer

This report is educational only. It highlights lab patterns for awareness and provides guidance for general support. It does not diagnose, treat, or give medical advice. Always consult your healthcare provider for personal care. This tool is not for urgent or emergency use. If you have severe, worsening, or concerning symptoms, call your provider or emergency services immediately.

How to Use This Report:

Start with the Always Address section. Then focus on the Current Priority. Visit the recommended module for each marker. Take it step by step. Re-check your labs in 6-8 weeks.

Always Address

RBC Markers

Markers

Marker	Value	Unit	Status	Range
MCV	5.0	fL	low	85.0 - 92.0
MCH	5.0	pg	low	27.7 - 32.0
MCHC	12.0	g/dL	low	32.0 - 36.0
RDW	6.0	%	low	11.7 - 15.0

Recommended: EZ Iron - Take 1 capsule daily, with meals

Link: <https://shop.holistichealthroute.com/ez-iron-60-veg-capsules.html>

Recommended: EZ Iron - Take 1 capsule daily, with meals

Link: <https://shop.holistichealthroute.com/ez-iron-60-veg-capsules.html>

Recommended: EZ Iron - Take 1 capsule daily, with meals

Link: <https://shop.holistichealthroute.com/ez-iron-60-veg-capsules.html>

Recommended: EZ Iron - Take 1 capsule daily, with meals

Link: <https://shop.holistichealthroute.com/ez-iron-60-veg-capsules.html>

Methylation or iron is needed. Review the 'Red Blood Cells' module inside the membership portal to help determine which (or if both) is needed.

Markers We Are Prioritizing

Priority: Top Priority

Priority Markers

Marker	Value	Unit	Status	Range
Basophils	6.0	%	high	0.0 - 1.0

Recommended: Para-Kill - Take 4 caps per day

Link: <https://shop.holistichealthroute.com/para-kill-240-ct.html>

Recommended: Micro-Gone - 2 dropperfuls, 3 times daily

[Link: https://shop.holistichealthroute.com/micro-gone-2-oz-organic-herbal-tincture.html](https://shop.holistichealthroute.com/micro-gone-2-oz-organic-herbal-tincture.html)

Recommended: Super Biotics - Take 1 capsule twice daily

[Link: https://shop.holistichealthroute.com/super-biotics-60-veg-capsules.html](https://shop.holistichealthroute.com/super-biotics-60-veg-capsules.html)

Recommended: GI Complete - Take 5 capsules, 1 time daily

[Link: https://shop.holistichealthroute.com/gi-complete-capsules-300-veg-capsules.html](https://shop.holistichealthroute.com/gi-complete-capsules-300-veg-capsules.html)

Recommended: Frontier Multi - Take 4 capsules daily with food

[Link: https://shop.holistichealthroute.com/frontier-multivitamin-120-veg-capsules.html](https://shop.holistichealthroute.com/frontier-multivitamin-120-veg-capsules.html)

Specific immune support is needed. Review the 'Basophils' module inside the membership portal.

Other Markers Out of Range

Other Markers

Marker	Value	Unit	Status	Range
Neutrophils	10.0	%	low	-
Lymphocytes	5.0	%	low	-
WBC	10.0	x10 ³ /μL	high	-
Monocytes	3.0	%	low	-
Eosinophils	5.0	%	high	-
Glucose	8.0	mg/dL	low	-
Sodium	6.0	mmol/L	low	-
Potassium	7.0	mmol/L	high	-
Chloride	9.0	mmol/L	low	-
CO2	2.0	mmol/L	low	-
BUN	7.0	mg/dL	low	-
Creatinine	9.0	mg/dL	high	-
TotalProtein	8.0	g/dL	high	-
AST_SGOT	7.0	U/L	low	-
ALT_SGPT	1.0	U/L	low	-
Alkaline_Phosphatase	9.0	U/L	low	-

We are prioritizing the most important markers first. By addressing these, other markers may come into range. Please recheck in 6-8 weeks.

Re-check Window: Re-test in 6-8 weeks unless otherwise specified by your healthcare provider.

If any of your results are far outside the healthy window, it may mean your body needs immediate support. Please contact your licensed healthcare provider promptly. If you feel unwell, seek urgent care.