

Common Lab Values

▶ Fasting Glucose	Normal Adult Range 60-115	Optimal 87.5
▶ Total Iron	Normal Adult Range 30-170	Optimal 100
▶ Cholesterol	Normal Adult Range 120-240	Optimal 180
▶ Triglycerides	Normal Adult Range 0-200	Optimal 100
▶ LDL	Normal Adult Range 62-130	Optimal 81
▶ HDL	Normal Adult Range 35-135	Optimal 85
▶ Cholesterol/LDL ratio	Normal Adult Range 1-6	Optimal 3.5
▶ BUN	Normal Adult Range 7-25	Optimal 16
▶ Creatinine	Normal Adult Range .7-1.4	Optimal 1.05
▶ Uric Acid	Normal Adult Range (m) 3.5-7.5 Normal Adult Range (f) 2.5-7.5	Optimal 5.5 Optimal 5.0
▶ Total Protein	Normal Adult Range 6.0-8.5	Optimal 7.25
▶ Albumin	Normal Adult Range 3.2-5.0	Optimal 4.1
▶ Globulin	Normal Adult Range 2.2-4.2	Optimal 3.2
▶ A/G ratio	Normal Adult Range 0.8-2.0	Optimal 1.9
▶ Sodium	Normal Adult Range 135-145	Optimal 140.5
▶ Potassium	Normal Adult Range 3.5-5.5-	Optimal 4.5
▶ Chloride	Normal Adult Range 95-112	Optimal 103
▶ CO2 (carbon dioxide)	Normal Adult Range 22-32	Optimal 27
▶ Phosphorus	Normal Adult Range 2.5-4.5	Optimal 3.5