INE INSTITUTE OF NUTRITIONAL ENDOCRINOLOGY — CHANGING LIVES WITH ROOT CAUSE HEALTH CARE

Lab Results - U.S.

Client Name									
	Units	LAB RANGE		IDEAL RANGE		DATE			
CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Glucose, serum	mg/dL	65.0	110.0	75.0	89.0		Diabetes; insulin resistance; thiamin deficiency; stress; liver.	Hypoglycemia; low adrenal	Test fasting insulin, hemoglobin A1C
Uric acid, serum (female)	mg/dL	1.8	7.0	3.2	5.5		Gout; atherosclerosis; oxidative stress; rheumatoid arthritis; kidney; circulation; leaky gut syndrome	Deficiency of molybdenum, B-12/folate and/or copper	If high, evaluate for signs and symptoms of joint pain. If low, check for other signs of B12 deficiency and mineral deficiency (home tests)
Uric acid, serum (male)	mg/dL	1.8	7.0	3.7	6.0		Gout; atherosclerosis; oxidative stress; rheumatoid arthritis; kidney; circulation; leaky gut syndrome	Deficiency of molybdenum, B-12/folate and/or copper	If high, evaluate for signs and symptoms of joint pain. If low, check for other signs of B12 deficiency and mineral deficiency (home tests)
Blood urea nitrogen (BUN), serum	mg/dL	8.0	28.0	13.0	18.0		Malabsorption; kidney issues; dehydration; excessive protein intake; hyperadrenal	Malabsorption; liver dysfunction; low protein diet	HCl challenge, enzymes, optimize digestion
Creatinine, serum	mg/dL	0.5	1.2	0.7	1.1		Urinary tract congestion/obstruction; kidneys; prostate	Muscle wasting; malabsorption	HCl challenge, enzymes, optimize digestion
Estimated glomerular filtration rate (eGFR), serum	mL/min/1.73 m^2	59.0	-	59.0	-				referral to kidney specialist
Estimated glomerular filtration rate (eGFR) (African American), serum	mL/min/1.73 m^2	59.0	-	59.0	-				referral to kidney specialist
BUN/Creatinine Ratio	-	8.0	27.0	8.0	27.0		See BUN & Creatinine	See BUN & Creatinine	HCl challenge, enzymes, optimize digestion
Sodium, serum	mEq/L	135.0	148.0	135.0	140.0		Hyperadrenal; dehydration	Hypoadrenal; edema; laxative use	check for signs of edema or dehydration, Adrenal Stress Index Test, HeartMath and other stress management skills
Potassium, serum	mEq/L	3.5	5.5	4.0	4.5		Hypoadrenal; dehydration; acidosis	Hyperadrenal; hypertension; diuretics	Check for signs of edema or dehydration, Adrenal Stress Index Test, HeartMath and other stress management skills
Chloride, serum, plasma	mEq/L	99.0	111.0	100.0	106.0		Acidosis; hyperadrenal	Hypochlorhydria; alkalosis; hypoadrenal	HCl challenge, ph monitoring and appropriate diet changes, Adrenal Stress Index Test, HeartMath and other stress management skills
Carbon dioxide, total, serum	mEq/L	19.0	31.0	25.0	30.0		Alkalosis; hyperadrenal; hypochlorhydria; respiratory distress	Acidosis; thiamin (B-1) deficiency; hyperventilation	pH monitoring and appropriate diet changes, HCl challenge
Calcium, serum	mg/dL	8.7	10.5	9.2	10.1		Hypothyroid; vitamin D excess; hypoadrenal; hyper- parathyroid	Hypochlorhydria; hypoparathyroid;deficiency of vitamin D, essential fatty acids, or calcium	Check serum vitamin D, HCl challenge, optimize omega 6 to 3 fat ratio per the chart and consider blood spot fatty acid test
