TRUE HEALTH™ DIAGNOSTICS

Laboratory Results

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	Laboratory Test	Notes	High Risk	Intermediate Risk	Optimal	High Risk Range	Intermediate Risk Range	Optimal Range	Previous Results
Inflammation/ Oxidation	Fibrinogen (mg/dL)[v]				373	< 126 or > 517	438 - 517	126 - 437	5/9/2017: 373
	hs-CRP (mg/L)[v]				0.4	> 2.9	1.0 – 2.9	< 1.0	5/9/2017: < 0.3
	Lp-PLA$_2$ Activity (nmol/min/mL)[v]				161	≥ 225	197 - 224	≤ 196	
	Myeloperoxidase (pmol/L)[§v]				141	≥ 332	256 - 331	≤ 255	5/9/2017: 156
	Oxidized LDL (U/L)[§v]			65		> 70	60 - 70	< 60	5/9/2017: 69
Endothelial Function	Asymmetric Dimethylarginine (ng/mL)[§v]				93	> 108	97 - 108	< 97	5/9/2017: 104
	Symmetric Dimethylarginine (ng/mL)[§v]				76	> 104	88 - 104	< 88	5/9/2017: 73
	L-arginine (ng/mL)[§v]				15214	< 4500 or > 22500		4500 - 22500	5/9/2017: 14217
	Asymmetric Dimethylarginine/Arginine Ratio (calculated)[v]				6.1	> 9.8	7.8 - 9.8	< 7.8	5/9/2017: 7.3
Myocardial Structure/Stress/Function	Galectin-3 (ng/mL)[v]				11.9	> 25.9	17.9 - 25.9	< 17.9	5/9/2017: 13.4
Metabolic	25-hydroxy-Vitamin D (ng/mL)[v]				70	< 20	20 - 29	30 - 100	5/9/2017: 57
	TSH (µlU/mL)[v]				1.52	< 0.27 or > 4.20		0.27 - 4.20	5/9/2017: 1.38

Lab Notes:

Provider Notes:

www.truehealthdiag.com

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	Laboratory Test	Notes	High Risk	Intermediate Risk	Optimal	High Risk Range	Intermediate Risk Range	Optimal Range	Previous Results
Metabolic	Homocysteine (µmol/L)[v]				6	> 13	11 - 13	< 11	5/9/2017 8
	Vitamin B_{12} (pg/mL)[v]				> 2000	< 232	232 – 400	> 400	
	Vitamin E (α-Tocopherol) (mg/L)[§v]				15.3	< 6.0	> 21.8	6.0 – 21.8	5/9/2017 19.5
	CoQ10 (µg/mL)[§v]				1.16	< 0.51	0.51 – 0.73	> 0.73	

TSH is analyzed using reagents from Roche Diagnostics by electrochemiluminescence immunoassay. These values should not be used in conjunction with values from other reagent manufacturers or methodologies.

Metabolic	Cortisol (µg/dL)[v]				6.5	Morning hours 6-10 a.m.: 5.5-19.8 Afternoon hours 4-8 p.m.: 2.7-10.5 Other or unknown collection time: 2.7-19.8			5/9/2017 8.1
Renal	Creatinine, serum (mg/dL)[v]				0.8	> 0.9		0.5 - 0.9	5/9/2017 0.8

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	Laboratory Test	Notes	High Risk	Intermediate Risk	Optimal	High Risk Range	Intermediate Risk Range	Optimal Range	Previous Results
Glycemic Control	Glucose (mg/dL)[v]				97	> 125	100-125	70 - 99	5/9/2017 95
	HbA1c (%)[v]				5.5	≥ 6.5	5.7 - 6.4	≤ 5.6	5/9/2017 5.2
	Estimated Average Glucose (mg/dL) (calculated)[v]				111.2	≥ 139.9	116.9 - 139.8	≤ 116.8	5/9/2017 102.5
	Fructosamine (µmol/L)[v]			304		> 346	302 - 346	< 302	5/9/2017 333
	Glycation Gap[v]				-1.40	> 0.77	0.45 - 0.77	< 0.45	5/9/2017 -2.26
Insulin Resistance	Leptin (ng/mL)[v]				11	> 43	20 - 43	< 20	5/9/2017 9
	Adiponectin (µg/mL)[sv]		14			< 20	20 – 35	> 35	

