

## BASIC BLOOD TESTS

	Men	Women
<b>Blood Cells and Clotting Factors</b>		
• RBC (Red Blood Cell Count)	4.7 to 6.1 million/uL	4.2 to 5.4 million/uL
• Hb (Hemoglobin)	13.8 to 18.0 g/dL (138 to 180 g/L)	12.1 to 15.1 g/dL (121 to 151 g/L)
• Hct or PCV (Hematocrit)	40.7 to 50.3%	36.1 to 44.3%
• Ferritin	12 to 300 ng/mL <i><b>Please note:</b> &lt; 20 ng/ml (20 micrograms/L) indicates grade 1 iron deficiency where fatigue and recurring infection are common</i>	12 to 150 ng/mL
• WBC (White Blood Cell Count)	4,500 to 10,000 per uL	4,500 to 10,000 per uL
• Platelet Count	150,000 to 400,000 per uL	150,000 to 400,000 per uL
• INR (International Normalized Ratio)	0.8 to 1.3	0.8 to 1.3
<b>Cholesterol and Other Heart Disease Risk Factors</b>		
• Total Cholesterol (TC)	≤ 3.9 mmol/L (150 mg/dL)	≤ 3.9 mmol/L (150 mg/dL)
• LDL-Cholesterol (LDL-C)	≤ 2.0 mmol/L (72 to 80 mg/dL)	≤ 2.0 mmol/L (72 to 80 mg/dL)
• HDL-Cholesterol (HDL-C)	> 1.17 mmol/L (45 mg/dL)	> 1.42 mmol/L (55 mg/dL)
• TC:HDL Ratio (Total Cholesterol to HDL-C Ratio)	≤ 3:1	≤ 3:1
• Triglycerides	≤ 132 mg/dL or 1.5 mmol/L	≤ 132 mg/dL or 1.5 mmol/L
• Uric Acid	140 to 440 umol/L (2.4 to 7.4 mg/dL)	80 to 350 umol/L (1.4 to 5.8 mg/dL)
• Homocysteine (HCY)	≤ 6.3 umol/L (0.85 mg/L)	≤ 6.3 umol/L (0.85 mg/L)
Metabolic Syndrome: Metabolic Syndrome describes a constellation of clinical findings linked to increased risk of diabetes and heart disease. Metabolic syndrome exists if a person meets three or more of the following criteria:		
• Abdominal obesity (waist circumference)	> 102 cm or 40 inches	> 88 cm or 35 inches
• Triglycerides	≥ 1.7 mmol/L (150.5 mg/dL)	≥ 1.7 mmol/L (150.5 mg/dL)
• HDL men	< 1.0 mmol/L (40 mg/dL)	< 1.3 mmol/L (52 mg/dL)
• BP	> 130/85 mm Hg	> 130/85 mm Hg
• Fasting glucose	5.7 to 6.9 mmol/L (103 to 124 mg/dL)	5.7 to 6.9 mmol/L (103 to 124 mg/dL)
Is there evidence of Metabolic Syndrome? <input type="checkbox"/> Yes <input type="checkbox"/> No		

	Men	Women
Blood Sugar and Inflammation Indicators		
• Glucose	≤ 90 mg/dl or 5 mmol/L	≤ 90 mg/dl or 5 mmol/L
• CRP (C-Reactive Protein)	< 0.24 mg/dL or 2.4 mg/L	< 0.24 mg/dL or 2.4 mg/L
• ESR Erythrocyte Sedimentation Rate:	≤ 50 years: < 15 mm/hr > 50 years: < 20 mm/hr	≤ 50 years: < 20 mm/hr > 50 years: < 30 mm/hr
• Fibrinogen	< 300 mg/dL or 0.88 umol/L	< 300 mg/dL or 0.88 umol/L
• Fructosamine	Normal Range: 205 to 285 umol/L	Normal Range: 205 to 285 umol/L
Kidney Function		
• eGFR (Glomerular Filtration Rate)	< 60 mL/min is a concern	< 60 mL/min is a concern
• Creatinine	0.6 to 1.2 mg/dL (60 to 110 umol/L)	0.6 to 1.2 mg/dL (60 to 110 umol/L)
Liver Function Screening Tests		
• ALT (SGPT) Alanine transaminase enzyme	10 to 40 IU/L	10 to 40 IU/L
• GGT Gamma glutamyl transpeptidase enzyme	0 to 42 IU/L	0 to 42 IU/L
Bone Health		
• Vitamin D	75 to 175 nmol/L or 30 to 70 ng/ml	75 to 175 nmol/L or 30 to 70 ng/ml
• PTH (Parathyroid Hormone)	11 to 54 pg/ml or 1.2 to 5.8 pmol/L	11 to 54 pg/ml or 1.2 to 5.8 pmol/L
Other Key Metabolic Tests		
• TSH (Thyroid-Stimulating Hormone)	1 to 2 mIU/L (milli-international units per liter)	1 to 2 mIU/L (milli-international units per liter)
• RBC Folate (Red Blood Cell Folic Acid)	150 to 450 ng/mL/cells (340 to 1020 nmol/L/cells)	150 to 450 ng/mL/cells (340 to 1020 nmol/L/cells)
• Vitamin B12	> 200 to 835 pg/ml (148 to 616 pmol/L)	> 200 to 835 pg/ml (148 to 616 pmol/L)
Prostate Test for Men over 40		
• PSA (Prostate Specific Antigen)	Ideal is < 1.0 ng/mL Safest level is ≤ 0.3 ng/mL	
A finding of ≥ 2.5 ng/mL raises concerns about prostate health, as does an increase in PSA from one year to the next that is > 0.35 ng/mL		