Phosphorus, serum	mg/dL	2.3	4.8	3.5	4.0		Hypoparathyroid; fracture; excess vitamin D intake; excess dietary phosphate (soda); kidney	Hyper parathyroid; hypochlorhydria; hyperinsulin; high carb diet; vitamin D deficiency	Test and adjust vitamin D supplementation, HCl challenge, enzymes, optimize digestion
Protein, total, serum	g/dL	6.2	8.3	6.9	7.4		Dehydration	Hypochlorhydria; poor digestion; GI inflammation; liver; low protein diet	Protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized
Albumin, serum	g/dL	3.8	5.0	4.0	5.0		Dehydration	Hypochlorhydria; liver; oxidative stress; vitamin C deficiency	Rule out liver problems, check protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized, anti-inflammatory diet

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Lab Markers						Results	**High**	**Low**	**Follow-up**
Globulin, total, serum	g/dL	2.0	3.8	2.4	2.8		Hypochlorhydria; liver; oxidative stress; metals/chemicals; autoimmune/allergy	Poor digestion; GI inflammation; low immunity	Rule out liver problems, check protein intake, HCl challenge, enzymes, optimize digestion, supplement with raw protein powder (Sunwarrior, Warrior Food, Vitamin Code raw protein) until digestive status is optimized, anti-inflammatory diet
A/G Ratio	calc	1.1	2.3	1.5	2.0		See Globulin & Albumin	See Globulin & Albumin	
Bilirubin, serum, total	mg/dL	0.1	1.5	0.2	1.2		Liver/gallbladder; thymus; oxidative stress; RBC hemolysis; Gilbert's syndrome	Spleen	Check liver
Alkaline phosphatase, serum	U/L	27.0	142.0	70.0	90.0		Liver/gall bladder; bone loss/disease; leaky gut syndrome; shingles; vitamin C deficiency	Estrogen dominance; zinc and/or B-6 deficiency; malabsorption; hypothyroid/adrenal	If >120, do isoenzymes
Lactate dehydrogenase (LDH), serum	U/L	89.0	215.0	140.0	180.0		Liver/gall bladder; heart; B12/folate deficiency; inflammation; tissue destruction; viral infection	Hypoglycemia	Isoenzymes if high
Aspartate aminotransferase (AST) (SGOT), serum	U/L	1.0	45.0	10.0	26.0		Liver; heart; muscle breakdown; mono/EBV/CMV	Vitamin B-6 deficiency; alcoholism	If the SGOT is elevated above SGPT, look outside of liver
Alanine aminotransferase (ALT) (SGPT), serum	U/L	1.0	55.0	10.0	26.0		Liver/gall bladder; muscle breakdown; alcoholism	Vitamin B-6 deficiency; early fatty liver; alcoholism	If the SGOT is elevated above SGPT, look outside of liver
Gamma-glutamyltransferase (GGT), serum	U/L	5.0	52.0	10.0	26.0		Liver/gall bladder; pancreas (including insufficiency); excess alcohol;	Vitamin B-6 and/or magnesium deficiency; malabsorption; hypothyroid; oral contraceptives	If GGT is elevated above SGOT & SGPT, problem is more likely in gall bladder, bile ducts & pancreas
Iron, serum	µg/dL	40.0	180.0	85.0	130.0		Liver; hemochromotosis; excess consumption of iron; iron conversion problem (B-12, folic acid, B-6, molybdenum); chronic viral infection	Anemia; hypochlorhydria; internal bleeding	Serum ferritin, look at hemoglobin, hematocrit and MCV, HCL challenge if low
