

LAB RESULTS

Last Name	Lab ID	Specimen Number	Time Collected	Date Entered	Time Reported
AGING BASIC	374746	100-828-5339-0	4/7/2014 12:00 AM	4/10/2014	4/11/2014 8:09 AM
First Name	Middle Initial	Phone	Control Number	Account Number	Account Phone Number
HEALTHY				09134075	954-766-8433
Date of Birth	Age	Sex	Fasting	Physician Name	Physician ID
06/17/1988	25	F		Cullen K	1770670655
Address			Account Address		

LIFE EXTENSION / NATIONAL DIAGNOSTICS, INC
5990 NORTH FEDERAL HIGHWAY, FT. LAUDERDALE, FL 33308

Tests Ordered

CMP14+LP+4AC+CBC/D/Plt; Vitamin B12 and Folate; Hemoglobin A1c; TSH; Vitamin D, 25-Hydroxy; C-Reactive Protein, Cardiac; Insulin; Ferritin, Serum

AGING BASIC, HEALTHY - ID#: 374746

Tests	Result	Flag	Units	Reference Interval	Lab
CMP14+LP+4AC+CBC/D/Pit					
Glucose, Serum	78		mg/dL	65-99	TA
Uric Acid, Serum	4.6		mg/dL	2.5-7.1	TA
BUN	14		mg/dL	6-20	TA
Creatinine, Serum	0.89		mg/dL	0.57-1.00	TA
eGFR If NonAfricn Am	90		mL/min/1.73	>59	TA
eGFR If Africn Am	104		mL/min/1.73	>59	TA
BUN/Creatinine Ratio	16			8-20	TA
Sodium, Serum	136		mmol/L	134-144	TA
Potassium, Serum	4.2		mmol/L	3.5-5.2	TA
Chloride, Serum	100		mmol/L	97-108	TA
Carbon Dioxide, Total	25		mmol/L	19-28	TA
Calcium, Serum	9.4		mg/dL	8.7-10.2	TA
Phosphorus, Serum	3.1		mg/dL	2.5-4.5	TA
Protein, Total, Serum	7.6		g/dL	6.0-8.5	TA
Albumin, Serum	4.3		g/dL	3.5-5.5	TA
Globulin, Total	3.3		g/dL	1.5-4.5	TA
A/G Ratio	1.3			1.1-2.5	TA
Bilirubin, Total	0.2		mg/dL	0.0-1.2	TA
Alkaline Phosphatase, S	77		IU/L	39-117	TA
LDH	146		IU/L	0-214	TA

Name: HEALTHY AGING BASIC
Lab ID: 374746

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4/11/2014 11:34:18 AM

Pick: *70326482*

70326482

Mail To: HEALTHY AGING BASIC
844 NE 71ST ST
BOCA RATON, FL 33487-2436 USA

Ship Method: USPS First-Class
Order No: 75769704

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AGING BASIC, HEALTHY - ID#: 374746

Tests	Result	Flag	Units	Reference Interval	Lab
CMP14+LP+4AC+CBC/D/Plt					
AST (SGOT)	15		IU/L	0-40	TA
ALT (SGPT)	11		IU/L	0-32	TA
Iron, Serum	55		ug/dL	35-155	TA
Cholesterol, Total	153		mg/dL	100-199	TA
Triglycerides	51		mg/dL	0-149	TA
HDL Cholesterol	49		mg/dL	>39	TA
According to ATP-III Guidelines, HDL-C >59 mg/dL is considered a negative risk factor for CHD.					
VLDL Cholesterol Cal	10		mg/dL	5-40	TA
LDL Cholesterol Calc	94		mg/dL	0-99	TA
Comment:					
T. Chol/HDL Ratio	3.1		ratio units	0.0-4.4	TA
Estimated CHD Risk	< 0.5		times avg.	0.0-1.0	TA
T. Chol/HDL Ratio					
Men Women					
1/2 Avg.Risk 3.4 3.3					
Avg.Risk 5.0 4.4					
2X Avg.Risk 9.6 7.1					
3X Avg.Risk 23.4 11.0					
.					
The CHD Risk is based on the T. Chol/HDL ratio. Other factors affect CHD Risk such as hypertension, smoking, diabetes, severe obesity, and family history of pre-mature CHD.					
WBC	5.9		x10E3/uL	3.4-10.8	TA
RBC	4.01		x10E6/uL	3.77-5.28	TA
Hemoglobin	12.0		g/dL	11.1-15.9	TA
Hematocrit	35.4		%	34.0-46.6	TA
MCV	88		fL	79-97	TA
MCH	29.9		pg	26.6-33.0	TA
MCHC	33.9		g/dL	31.5-35.7	TA
RDW	13.6		%	12.3-15.4	TA
Platelets	286		x10E3/uL	155-379	TA
Neutrophils	54		%	40-74	TA
Lymphs	38		%	14-46	TA
Monocytes	7		%	4-12	TA
Eos	1		%	0-5	TA
Basos	0		%	0-3	TA
Immature Cells					
Neutrophils (Absolute)	3.1		x10E3/uL	1.4-7.0	TA
Lymphs (Absolute)	2.2		x10E3/uL	0.7-3.1	TA
Monocytes(Absolute)	0.4		x10E3/uL	0.1-0.9	TA
Eos (Absolute)	0.1		x10E3/uL	0.0-0.4	TA
Baso (Absolute)	0.0		x10E3/uL	0.0-0.2	TA
Immature Granulocytes	0		%	0-2	TA

