

# Natural Hormone Solution

<b>Name:</b>				
	Optimal Reference Ranges	<u>Date</u>	<u>Date</u>	<u>Date</u>
<b>BLOOD SUGAR/INSULIN</b>				
Glucose, fasting	75-90mg/dL			
Insulin, fasting	<5.4 uIU/mL			
Hemoglobin A1C	<5.1-5.4%			
HOMA-IR Score	<1.0			
<b>LIPID PANEL</b>				
Cholesterol	150-200 mg/dL			
Triglycerides	75-100mg/dL			
VLDL	<20			
LDL	<100mg/dL			
HDL	>55mg/dL			
Chol/HDL Ratio	<3.1			
<b>RED BLOOD CELLS</b>				
HgB Hemoglobin	(F)13.5-14.5 (M) 14-15			
HCT Hematocrit	(F) 37-44 (M) 40-48			
RBC Red blood cell count	(F) 3.9-4.5 (M) 4.2-4.9			
MCV Mean corpuscular volume	85-92 cu microns			
MCH Mean corpuscular hemoglobin	27-32 cu microns			
MCHC Mean corpuscular hemoglobin concentration	32-35%			
RDW Red cell distribution width	<13			
MPV Mean platelet volume	7.5-11.5 fl oz			

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<b>WHITE BLOOD CELLS</b>				
WBC White blood cell count	5.0-8.0			
Neutrophils (NE, pct) or Granulocytes, absolute (GR, abs) or percentage (GR, pct)	60% Use % and not # or Absolute/abs			
Lymphocytes (LY, pct)	30% Use % and not # or Absolute/abs			
Monocytes (MO, pct)	<7% Use % and not # or Absolute/abs			
Eosinophils (EOS, pct)	<3% Use % and not # or Absolute/abs			
Basophils (BAS, pct)	0-1% Use % and not # or Absolute/abs			
PLT Platelets	150K-450K			
<b>THYROID</b>				
TSH	.4-1.4 mIU/L			
Free T4	.8-1.7			
Free T3 Free Triiodothyronine	2.0-4.40 pg/mL			
TPO thyroid peroxidase	<9 IU/mL			
Thyroglobulin Antibody	<1 IU/mL			
Reverse T3	10 to 24 ng/dL			
<b>CMP</b>				
Iron	85-130ug/dL			
Ferritin	50-100 ng/mL			
SGOT (AST) Aspartate Aminotransferase	10-26 U/L			

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SGPT (ALT) Alanine Aminotransferase	10-19 U/L women (10-28 men)			
GGTP	10-26 U/L			
LDH Lactate dehydrogenase (LDH or LD)	140-180 U/L			
Alk. Phos.	60-90 U/L			
Total Bilirubin	0.2-1.2 mg/dL			
Total Protein	6.9-7.4 G/100mL			
Albumin	4.0-4.5 mmol/L			
Globulin	2.4-2.8 G/100mL			
A/G Ratio	1.5-2.0 units			
Sodium	135-140 mmol/L			
Potassium	4.0-4.5 mmol/L			
Chloride	100-106 mmol/L			
Carbon Dioxide	25-30 mmol/L			
BUN	13-18 mg/dL			
Creatinine	0.7-1.1 mg/dL			
Calcium	9.2-10.1mg/dL			
Phosphorus	3.5-4.0 mg/dL			
Uric Acid	(M) 3.7-6.0 mg/dL			
	(F) 3.2-5.5 mg/dL			
<b>EXTRAS</b>				
Vitamin D, 25-Hydroxy	50-75 ng/mL			
HS-CRP C-Reactive Protein	<1.0			
Homocysteine (SI)	<10.4 umol/L			
Magnesium RBC	5.5-6.4 mg/dL			