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Electrolytes	Result	Flag	Reference Interval
Na+ (mmol/L)[v]	142		133 - 145
K+ (mmol/L)[v]	5.5	H	3.5 - 5.3
Cl- (mmol/L)[v]	106		98 - 110
CO_2 (mmol/L)[v]	30		19 - 31
Anion Gap (calculated)[v]	6		6 - 18
Calcium (mg/dL)[v]	10.0		8.8 - 10.5
Magnesium (mg/dL)[v]	2.2		1.6 - 2.4

Liver	Result	Flag	Reference Interval
ALT / GPT (U/L)[v]	16		< 34
AST / GOT (U/L)[v]	19		< 33
ALP (U/L)[v]	29	L	< 16 years: 62 - 356 16 - 20 years: 37 - 119 21 - 90 years: 35 - 125 > 90 years: 37 - 129
Total Bilirubin (mg/dL)[v]	0.7		Up to 1.2

Others	Result	Flag	Reference Interval
Albumin (g/dL)[v]	4.7		3.7 - 5.1
% Albumin (calculated)[v]	70		54 - 71
Globulin (g/dL) (calculated)[v]	2.0		1.9 - 3.5
Albumin:Globulin Ratio (calculated)[v]	2.36		1.15 - 2.50
Total Protein (g/dL)[v]	6.7		6.1 - 8.0

Thyroid	Result	Flag	Reference Interval
TSH (µlU/mL)[v]	1.52		0.27 - 4.20
T4, free (ng/dL)[v]	1.16		0.93 - 1.70
T3, free (pg/mL)[v]	3.1		> 19 yrs - 2.0 – 4.4
Reverse T3 (ng/dL)[§v]	13		8 – 24
Anti-Thyroglobulin Antibody (IU/mL)[‡v]	11		< 115
Anti-Thyroid Peroxidase Antibody (IU/mL)[v]	15		< 34

Male and Female Hormones	Result	Flag	Reference Interval
Dehydroepiandrosterone sulfate (µg/dL)[v]	149		15 - 19 yrs: 65 - 368 20 - 24 yrs: 148 - 407 25 - 34 yrs: 99 - 340 35 - 44 yrs: 61 - 337 45 - 54 yrs: 35 - 256 55 - 64 yrs: 19 - 246 65 - 74 yrs: 9 - 205 > 74 yrs: 12 - 154
Estradiol (pg/mL)[v]	464.0		Follicular phase: 12.4 – 233.0 Ovulation phase: 41.0 – 398.0 Luteal phase: 22.3 – 341.0 Postmenopause: < 138.0 1st trimester pregnancy: 154.0 – 3243.0 2nd trimester pregnancy: 1561.0 – 21280.0 3rd trimester pregnancy: 8525.0 – >30000.0
Estrone (pg/mL)[§v]	126		Post-menopausal: 10 – 55 Pre-menopausal: 13 – 135

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Male and Female Hormones	Result	Flag	Reference Interval
Progesterone (ng/mL)[v]	0.66		Follicular phase: 0.06 – 0.89 Ovulation phase: 0.12 – 12.00 Luteal phase: 1.83 – 23.90 Postmenopause: < 0.70 1st trimester: 11.00 – 44.30 2nd trimester: 25.40 – 83.30 3rd trimester: 58.70 - 214.00
Human sex hormone-binding globulin (nmol/L)[v]	110		20 - 130
Testosterone (ng/dL)[v]	16		12 - 82
Free Testosterone (ng/dL) (calculated)[v]	0.12		0.06 - 0.92
Pregnenolone (ng/dL)[§v]	76		Adult: < 151 Prepubertal: 20 - 140