Cholesterol, total, serum	mg/dL	0.1	200.0	150.0	200.0		Hypothyroid; adrenal stress; fat malabsorption; insulin resistance/diabetes; fatty liver; multiple sclerosis; trans fats	Oxidative stress; heavy metal/chemical overload; gallbladder; low fat diet; hyperthyroid; autoimmune; hyperadrenals	VAP; VLDL; C-reactive protein; homocysteine, imaging of heart
Triglycerides, serum	mg/dL	35.0	160.0	50.0	100.0		Insulin resistance/diabetes; high sugar intake; liver; fat malabsorption; alcoholism; stress; hypothyroid	Fat malabsorption; low fat diet; hyperthyroid; autoimmune; hyper adrenals	low sugar diet, avoid refined foods, optimize fat digestion (enzymes)
Cholesterol, high-density lipoprotein (HDL) (low level), serum	mg/dL	40.0	110.0	55.0	110.0		Autoimmune processes; estrogen dominance	Refined carbs; insulin resistance/diabetes; oxidative stress; heavy metal/chemical; fatty liver; hyperthyroid; sedentary lifestyle	Rule out estrogen dominance, if high. If low, increase exercise
Cholesterol, low-density lipoprotein (LDL) (high-level), serum	mg/dL	1.0	130.0	10.0	99.0		Insulin resistance/diabetes; high sugar intake; liver; fat malabsorption; alcoholism; stress; hypothyroid		VAP; VLDL; C-reactive protein; homocysteine, imaging of heart
Triglycerides/HDL ratio, calc	-	0.3	4.0	0.8	1.3				Increase exercise if low: burst training, weights
THYROID MARKERS									
Thyroid-stimulating hormone (TSH), serum	µIU/mL	0.3	5.7	1.5	3.0		Hypothyroidism	Hyperthyroid; hypopituitary; heavy metals	Additional testing: Total T4, Free T3 and antibodies: thyroid peroxidase (TPO) and Antithyroglobulin if high, thyroid stimulating antibodies, if low

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Lab Markers						Results	High	Low	Follow-up
Thyroxine, total, (T4 or TT4), serum	µg/mL	4.5	12.5	6.0	12.0		Hyperthyroidism, thyroid replacement medication	Hypothyroid, anterior pituitary dysfunction, iodine or selenium deficiency, deficiency of cofactors: B1	Replenish nutrients, test for antibodies as per TSH follow-up
Triiodothyronine (T3) uptake, serum	%	27.0	37.0	28.0	38.0		Hyperthyroidism, thyroid replacement medication	Hypothyroid; deficiency of selenium or iodine	Further testing as per TSH
Free Thyroxine Index (FTI), serum		1.2	4.9	1.2	4.9				
Total T3 or TT3 (total triiodothyronine),	ng/dL	100.0	180.0	100.0	180.0				
Thyroxine, free (FT4), serum	ng/dL	0.7	2.0	1.0	1.5		Hyperthyroid; estrogen dominance; adrenal fatigue	Hypothyroid; iodine deficiency	
Free T3 or FT3 (triiodothyronine, free), serum	pg/dL	2.0	4.4	3.0	4.5		Hyperthyroid; iodine deficiency, T4 over conversion, excess testosterone	Hypothyroid; selenium deficiency, T4 under conversion, estrogen dominance	Test estrogen, testosterone, look for exogenous sources, i.e., birth control pills, hormone replacement therapy
Reverse T3 (RT3 or Reverse Triiodothyronine), serum	ng/dL	90.0	350.0	90.0	350.0		Low Free T3 , insufficient T4 to T3 conversion	No specific significance	Full thyroid panel and nutritional replacement.
