

HEALTH REPORT SUMMARY

LABORATORY RESULTS

LIPIDS

LDL- P (<1000 nmol/l)	859
Small LDL-p (>527 nmol/l)	130
Lp(a) (<75 nmol/l)	14
Triglycerides (<150 mg/dl)	53
LDL Cholesterol (<100 mg/dl)	128
Total Cholesterol (<200 mg/dL)	237
HDL Cholesterol (>50 mg/dl)	101

METHYLATION

Homocysteine (<7 umol/l)	6.8
AST (<20 U/l)	66
ALT (<20 U/l)	48
B12 (500-1500 pg/ml)	2000
Folate (12-25 ng/ml)	13.5
Folate RBC (>280 ng/ml)	—
TMAO (<5.0 uM)	—
Uric Acid (<5mg/dL)	5

VITAMINS AND MICRONUTRIENTS

Omega 3 (>5.4)	6
Vitamin D (50-100 ng/ml)	50.4
CoQ10 (>0.75 ug/ml)	—
Ferritin (Iron) (30-100)	66

HORMONES

Cortisol (10-18 mcg/dl)	—
DHEA: (200-500 mcg/dl)	277
IGF (100-250 ng/ml)	108
Testosterone Total [men(250-1100 ng/dl), women(10-55)]	22.48
Testosterone, Free	50
SHBG (10-50 nmol/L)	60
Progesterone [women(1-20 ng/dl) (men <0.5)]	—
LH 1.6-8 (mIU/ml)	—
FSH	—
TSH (0.4-4 uIU/ml)	4.1
Free T4 (2.3-4.2 pg/ml)	1.07
Free T3 (2.3-4.2 pg/ml)	1.8
Estradiol [women(50-250 pg/ml) (men <40)]	—

INFLAMMATION

OxLDL (<60 U/l)	—
A/G ratio (>1)	2.3
CRP (<1.0 mg/l)	0.63
LpPLA2 (<200 nmol/min/ml)	128

INSULIN RESISTANCE / METABOLISM

Fasting Glucose (<100 mg/dl)	88
Fasting Insulin (<5 uIU/ml)	1.1
Hgb-A1c (<5.5%)	4.8
HOMA-IR	0.24

Healthy Guy Public Health Report

H Kauffman



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