

Blood Panel Results w/ Optimals



Name: **Sample Patient**

Evaluation Date: **06/28/2024**

Blood Draw Date: **06/13/2024**

Practitioner:

Above Optimal ↑

↓ Below Optimal

Above Lab ↑

↓ Below Lab

Optimal

Fasting

Markers that are both Above/Below Optimal Range AND Lab Range are shown in red as Above/Below Lab Range

Summary of Markers Out of Optimal Range

Marker	Value	Optimal Range	Lab Range	Unit
Insulin	↓ 2.7	3 - 10	2.60 - 24.90	uIU/mL
BUN (Blood Urea Nitrogen)	18 ↑	10 - 15	7 - 25	mg/dL
BUN/Creatinine Ratio	25 ↑	10 - 16	11 - 26	
Chloride, Serum	↓ 98	100 - 106	96 - 106	mmol/L
Carbon Dioxide, Total	↓ 23	26 - 31	20 - 30	mmol/L
Protein, Total, Serum	↓ 6.5	6.60 - 7.40	6 - 8.50	g/dL
Globulin, Total	↓ 2.1	2.40 - 2.70	1.50 - 4.50	g/dL
Albumin/Globulin Ratio	2.1 ↑	1.50 - 2	1.10 - 2.50	
Magnesium, Serum	↓ 2.1	2.20 - 3	1.60 - 2.30	mg/dL
Alkaline Phosphatase	↓ 84	85 - 117	44 - 121	IU/L
Iron, Serum	133 ↑	50 - 100	38 - 169	ug/dL
Ferritin, Serum	208 ↑	20 - 200	30 - 400	ng/mL

Insulin

A fasting insulin test measures the amount of insulin available to help transport glucose to the cells of the body. Insulin works like a key that opens the doors to cells and allows glucose to enter. When elevated, it can indicate possible Type 2 Diabetes, loss of insulin sensitivity, Metabolic Syndrome, or other blood sugar dysregulations.

BUN (Blood Urea Nitrogen)

BUN stands for "Blood Urea Nitrogen" but can also be referred to as Urea. It is removed almost entirely by the kidneys so it is very useful as an initial indicator of kidney dysfunction. However, levels outside of the functional ranges can point to other areas of deficiency in the body as well.

BUN/Creatinine Ratio

BUN/Creatinine ratio provides the relationship between blood urea nitrogen (BUN) and serum creatinine.

Chloride, Serum

Chloride is a type of electrolyte. It works with other electrolytes such as potassium, sodium, and carbon dioxide (CO₂). These substances help keep the proper balance of body fluids and maintain the body's acid-base balance. It helps move fluids in and out of your blood cells. Most of the chloride comes from salt intake (sodium chloride). Chloride is absorbed by your intestines during the process of digestion and any excess chloride is released via urine.

Carbon Dioxide, Total

This test measures the amount of carbon dioxide in your blood. When you digest food, your body makes carbon dioxide as a waste product in the form of a gas. Your blood carries this gas to your lungs, where you exhale it and exchange it for oxygen throughout the day. In the body, most of the CO₂ is in the form of a substance called bicarbonate. Therefore, the CO₂ blood test is really a measure of your blood bicarbonate level.

Protein, Total, Serum

Your body is made of protein so ensuring protein levels in the blood are at their optimal levels is very important. Total protein in the blood is composed of albumin and globulin. Lack of dietary intake or inadequate hydrochloric acid in the stomach can lead to decreased protein levels. Normal protein values also help maintain fluid balance in the tissues, preventing edema.

Globulin, Total

Globulin is made up of different proteins called alpha, beta, and gamma types. Some of these globulins are made by the liver while others are made by the immune system. Certain globulins bind with hemoglobin. Other globulins transport metals, such as iron, in the blood stream and can also help fight infection.