Lab "Reveal" & Functional Optimization Map

Client Name: ____ Date: ___
Practitioner: _____ Goal: Identify Dysfunction vs. Disease

Section 1: The Essential Reveal Panel

Use this section to compare your recent lab results against **Optimal Functional Ranges** rather than standard laboratory "Normal" ranges.

Marker	Conventional "Normal"	Functional OPTIMAL	Your Result	Status (Optimal/Sub)
Glucose (Fasting)	65 – 99 mg/dL	**75 – 86 mg/dL**		[ ]
Hemoglobin A1c	< 5.7%	**4.8 – 5.2%**		[ ]
TSH (Thyroid)	0.45 – 4.5 mIU/L	**1.0 – 2.0 mIU/L**		[ ]
Vitamin D (25-OH)	30 – 100 ng/mL	**50 – 80 ng/mL**		[ ]
Ferritin (Iron Store)	15 – 150 ng/mL	**50 – 100 ng/mL**		[ ]
hs-CRP (Inflammation)	< 3.0 mg/L	**< 1.0 mg/L**		[ ]
Homocysteine	< 15.0 umol/L	**5 – 7 umol/L**		[ ]

Section 2: Clinical Clues & Patterns

Practitioner: Check the boxes that apply based on the markers above.

- [ ] **Metabolic Red Flag:** HbA1c > 5.4% or Glucose > 90. (Possible "Candy-Coated Cells" / Insulin Resistance).
- [ ] **Immune/Inflammatory Load:** hs-CRP > 1.0. (Suggests hidden inflammation, often gut or dental).

- [ ] **Oxygen/Energy Gap:** Ferritin < 50 or MCV (from CBC) is high. (Linked to fatigue and hair loss).
- [ ] **Methylation/Vascular Risk:** Homocysteine > 10. (Need for B-vitamins or detox support).
- [ ] **Liver Stress:** AST or ALT in the high 20s/30s. (Early sign of toxic burden or fatty liver).

Section 3: Strategic Escalation (Specialty Testing)

Based on the foundational Reveal Panel, is further investigation required?

If we see...	We may need to order...	Reason
High hs-CRP + Low Ferritin	**GI-MAP (Stool)**	Check for gut-based malabsorption or infection.
Sub-optimal TSH + Fatigue	**DUTCH (Urine)**	Check how cortisol and sex hormones affect metabolism.
High Homocysteine + Brain Fog	**OAT (Organic Acids)**	Analyze neurotransmitters and mitochondrial function.

Section 4: Practitioner Observations & Client Reflection

Total "Sub-Optimal" Markers: __ / 7

Practitioner Notes on Patterns:

Client Reflection: (How does seeing these "optimal" ranges change your perspective on your symptoms?)

Next Steps:

1.
2.
3.

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