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Renal	Result	Flag	Reference Interval
Creatinine, serum (mg/dL)[v]	0.8		0.5 - 0.9
Estimated Glomerular Filtration Rate (eGFR) (based on Creatinine if African American) (mL/min/1.73m²)[v]	100		**GFR** **Category** **Description** **Range** G1 Normal or high ≥ 90 G2 Mildly decreased 60 - 89 G3a Mildly to moderately decreased 45 - 59 G3b Moderately to severely decreased 30 - 44 G4 Severely decreased 15 - 29 G5 Kidney Failure < 15
Estimated Glomerular Filtration Rate (eGFR) (based on Creatinine if non-African American) (mL/min/1.73m²)[v]	86		**GFR** **Category** **Description** **Range** G1 Normal or high ≥ 90 G2 Mildly decreased 60 - 89 G3a Mildly to moderately decreased 45 - 59 G3b Moderately to severely decreased 30 - 44 G4 Severely decreased 15 - 29 G5 Kidney Failure < 15
BUN (mg/dL)[v]	14		6 - 20
BUN:Creatinine Ratio (calculated)[v]	18		< 11 years: 14 - 34 11 - 15 years: 10 - 30 16 - 20 years: 9 - 25 21 - 70 years: 10 - 27 > 70 years: 10 - 29

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CBC with Automated Differential / Platelet	Result	Flag	Reference Interval
WBC (x10^3/µL)^v	6.9		4.0 - 10.5
RBC (x10^6/µL)^v	4.6		3.8 - 5.1
Hemoglobin (g/dL)^v	12.9		11.5 - 15.0
Hematocrit (%)^v	39		34 - 44
MCV (fL)^v	84		80 - 98
MCH (pg)^v	28		27 - 34
MCHC (g/dL)^v	33		32 - 36
RDW (%)^v	14.5		11.7 - 15
Platelets (x10^3/µL)^v	304		140 - 415
Neutrophils (%)^v	56		40 - 74
Lymphocytes (%)^v	35		14 - 46
Monocytes (%)^v	8		4 - 13
Eosinophils (%)^v	1		0 - 7
Basophils (%)^v	1		0 - 3

CBC with Automated Differential / Platelet	Result	Flag	Reference Interval
Neutrophils (absolute) (x10^3/µL)^v	3.8		1.8 - 7.8
Lymphocytes (absolute) (x10^3/µL)^v	2.4		0.7 - 4.5
Monocytes (absolute) (x10^3/µL)^v	0.5		0.1 - 1.0
Eosinophils (absolute) (x10^3/µL)^v	0.1		0.0 - 0.4
Basophils (absolute) (x10^3/µL)^v	0.0		0.0 - 0.2
Immature Granulocytes (absolute) (x10^3/µL)^v	0.0		0.0 - 0.1

Reference ranges for CBC are applicable to patients greater than 18 years of age.

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For autoimmune testing, hs-CRP assay is utilized to measure CRP. Standard reference intervals for both hs-CRP and CRP are reported.

Autoimmune	Result	Flag	Reference Interval
hs-CRP (mg/L)[v]	0.4		< 5.0

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							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Lipids	Total Cholesterol (mg/dL)[v]			5/1/2015 218	12/11/2015 248	5/9/2017 237		≥ 240	200 - 239	< 200
	LDL-C Direct (mg/dL)[v]			5/1/2015 130	12/11/2015 144	5/9/2017 143		≥ 130 CHD & CHD risk eq. > 100	100 - 129 CHD & CHD risk eq. 70 - 100	< 100 CHD & CHD risk eq. < 70
	HDL-C (mg/dL)[v]			5/1/2015 84	12/11/2015 99	5/9/2017 85		< 50		≥ 50
	Triglycerides (mg/dL)[v]			5/1/2015 59	12/11/2015 51	5/9/2017 45		> 199	150 - 199	< 150
	Non-HDL-C (mg/dL) (calculated)[v]			5/1/2015 134	12/11/2015 149	5/9/2017 152		≥ 160	130 - 159	< 130