Thyroxine-binding globulin (TBG), serum	µg/m	18.0	27.0	18.0	27.0		Poor unbinding of thyroid hormones and insufficient levels of free hormones - excess estrogen		Full thyroid and hormone evaluation - birth control pills
Thyroglobulin antibody screen (or antithyroglobulin), serum	IU/mL	0.0	1.0	0.0	1.0		Autoimmune thyroid, probably Hashimoto's	Normal is negative	Immune system balancing protocol, gluten and allergen free diet
Thyroid peroxidase (TPO) antibodies, serum	IU/mL	0.0	34.0	0.0	2.0		Autoimmune thyroid, probably Hashimoto's	Normal is negative	Immune system balancing protocol, gluten and allergen free diet
CBC MARKERS									
White blood cell count (WBC), whole blood	/µL	4.0	10.5	5.0	8.0		Acute viral or bacterial infection; stress; highly refined diets; parasites	Chronic viral or bacterial infection; enzyme deficiency; lupus; raw food diet; deficiencies of B-6, B-12 and/or folic acid; food allergies; parasites	Further testing to determine source of infection, nutritional deficiency
Red blood cell count (RBC) (female), whole blood	x10^6/µL	3.9	5.1	3.9	4.5		Dehydration; respiratory distress; vitamin C deficiency; polycythemia vera	Anemia (iron, B-6, B-12 and/or folic acid); internal bleeding	Retest in 3 months, hydrate properly if high. If low, look at other markers and possibly test ferritin, iron, B12 -methylmalonic acid
Red blood cell count (RBC) (male), whole blood	x10^6/µL	3.9	5.1	4.2	4.9		Dehydration; respiratory distress; vitamin C deficiency; polycythemia vera	Anemia (iron, B-6, B-12 and/or folic acid); internal bleeding	Retest in 3 months, hydrate properly, if high. If low, look at other markers and possibly test ferritin, iron, B12 -methlymalonic acid
Hemoglobin (Hb) (female), whole blood	g/dL	12.0	16.0	13.5	14.5		Asthma/emphysema; polycythemia vera; dehydration	Anemia; vitamin C deficiency; digestive inflammation; internal bleeding; copper deficiency	Look at other markers - hct, rbc, mcv and test ferritin, iron
Hemoglobin (Hb) (male), whole blood	g/dL	12.0	16.0	14.0	15.0		Asthma/emphysema; polycythemia vera; dehydration	Anemia; vitamin C deficiency; digestive inflammation; internal bleeding; copper deficiency	Look at other markers - hct, rbc, mcv and test ferritin, iron
Hematocrit (female), whole blood	%	36.0	48.2	37.0	44.0		Asthma/emphysema; polycythemia vera; dehydration; spleen; deficiency of B-6; adrenal	Anemia; internal bleeding; digestion inflammation; thymus hypofunction; deficiencies of vitamin C or thiamin (B-1); parasites	Look at other markers - hct, rbc, mcv and test ferritin, iron, rule out internal bleeding
Hematocrit (male), whole blood	%	36.0	48.2	40.0	48.0		Asthma/emphysema; polycythemia vera; dehydration; spleen; deficiency of B-6; adrenal	Anemia; internal bleeding; digestion inflammation; thymus hypofunction; deficiencies of vitamin C or thiamin (B-1); parasites	look at other markers - hct, rbc, mcv and test ferritin, iron, rule out internal bleeding

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CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Mean corpuscular volume (MCV), whole blood	µm^3	82.0	103.0	85.0	92.0		Anemia (B-12/folic acid); hypochlohydria; vitamin C deficiency; heavy metals; parasites	Anemia (iron/B-6); internal bleeding	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Mean corpuscular hemoglobin (MCH), whole blood	pg/cell	27.0	34.0	27.0	32.0		Anemia (B-12/folic acid); hypochlohydria	Anemia(iron/B-6); vitamin C deficiency; internal bleeding; heavy metals body	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Mean corpuscular hemoglobin concentration (MCHC), whole blood	g/dL	30.9	35.4	32.0	35.0		Anemia (B-12/folic acid); hypochlohydria	Anemia(iron/B-6); vitamin C deficiency; internal bleeding; heavy metals body burden	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch, or shot)
