Functional Biomarker Analysis Worksheet: Beyond "Normal"

Client Name: ____ Date: __ Coach Name: ___ *Lab Date:* ___

Section 1: Metabolic & Thyroid Efficiency

Use this section to identify the "Normal Fatigue Trap" and early insulin resistance.

Biomarker	Lab Result	Functional Range	Status (Optimal / Trend)
Glucose (Fasting)	___	75 – 86 mg/dL	□ Optimal □ High-Normal (Insulin Risk)
HbA1c	___	4.8 – 5.2%	□ Optimal □ High-Normal (Glycation)
TSH	___	1.0 – 2.0 uIU/mL	□ Optimal □ High-Normal (Metabolic Slowing)
Ferritin	___	50 – 100 ng/mL	□ Optimal □ Low (Thyroid/Hair) □ High (Inflammation)

Section 2: The CBC & Immune Status

Identify subclinical infections, nutrient needs, and systemic stress.

Biomarker	Lab Result	Functional Range	Clinical Significance
MCV	___	82 – 92 fL	>92: B12/Folate need; <82: Iron need
Neutrophils (%)	___	~ 60%	>65%: Acute stress/Bacterial trend
Lymphocytes (%)	___	~ 30%	>35%: Viral load/Toxicity trend

Biomarker	Lab Result	Functional Range	Clinical Significance
Eosinophils (%)	___	< 3%	>3%: Food sensitivity/Parasites/Allergy

NLR CALCULATION: *Formula: Neutrophil % ÷ Lymphocyte % (or Absolute counts)* **Your Calculation: _ ÷ _ = Result: ___** * **1.0 – 2.0:** Optimal Homeostasis * **2.1 – 3.0:** Mild systemic inflammation / Chronic stress * **> 3.0:** Significant systemic inflammation risk

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Section 3: The Inflammation & Efficiency Trio

Identify oxidative stress and "Inflammaging" patterns.

Biomarker	Lab Result	Functional Range	Status/Notes
LDH	___	140 – 180 IU/L	If >190: Potential tissue turnover/mold
Uric Acid	___	3.5 – 5.0 mg/dL	If >5.5: Fructose/Metabolic syndrome risk
ALP	___	70 – 90 IU/L	If <55: Potential Zinc/Magnesium deficiency
AST / ALT	___	< 25 IU/L	If >30: Early fatty liver (NAFLD) trend
BUN	___	10 – 16 mg/dL	If >17: Dehydration or low stomach acid

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Section 4: Clinical Synthesis & Pattern Recognition

The "Story" in the Labs: *Check all that apply based on the data above:*

- [ ] **The Inflammaging Pattern:** High-Normal Glucose + High NLR + High Ferritin.
- [ ] **The Nutrient Gap Pattern:** Low ALP (Zinc) + High MCV (B-Vitamins) + Low Ferritin.
- [ ] **The Stress/Immune Pattern:** Neutrophil/Lymphocyte ratio > 2.0 + High BUN.
- [ ] **The Metabolic Precipice:** TSH > 2.0 + Glucose > 90 + Uric Acid > 5.5.

Practitioner Observations:

Client Reflection Questions: 1. Your doctor mentioned these were "normal." How does seeing these "optimal" trends change your perspective on your symptoms? 2. Which marker most closely aligns with how you have been feeling lately (e.g., fatigue vs. inflammation)?

Next Steps & Recommendations:

1. _____
2. _____
3. _____

AccrediPro Standards Institute Certified Tool | Clinical Biomarker Interpretation Standards (CBIS-2024)