							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Lipoprotein Particles and Apolipoproteins	Apo B (mg/dL)[v]			5/1/2015 93	12/11/2015 97	5/9/2017 110		≥ 100	81 - 99	≤ 80
	LDL-P (nmol/L)[§v], by NMR			5/1/2015 1517	12/11/2015 1689	5/9/2017 1797		≥ 1360	1020 - 1359	< 1020
	Small LDL-P (nmol/L)[§v], by NMR			5/1/2015 328	12/11/2015 307	5/9/2017 334		> 1000	501 - 1000	< 501
	sdLDL-C (mg/dL)[§v]			5/1/2015 24	12/11/2015 28	5/9/2017 29		> 30	21 - 30	< 21
	Apo A-I (mg/dL)[v]			5/1/2015 170	12/11/2015 190	5/9/2017 165		< 130	130 - 150	> 150
	HDL-P (µmol/L)[§v], by NMR			5/1/2015 39.7	12/11/2015 41.9	5/9/2017 44.3		≤ 34.0	34.1 - 38.0	> 38.0
	HDL2-C (mg/dL)[§v]			5/1/2015 36	12/11/2015 51	5/9/2017 37		≤ 12	13 - 16	≥ 17
	Apo B:Apo A-I Ratio (calculated)[v]			5/1/2015 0.55	12/11/2015 0.51	5/9/2017 0.67		≥ 0.81	0.61 - 0.80	≤ 0.60
	Lp(a)-P (nmol/L)[§v]			5/1/2015 < 50	12/11/2015 < 50	5/9/2017 < 50		> 125	75 - 125	< 75

								Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Inflammation/ Oxidation	Fibrinogen (mg/dL)[v]	5/1/2015 423	12/11/2015 357	1/23/2017 486	5/9/2017 373	8/21/2018 373			< 126 or > 517	438 - 517	126 - 437
	hs-CRP (mg/L)[v]	5/1/2015 0.6	12/11/2015 < 0.3	1/23/2017 0.7	5/9/2017 < 0.3	8/21/2018 0.4			> 2.9	1.0 – 2.9	< 1.0
	Lp-PLA$_2$ (ng/mL)[§v]				12/11/2015 277	5/9/2017 295			> 383	291 - 383	< 291
	Myeloperoxidase (pmol/L)[§v]			12/11/2015 170	5/9/2017 156	8/21/2018 141			≥ 332	256 - 331	≤ 255
	F_2-Isoprostanes (urine) (ng/mg of creatinine)[§v]				12/11/2015 0.15	5/9/2017 0.12			≥ 0.33	0.22 - 0.32	≤ 0.21
	Oxidized LDL (U/L)[§v]			12/11/2015 < 0	5/9/2017 69	8/21/2018 65			> 70	60 - 70	< 60

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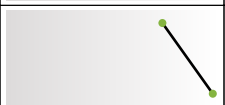
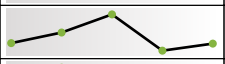
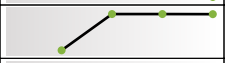
							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Myocardial Structure/Stress/Function	Galectin-3 (ng/mL)[v]				5/1/2015 16.7	12/11/2015 11.8		> 25.9	17.9 - 25.9	< 17.9
	Galectin-3 (ng/mL)[v]				5/9/2017 13.4	8/21/2018 11.9		> 25.9	17.9 - 25.9	< 17.9
	NT-proBNP (pg/mL)[v]			5/1/2015 16	12/11/2015 41	5/9/2017 25		> 449	125 - 449	< 125

