



Wellness with Rose  
PERSONAL NUTRITION CONSULTING

# Functional Laboratory Evaluation

Name \_\_\_\_\_ Date of test \_\_\_\_\_ Age \_\_\_\_\_

Medication and supplements taken during test \_\_\_\_\_

FUNCTIONAL RANGE		RESULTS	COMMENTS
<b>Glucose</b>	85-100 mg/dL		
<b>Cholesterol</b>	150-200 mg/dL		
<b>Triglycerides</b>	75-100 mg/dL		
<b>LDL</b>	< 120 mg/dL		
<b>HDL</b>	> 55 mg/dL		
<b>Chol/HDL Ratio</b>	< 3.1		
<b>Iron</b>	85-130 ug/dL		
<b>Hgb</b>	(F) 13.5-14.5 (M) 14-15		
<b>Hct</b>	(F) 37-44 (M) 40-48		
<b>RBC</b>	(F) 3.9-4.5 (M) 4.2-4.9		
<b>MCV</b>	85-92 cu microns		
<b>MCH</b>	27-32 cu microns		
<b>MCHC</b>	32-35%		
<b>RDW</b>	< 13		
<b>Platelets</b>	150,000-450,000		
<b>WBC</b>	5.0-8.0		
<b>Neutrophils</b>	40-60%		
<b>Lymphocytes</b>	25-40%		
<b>Monocytes</b>	< 7%		
<b>Eosinophils</b>	< 3%		
<b>Basophils</b>	0-1%		
<b>TSH</b>	1.8-3.0 mIU/L		
<b>T4</b>	6-12 mg/d		
<b>T3</b>	Uptake 28-38 mg/dL		

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FUNCTIONAL RANGE		RESULTS	COMMENTS
<b>FTI</b>	1.2-4.9		
<b>SGOT (AST)</b>	10-26 U/L		
<b>SGPT (ALT)</b>	10-26 U/L		
<b>GGTP</b>	10-26 U/L		
<b>LDH</b>	140-180 U/L		
<b>Alk. Phos.</b>	40-90 UI/L		
<b>Total Billirubin</b>	0.2-1.2 mg/dL		
<b>Total Protein</b>	6.9-7.4 G/dL		
<b>Albumin</b>	4.0-5.0 G/dL		
<b>Globulin</b>	2.4-2.8 G/100mL		
<b>AIG Ratio</b>	1.5-2.0 units		
<b>Sodium</b>	135-140 mmol/L		
<b>Potassium</b>	4.0-4.5 mmol/L		
<b>Chloride</b>	100-106 mmol/L		
<b>Carbon Dioxide</b>	25-30 mmol/L		
<b>BUN</b>	13-18 mg/dL		
<b>Creatinine</b>	0.7-1.1 mg/dL		
<b>Calcium</b>	9.2-10.1 mg/dL		
<b>Phosphorous</b>	3.5-4.0 mg/dL		
<b>Uric Acid</b>	(M) 3.7-6.0 mg/dL (F) 3.2-5.5 mg/dL		

Comments \_\_\_\_\_  
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