

BIOFIT

BLUEPRINTBOOTCAMP

Blood Chemistry

Bones and Minerals

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Bones and Minerals

✓ Iron, Total

- **Low** may indicate iron deficiency anemia or a result of blood loss or other disease
- **High** can be iron overload disease such as hemochromatosis or excess supplementation

✓ Calcium

- Blood levels remain fairly constant except in disease states
- **High** can be related to thyroid supplementation, alcoholism, or pathology
- **Low** can be secondary to thyroid imbalance, vitamin D deficiency, or magnesium deficiency

✓ Phosphorus

- **High** with excess vitamin D intake, kidney disease, healing fractures, and other pathologies
- **Low** in vitamin D deficiency, low stomach acid, vomiting, severe diarrhea

✓ Zinc

- Alkaline Phosphatase low

✓ Molybdenum

- Increased Serum Iron
- Decreased Uric Acid



Bones and Minerals Case Analysis

3	CATEGORIES	Units	PATHOLOGICAL RANGE		FUNCTIONAL RANGE		CURRENT 1/14/10
4			Min	Max	Min	Max	
30	Iron, serum	ug/dl	40.0	180.0	85.0	130.0	125

18	Calcium, serum	mg/dL	8.7	10.5	9.2	10.1	10
19	Phosphorus, serum	mg/dL	2.3	4.8	3.5	4.0	3.9