							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Metabolic	Insulin (µU/mL)[v]				5/1/2015 4	5/9/2017 6		≥ 12	10 - 11	3 - 9
	Glucose (mg/dL)[v]	5/1/2015 85	12/11/2015 91	1/23/2017 87	5/9/2017 95	8/21/2018 97		> 125	100-125	70 - 99
	HbA1c (%)[v]	5/1/2015 5.2	12/11/2015 5.5	1/23/2017 5.8	5/9/2017 5.2	8/21/2018 5.5		≥ 6.5	5.7 - 6.4	≤ 5.6
	Estimated Average Glucose (mg/dL) (calculated)[v]	5/1/2015 102.5	12/11/2015 111.2	1/23/2017 119.8	5/9/2017 102.5	8/21/2018 111.2		≥ 139.9	116.9 - 139.8	≤ 116.8
	25-hydroxy-Vitamin D (ng/mL)[v]				5/1/2015 32	12/11/2015 52		≤ 14	15 - 29	30 - 100
	25-hydroxy-Vitamin D (ng/mL)[v]			1/23/2017 45	5/9/2017 57	8/21/2018 70		< 20	20 - 29	30 - 100
	Uric Acid (mg/dL)[v]					5/9/2017 4.0		≥ 8.0	7.0 - 7.9	2.0 - 6.9
	TSH (µlU/mL)[v]	5/1/2015 1.53	12/11/2015 1.74	1/23/2017 2.10	5/9/2017 1.38	8/21/2018 1.52		< 0.27 or > 4.20		0.27 - 4.20
	Homocysteine (µmol/L)[v]		5/1/2015 10	12/11/2015 7	5/9/2017 8	8/21/2018 6		> 13	11 - 13	< 11
	Vitamin B_{12} (pg/mL)[v]		5/1/2015 785	12/11/2015 > 2000	1/23/2017 > 2000	5/9/2017 1996		< 211	211 - 400	> 400
	Leptin (ng/mL)[v]	5/1/2015 6	12/11/2015 9	1/23/2017 12	5/9/2017 9	8/21/2018 11		> 43	20 - 43	< 20
	Adiponectin (µg/mL)[v]		5/1/2015 9	12/11/2015 11	1/23/2017 12	5/9/2017 11		< 10	10 - 14	> 14
	Fructosamine (µmol/L)[v]				5/9/2017 333	8/21/2018 304		> 346	302 - 346	< 302

							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Renal	Cystatin C (mg/L)[v]				12/11/2015 0.73	5/9/2017 0.63		≥ 1.04	0.96 - 1.03	≤ 0.95
	Estimated Glomerular Filtration Rate (eGFR, mL/min/1.73m2)[v]				12/11/2015 142	5/9/2017 > 150		< 60	60 - 89	> 89
	Creatinine, serum (mg/dL)[v]	5/1/2015 0.8	12/11/2015 0.9	1/23/2017 0.8	5/9/2017 0.8	8/21/2018 0.8		> 0.9		0.5 - 0.9

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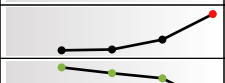
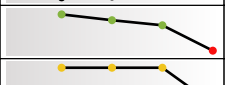
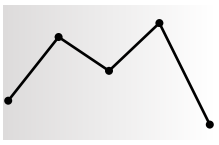
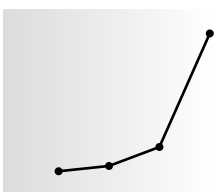
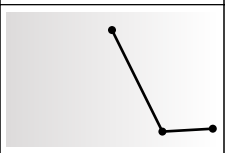
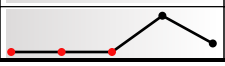
							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Omega Acids	HS-Omega-3 Index®ᵛ (RBC EPA+DHA)[a]		5/1/2015 7.7	12/11/2015 7.7	1/23/2017 8.7	5/9/2017 11.4		< 4.0%	4.0% - 8.0%	> 8.0%
	Omega-3 Totalᵛ		5/1/2015 10.7	12/11/2015 10.8	1/23/2017 12.0	5/9/2017 15.1		0.1% - 14.1%		
	Omega-6 Totalᵛ		5/1/2015 33.4	12/11/2015 32.6	1/23/2017 31.9	5/9/2017 28.4		28.6% - 44.5%		
	Trans Totalᵛ		5/1/2015 0.9	12/11/2015 0.9	1/23/2017 0.9	5/9/2017 0.8		<0.1% - 1.8%		

