MARK B. BURDORF
DC DACNB

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Science Based Nutrition Healthy and Clinical Ranges

Lipid Panel	**Healthy**	**Clinical**
Total Cholesterol	150.00-180.00 mg/dL	100.00-189.00 mg/dL
Triglyceride	50-150mg/dL	0-200mg/dL
HDL Cholesterol	50.00-150.00 mg/dL	40.00-200.00 mg/dL
VLDL Cholesterol	6.00-20.00 mg/dL	5.00-40.00 mg/dL
LDL Cholesterol	50.00-75.00 mg/dL	0.00-99.00 mg/dL
Total Cholesterol / HDL Ratio	0.00-4.0 ratio	0.00-4.40 ratio

Thyroid Panel	**Healthy**	**Clinical**
TSH	0.50 -3.50 uIU/mL	0.45 - 4.50 uIU/mL
T4 Thyroxine	7.10 -9.00 ug/dL	4.50 -12.00 ug/dL
T3 Uptake	29.00 -35.00 %	24.00 - 39.00 %
T7 (Free T4 Index) (FTI)	2.61 -3.60	1.20 - 4.90
T3 Free (Triiodothyronine)	2.60 -3.80 pg/mL	2.00 - 4.40 pg/mL

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Comprehensive Metabolic	Healthy	Clinical
Glucose	80.00-95.00 mg/dL	65.00 -99.00 mg/dL
Uric Acid	3.50 –6.60 mg/dL	2.50-7.10 mg/dL
BUN (Blood Urea Nitrogen)	8.00-16.00 mg/dL	8.00 -20.00 mg/dL
Creatinine	0.70 -0.87 mg/dL	0.57 -1.00 mg/dL
GFR Est.	59.00 -145.00 mL/min/1.73m2	45.00 150.00mL/min/1.73m2
BUN / Creatinine Ratio	13.00 -18.00 ratio	8.00 -20.00 ratio
Sodium	139.00 -143	134.00 -144 mmol/L
Potassium	3.80 -4.50	3.50 -5.20 mmol/L
Chloride	102.00 -105.00	97.00 -106.00 mmol/L
Magnesium	1.90 -2.20 mg/dL	1.60 -2.30 mg/dL
Calcium	9.61 -10.00	8.70 -10.20 mg/dL
Phosphorus	3.40 -4.00 mg/dL	2.50 -4.50 mg/dL
Total Protein	7.10 -7.61 g/dL	7.10 -7.61 g/dL
Albumin	4.10 -4.50 g/dL	3.50 -5.50 g/dL
Globulin	2.80 -3.51 g/dL	1.50 -4.50 g/dL
A/G Ratio	1.20 -1.60 ratio	1.10 -2.50 ratio
Total Bilirubin	0.30 -0.90 mg/dL	0.00 -1.20 mg/dL
Alkaline Phosphatase	64.74 -91.26 IU/L	39.00 -117.00 IU/L
LDH	154.31-190.70	119.00 -226.00 IU/L
SGOT (AST) A Aminotransferase	10.00 -26.00 IU/L	0.00 -40.00 IU/L
SGPT (ALT) SG Pyruvic Transaminase	8.00 -26.00 IU/L	0.00 -32.00 IU/L
GGT (r-GTP)	10.00 -35.00 IU/L	0.00 -60.00 IU/L
Serum Iron	71.00 -115.00 ug/dL	27.00 -159.00 ug/dL
Carbon Dioxide	21.00 -24.00 mmol/L	18.00 -29.00 mmol/L

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Complete Blood Cell	Healthy	Clinical
White Blood Count	5.70 - 8.50 k/cumm	3.40 -10.80 k/cumm
Red Blood Count	4.27 - 4.78 m/cumm	3.77 -5.28 m/cumm
Hemoglobin	12.60 - 14.50 g/dL	11.10 - 15.90 g/dL
Hematocrit	38.00 - 42.00 %	34.00 - 46.60%
MCV	84.00 - 92.00 fL	79.00 - 97.00 fL
MCH	28.60 - 31.00 pg	26.60 - 33.00 pg
MCHC	33.20 - 34.50 g/dL	31.50 - 35.70 g/dL
RDW	13.30 - 14.40 %	12.30 - 15.40%
Platelets	215.00 - 319.00 k/cumm	150.00 - 379.00 k/cumm
Polys/Neutrophils (SEGS-PMNS)	51.00 - 63.00 %	40.00 - 74.00%
Lymphocytes	24.00 - 36.00 %	14.00 - 46.00%
Monocytes	5.00 - 7.00 %	4.00 - 13.00%
Eosinophils	0.00 - 3.50 %	0.00 - 5.00%
Basophils	0.00 -2.00 %	0.00 - 3.00%
Neutrophils/Poly (Absolute)	2.90 - 5.50 E/uL	1.40 - 7.00 x10 E/uL
Lymphs (Absolute)	1.20 - 2.60 E/uL	0.70 - 3.10 x10 E/uL
Monocytes (Absolute)	0.30 - 0.65 x 10E/uL	0.10 - 0.90 x10E/uL
Eosinophils (Absolute)	0.00 - 0.20 x 10E/uL	0.00 - 0.40 x10E/uL
Granulocytes – Immature	0.00 - 1.50 %	0.00 - 2.00 %
Granulocytes – Immature (Abs)	0.00 - 0.05 x 10E/uL	0.00 - 0.10 x10E/uL

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Inflammatory Markers	**Healthy**	**Clinical**
CRP C-Reactive Protein	0.00 – 1.50 U/L	0.00 – 4.90 mg/L
Creatine Kinase	32.00 – 116.00	24.00 – 173.00 U/L
ESR – Erythrocyte Sedimentation Rate, Westergren	2.00 0.00 – 10.00 mm/hr	0.00 – 40.00 mm/hr

Additional Tests	**Healthy**	**Clinical**
Vitamin D 25-Hydroxy (total)	50.00 – 90.00 ng/mL	0 – 30.00 ng/mL
Ferritin	45.00 – 110.00 ng/mL	15.00 – 150.00 ng/mL
Cortisol AM	9.00 – 15.00 ug/dL	6.20 – 19.40 ug/dL