Red blood cell distribution width (RDW or RCDW)	%	10.8	14.8	0.0	13.0		Deficiencies of iron, B-12 and/or folate; thalassemia	Blood loss anemia	Urinary methylmalonic acid to test B-12, or supplement (sublingual, patch or shot)
Platelet count (thrombocytes), whole blood	×10^3/µL	150.0	400.0	150.0	450.0		Atherosclerosis	heavy metals, free radicals	Vitamin E and EFAs to thin blood if high, test for metals and improve antioxidants, if low
Neutrophils, whole blood, number fraction	%	40.0	78.0	40.0	60.0		Bacterial	Viral issue	Find root cause of inflammation/infection
Lymphocytes, whole blood, number fraction	%	15.0	50.0	25.0	40.0		Viral issue	Bacterial	Find root cause of inflammation/infection
Monocytes, whole blood, number fraction	%	0.0	13.0	0.0	7.0		Acute and healing and recovery stages, parasites, liver dysfunction, prostate	n/a	Find root cause of inflammation/infection
Eosinophils, whole blood, number fraction	%	0.0	5.0	0.0	3.0		Allergy, parasites	n/a	Find root cause of inflammation/infection
Basophils, whole blood, number fraction	%	0.0	5.0	0.0	1.0		Inflammation, parasites	n/a	Find root cause of inflammation/infection
Neutrophils (absolute), whole blood	/µL	1.8	7.8	1.8	7.8		Same as above	Same as above	Same as above
Lymphs (absolute), whole blood	/µL	0.7	4.5	0.7	4.5		Same as above	Same as above	Same as above
Monocytes (absolute), whole blood	/µL	0.1	1.0	0.1	1.0		Same as above	Same as above	Same as above
Eosinophils (absolute), whole blood	/µL	0.0	0.4	0.0	0.4		Same as above	Same as above	Same as above
Basophils (absolute), whole blood	/µL	0.0	0.2	0.0	0.2		Same as above	Same as above	Same as above
ADDITIONAL MARKERS									
Homocysteine (female), plasma	mg/L	4.0	10.0	4.0	10.0		Cardiovascular risk	n/a	Further lipid testing, VAP, CRP
Homocysteine (male), plasma	mg/L	4.0	12.0	4.0	12.0		Cardiovascular risk	n/a	Further lipid testing, VAP, CRP
Erythrocyte sedimentation rate (ESR),	mm/hr	0.0	20.0	0.0	20.0		Inflammation	n/a	Find source of inflammation
hs-CRP (high-sensitivity C-reactive protein), serum	mg/L	0.0	3.0	0.0	3.0		Inflammation, vascular inflammation, atherosclerosis	n/a	Find source of inflammation
Apolipoprotein A-1,serum	mg/dL	110.0	162.0	110.0	162.0		Lipid disorder	n/a	Further lipid testing, VAP, CRP
Apolipoprotein B, serum	mg/dL	52.0	109.0	52.0	109.0		Lipid disorder	n/a	Further lipid testing, VAP, CRP
Reticulocytes count (female), whole blood	%	0.5	2.5	0.5	2.5		Hemolytic anemia (can be a sign of serious disease!)	Chronic anemia (deficiencies of B-6, B-12, folate and/or iron); hypoadrenal	Medical evaluation if high
Reticulocytes count (male), whole blood	%	0.5	1.5	0.5	1.5		Hemolytic anemia (can be a sign of serious disease!)		Medical evaluation if high
Hemoglobin A1C (glycated hemoglobin),	hemoglobin	4.8	5.9	4.5	5.0		Diabetes/insulin resistance	Hypoglycemia	Low carb diet and retest
Insulin, fasting, serum	µIU/mL	2.0	25.0	2.0	5.0		Nothing indicated by too low, hyperinsulinemia, diabetes, metabolic syndrome	Nothing indicated by too low	

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CATEGORIES		Min	Max	Min	Max		Possible Interpretation		
Lab Markers						Results	High	Low	Follow-up
Iron (transferrin) saturation (calc), female, serum	% - iron serum/TIBC	12.0	45.0	12.0	45.0		Hemochromotosis; internal bleeding; deficiencies of B-6, B-12, folate and/or protein	Iron deficiency	Supplement as appropriate