							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Male and Female Hormones	Dehydroepiandrosterone sulfate (µg/dL)ᵛ	5/1/2015 161	12/11/2015 193	1/23/2017 176	5/9/2017 200	8/21/2018 149		15 - 19 yrs: 65 - 368 20 - 24 yrs: 148 - 407 25 - 34 yrs: 99 - 340 35 - 44 yrs: 61 - 337 45 - 54 yrs: 35 - 256 55 - 64 yrs: 19 - 246 65 - 74 yrs: 9 - 205 > 74 yrs: 12 - 154		
	Estradiol (pg/mL)ᵛ					5/1/2015 112.9		Women: Follicular phase: 12.5 – 166.0 Ovulation phase: 85.8 – 498.0 Luteal phase: 43.8 - 211.0 Postmenopause: < 54.7 1st Tri. Pregnancy: 215.0 – 4300.0 Girls (1-10 years): 6.0 – 27.0		
	Estradiol (pg/mL)ᵛ		12/11/2015 43.2	1/23/2017 59.4	5/9/2017 117.3	8/21/2018 464.0		Follicular phase: 12.4 – 233.0 Ovulation phase: 41.0 – 398.0 Luteal phase: 22.3 – 341.0 Postmenopause: < 138.0 1st trimester pregnancy: 154.0 – 3243.0 2nd trimester pregnancy: 1561.0 – 21280.0 3rd trimester pregnancy: 8525.0 – >30000.0		
	FSH (mIU/mL)ᵛ			12/11/2015 6.5	1/23/2017 3.1	5/9/2017 4.1		Follicular phase 3.5 - 12.5 Ovulation phase 4.7 - 21.5 Luteal phase 1.7 - 7.7 Postmenopause 25.8 - 134.8		
	LH (mIU/mL)ᵛ			12/11/2015 5.2	1/23/2017 0.9	5/9/2017 3.1		Follicular phase 2.4 - 12.6 Ovulation phase 14.0 - 95.6 Luteal phase 1.0 - 11.4 Postmenopause 7.7 - 58.5		
	Progesterone (ng/mL)ᵛ				5/1/2015 6.96	12/11/2015 4.70		Follicular phase: 0.2 – 1.5 Ovulation phase: 0.8 – 3.0 Luteal phase: 1.7 – 27 Postmenopause: 0.1 – 0.8		
	Progesterone (ng/mL)ᵛ			1/23/2017 5.08	5/9/2017 0.53	8/21/2018 0.66		Follicular phase: 0.06 – 0.89 Ovulation phase: 0.12 – 12.00 Luteal phase: 1.83 – 23.90 Postmenopause: < 0.70 1st trimester: 11.00 – 44.30 2nd trimester: 25.40 – 83.30 3rd trimester: 58.70 - 214.00		
	Human sex hormone-binding globulin (nmol/L)ᵛ	5/1/2015 121	12/11/2015 127	1/23/2017 76	5/9/2017 140	8/21/2018 110		20 - 130		
	Testosterone (ng/dL)ᵛ	5/1/2015 < 12	12/11/2015 < 12	1/23/2017 < 12	5/9/2017 29	8/21/2018 16		12 - 82		

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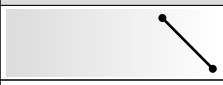
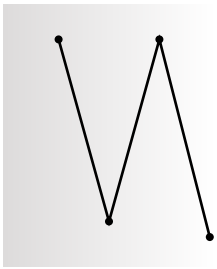
							Trend Line	High Risk Range	Intermediate Risk Range	Optimal Range
Male and Female Hormones	Free Testosterone (ng/dL) (calculated)[v]				5/9/2017 0.18	8/21/2018 0.12		0.06 - 0.92		
	Insulin-like Growth Factor 1 (ng/mL)[v]		5/1/2015 218	12/11/2015 183	1/23/2017 218	5/9/2017 180		14 - 15 Years 107 - 487 16 - 17 Years 108 - 463 18 - 19 Years 108 - 440 20 - 25 Years 106 - 398 26 - 30 Years 101 - 353 31 - 35 Years 94 - 315 36 - 40 Years 86 - 283 41 - 45 Years 78 - 256 46 - 50 Years 68 - 235 51 - 55 Years 60 - 217 56 - 60 Years 54 - 203 61 - 65 Years 48 - 193 66 - 70 Years 43 - 186 71 - 75 Years 40 - 183 76 - 80 Years 39 - 184 81 - 85 Years 37 - 189 86 - 90 Years 37 - 197		
	Pregnenolone (ng/dL)[sv]		12/11/2015 96	1/23/2017 70	5/9/2017 74	8/21/2018 76		Adult: < 151 Prepubertal: 20 - 140		
	Prolactin (ng/mL)[v]			12/11/2015 10.17	1/23/2017 17.04	5/9/2017 11.68		4.79 - 23.30		

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