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AGING BASIC, HEALTHY - ID#: 374746

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<u>CMP14+LP+4AC+CBC/D/Plt</u>					
Immature Grans (Abs)	0.0		x10E3/uL	0.0-0.1	TA
NRBC					TA
Hematology Comments:					TA
<u>Vitamin B12 and Folate</u>					
Vitamin B12	686		pg/mL	211-946	TA
Folate (Folic Acid), Serum	>19.9		ng/mL	>3.0	TA
A serum folate concentration of less than 3.1 ng/mL is considered to represent clinical deficiency.					
<u>Hemoglobin A1c</u>					
Hemoglobin A1c	5.3		%	4.8-5.6	TA
Increased risk for diabetes: 5.7 - 6.4 Diabetes: >6.4 Glycemic control for adults with diabetes: <7.0					
<u>TSH</u>					
TSH	1.530		uIU/mL	0.450-4.500	TA
<u>Vitamin D, 25-Hydroxy</u>					
Vitamin D, 25-Hydroxy	18.4	Low	ng/mL	30.0-100.0	TA
Vitamin D deficiency has been defined by the Institute of Medicine and an Endocrine Society practice guideline as a level of serum 25-OH vitamin D less than 20 ng/mL (1,2). The Endocrine Society went on to further define vitamin D insufficiency as a level between 21 and 29 ng/mL (2). 1. IOM (Institute of Medicine). 2010. Dietary reference intakes for calcium and D. Washington DC: The National Academies Press. 2. Holick MF, Binkley NC, Bischoff-Ferrari HA, et al. Evaluation, treatment, and prevention of vitamin D deficiency: an Endocrine Society clinical practice guideline. JCEM. 2011 Jul; 96(7):1911-30.					
<u>C-Reactive Protein, Cardiac</u>					
C-Reactive Protein, Cardiac	17.55	High	mg/L	0.00-3.00	TA
Relative Risk for Future Cardiovascular Event					
Low <1.00					
Average 1.00 - 3.00					
High >3.00					
<u>Insulin</u>					
Insulin	15.6		uIU/mL	2.6-24.9	TA
<u>Ferritin, Serum</u>					
Ferritin, Serum	170	High	ng/mL	15-150	TA

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Lab	Facility	Director	Phone
TA	LabCorp T 5610 W LaSalle Street, Tampa, FL, For inquiries, the physician may contact the above locations.	Farrier, Farrier	800-877-5227

Thank you for ordering your lab tests through Life Extension/National Diagnostics, Inc. If you would like to discuss your results please call us at 1-800-208-3444. In order to ensure your privacy we ask that you have a copy of your results in front of you when making the call, as you will be asked to provide a specimen number or other identifier from the report. Our advisory team WILL NOT be able to review your lab results with you, unless you are able to provide this information from the report. We also understand that there are times when you will want to review a family members blood test results with our staff. Although Life Extension is happy to comply with these requests, permission (either verbally or in writing) must be given by the person who took the blood tests in order for us to do so. Thank you for your cooperation with these policies as we endeavor to keep your blood test results secure.

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