Iron (transferrin) saturation (calc), male, serum	% - iron serum/TIBC	15.0	50.0	15.0	50.0		Hemochromotosis; internal bleeding; deficiencies of B-6, B-12, folate and/or protein	Iron deficiency	Supplement as appropriate
TIBC - total iron binding capacity, serum	mcg/dL	250.0	390.0	250.0	350.0		Anemia; internal bleeding	Hemochromotosis; internal bleeding; low protein	medical evaluation to rule out serious disease
Transferrin, serum	mg/dL	200.0	360.0	200.0	360.0				
Ferritin (female), serum	ng/mL	10.0	235.0	40.0	110.0		Hemochromotosis; excess consumption of iron; inflammation; liver; oxidative stress	Anemia	If high, reduce iron intake , donate blood, evaluation for hemochromatosis
Ferritin (male), serum	ng/mL	10.0	235.0	40.0	200.0		Hemochromotosis; excess consumption of iron; inflammation; liver; oxidative stress	Anemia	If high, reduce iron intake , donate blood, evaluation for hemochromatosis
Magnesium, serum	mEq/L	1.3	2.3	2.0	2.5		Kidney; hypothyroid	Muscle spasm; epilepsy; hyperadrenal; malabsorption	Food, supplementation
VITAMINS									
Vitamin D, 25-hydroxyvitamin D, serum	ng/mL	32.0	100.0	70.0	100.0		Excess vitamin D intake, kidney stress	Insufficient vitamin D Intake, insufficient sunlight, kidney stress	
Vitamin B12, serum	pg/mL	211.0	911.0	800.0	1500.0		Excessive vitamin B12 intake	Insufficient vitamin B12 intake, insufficient stomach acid, intrinsic factor antibodies,	
Folate, serum	ng/mL	5.4	-	5.4	-		Excess intake	Dietary deficiency	

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HORMONES									
Cortisol, serum	µg/dL	0.0	17.0	4.0	22.0		Excess stress	Adrenal burnout	
Progesterone, serum	ng/mL	0.2	28.0	18.0	27.0		Excess supplementation		
Estradiol (E2), serum	pg/mL	19.0	528.0	352.0	450.0				
Sex-hormone binding globulin (SHBG),	µg/mL	18.0	114.0	18.0	114.0				
Testosterone, serum	ng/dL	14.0	76.0	35.0	45.0				
Free testosterone, serum	ng/dL	0.0	2.2	1.0	2.2				
Dehydroepiandrosterone sulfate (DHEA-	mcg/dL	65.0	380.0	275.0	400.0		Adrenal stress, PCOS	Adrenal burnout	
Luteinizing hormone (LH), serum	mIU/mL	0.0	76.3	0.0	76.3		Menopause, perimenopause		
Follicle-stimulating hormone (FSH), serum	mIU/mL	2.8	17.2	2.8	17.2		Menopause, perimenopause		
Aldosterone, serum	ng/dL	1.0	16.0	1.0	16.0				
Adrenocorticotropic hormone (ACTH),	pg/mL	6.0	58.0	6.0	58.0				
IMMUNE MARKERS									
Lyme IgG/IgM antibodies, serum	a negative test is normal	0.0	1.0	0.0	1.0		Lyme's disease antibodies	Normal	
Lyme IgG p41 band antibodies, serum	a negative test is normal	0.0	1.0	0.0	1.0		Lyme's disease antibodies	Normal	
Candida IgG antibody, serum	antibody	0.0	10.0	0.0	10.0		Candida overgrowth	Normal	
Candida IgM antibody,serum	antibody	0.0	10.0	0.0	10.0		Candida overgrowth	Normal	
Insulin-like growth factor 1 (IGF -1), serum	ng/mL	117.0	329.0	117.0	329.0		Can be suggestive of low growth hormone (GH)	Possible tumor or growth, pituitary tumor	
Antinuclear Antibodies (ANA), serum	Negative is normal	0.0	0.0	0.0	0.0		Autoimmune, possibly Lupus	Normal	
Carbohydrate antigen (CA 19-9), serum	U/mL	0.0	35.0	0.0	35.0		Autoimmune disease	Normal	
Carcinoembryonic antigen (CEA), serum	ng/mL	0.0	2.5	0.0	2.5		Cancer marker	Normal	
Sedimentation rate, whole blood	mm/h	0.0	20.0	0.0	20.0		Inflammation	Normal	
Creatine kinase (CK), total, serum	U/L	24.0	173.0	24.0	173.0		Damage to muscle or heart, some forms of muscular dystrophy if very high	Normal	
Intrinsic factor blocking antibody (IFA)	test is normal	0.0	1.0	0.0	1.0		Autoimmune disorder	Normal	