



Wellness with Rose
PERSONAL NUTRITION CONSULTING

Functional Laboratory Evaluation

Name _____ Date of test _____ Age _____

Medication and supplements taken during test _____

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

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.



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

Comments _____

Disclaimer: The entire contents of this handout are based upon the opinions of Rose Cole, unless otherwise noted. The information in this handout is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Rose Cole and her community. Rose encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.