



BLOOD TEST MARKER EXPLANATIONS

MARKER	CATEGORY	DESCRIPTION	HEALTHY RANGE
Albumin/Globulin Ratio	Protein Balance	Measures the ratio of albumin to globulin proteins, indicating liver function, nutrition, and inflammation status.	1.1 – 2.5
Apolipoprotein A-1***	Lipid Profile	Major protein component of HDL, higher levels associated with lower cardiovascular risk.	>120 mg/dL
Apolipoprotein B***	Lipid Profile	Major protein in LDL and VLDL, high levels indicate increased cardiovascular risk.	>100 mg/dL
AST	Liver Function	Assesses liver health and potential damage to liver cells.	10 – 40 U/L
BUN	Kidney Function	Measures urea nitrogen in blood, indicating kidney function and hydration status.	7 – 20 mg/dL
BUN / CREAT Ratio	Kidney Function	Helps differentiate between kidney and non-kidney causes of elevated BUN.	10 – 20
CHDL - CHOL/HDL ratio***	Lipid Profile	Ratio of total cholesterol to HDL, lower ratios indicate lower cardiovascular risk.	<3.5
Cholesterol (Total)	Lipid Profile	Measures overall cholesterol levels, important for cardiovascular health assessment.	<200 mg/dL
CLDL - LDL Cholesterol***	Lipid Profile	"Bad" cholesterol, lower levels associated with reduced cardiovascular risk.	<100 mg/dL
CRP, HS (Cardio)***	Inflammation	Measures inflammation in the body, high levels associated with increased cardiovascular risk.	<1 mg/L
Estradiol (E2)	Hormones	Measures the primary form of estrogen, important for reproductive health and bone density.	Males: 0.0 – 39.8 Females: Varies with cycle
FSH*	Hormones	Assesses fertility and reproductive function.	Varies with cycle
GFR	Kidney Function	Estimates how well kidneys filter blood, key indicator of kidney health.	≥90 mL/min/1.73m ²
Hemoglobin	Blood Cells	Measures oxygen-carrying capacity of blood, important for overall health.	Males: 13.5-17.5 Females: 12.0-16.0
Hemoglobin A1C***	Glucose Metabolism	Measures average blood sugar levels over 2-3 months, important for diabetes diagnosis and management.	<5.7%
HDL Cholesterol***	Lipid Profile	"Good" cholesterol, higher levels associated with lower cardiovascular risk.	Males: >40 mg/dL Females: >50 mg/dL
Homocysteine***	Cardiovascular Risk	Amino acid linked to heart disease and stroke risk when elevated.	<10 µmol/L
Insulin***	Glucose Metabolism	Hormone regulating blood sugar, high levels may indicate insulin resistance.	2-25 µIU/mL (fasting)
LDL Cholesterol	Lipid Profile	Calculates "bad" cholesterol levels, important for assessing cardiovascular risk.	<100 mg/dL
Lipoprotein (a)***	Lipid Profile	Genetic variant of LDL, high levels increase risk of cardiovascular disease.	<30 mg/dL

MARKER	CATEGORY	DESCRIPTION	HEALTHY RANGE
MCV	Blood cells	Measures average red blood cell size, useful in diagnosing types of anemia.	80 – 100 fL
Potassium	Electrolytes	Essential for proper heart and muscle function.	3.5-5.0 mEq/L
PSA (Total)**	Prostate health	Screens for prostate cancer and other prostate conditions in males.	0.0 – 4.0
sd LDL***	Lipid Profile	Measures small dense LDL particles, associated with increased cardiovascular risk.	<25 mg/dL
Sodium	Electrolytes	Critical for maintaining fluid balance and nerve/muscle function.	135-145 mEq/L
T3, Free	Thyroid function	Measures the active form of thyroid hormone, crucial for metabolism regulation.	2.3 – 4.2
T4, Free	Thyroid function	Assesses the main form of thyroid hormone in the blood, important for overall metabolic health.	0.9 – 1.7
Testosterone (Free)	Hormones	Measures biologically active testosterone, important for libido, muscle mass, and energy levels.	Males: 4.1 - 23.0 Females: 0.02 - 0.5
Testosterone (Total)	Hormones	Assesses overall testosterone levels, crucial for male characteristics and general health.	Males: 650 – 1,100 Females: 15 – 70 normal (150-250 for symptom relief)
Thyroid Peroxidase Abs	Autoimmune	Detects autoimmune thyroid conditions, important for thyroid health assessment.	< 60
Triglycerides***	Lipid Profile	Type of fat in the blood, high levels associated with increased cardiovascular risk.	<150 mg/dL
TSH	Thyroid	Measures thyroid-stimulating hormone, key for assessing overall thyroid function	0.4 – 4.0
Vitamin B12	Nutrients	Assesses B12 levels, crucial for nerve function and red blood cell formation.	211 – 911
Vitamin D	Nutrients	Measures vitamin D status, important for bone health, immune function, and overall well-being.	30 – 100
White Blood Cell	Blood Cells	Measures immune system cells, indicating potential infections or other health issues.	4,000-11,000 cells/mcL

* Female only

** Male only

*** Add on. Not part of standard metabolic panel

For information purposes only. We encourage you to do your own homework on each marker and consult with your primary care physician, where appropriate.