

5990 North Federal Highway, Ft. Lauderdale, FL 33308  
1-800-208-3444 • LifeExtension.com

**LAB RESULTS**

Last Name	Lab ID	Specimen Number	Time Collected (EST)	Date Entered	Time Reported (EST)
VEGAN	547886	007-291-4337-0	1/7/2017 12:00 AM	1/7/2017	1/10/2017 6:05 AM
First Name	Middle Initial	Phone	Control Number	Account Number	Account Phone Number
VEGETARIA				09134075	954-766-8433
Date of Birth	Age	Sex	Fasting	Physician Name	Physician ID
11/24/1987	29	M		Cullen K	1619923927
Address			Account Address		

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

**Tests Ordered**

CMP14+LP+4AC+CBC/D/Plt; Iron and TIBC; Vitamin B12 and Folate; TSH; Vitamin D, 25-Hydroxy; Ferritin, Serum

VEGAN , VEGETARIA - ID#: 547886

Tests	Result	Flag	Units	Reference Interval	Lab
<b>CMP14+LP+4AC+CBC/D/Plt</b>					
Glucose, Serum	87		mg/dL	65-99	TA
Uric Acid, Serum	6.5		mg/dL	3.7-8.6	TA
BUN	8		mg/dL	6-20	TA
Creatinine, Serum	0.78		mg/dL	0.76-1.27	TA
eGFR If NonAfricn Am	122		mL/min/1.73	>59	TA
eGFR If Africn Am	141		mL/min/1.73	>59	TA
BUN/Creatinine Ratio	10			8-19	TA
Sodium, Serum	141		mmol/L	134-144	TA
Potassium, Serum	4.0		mmol/L	3.5-5.2	TA
Chloride, Serum	101		mmol/L	96-106	TA
Carbon Dioxide, Total	22		mmol/L	18-29	TA
Calcium, Serum	9.6		mg/dL	8.7-10.2	TA
Phosphorus, Serum	3.2		mg/dL	2.5-4.5	TA
Protein, Total, Serum	6.7		g/dL	6.0-8.5	TA
Albumin, Serum	4.8		g/dL	3.5-5.5	TA
Globulin, Total	1.9		g/dL	1.5-4.5	TA
A/G Ratio	2.5			1.1-2.5	TA
Bilirubin, Total	0.5		mg/dL	0.0-1.2	TA
Alkaline Phosphatase, S	61		IU/L	39-117	TA
LDH	151		IU/L	121-224	TA

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Name: VEGETARIAN VEGAN  
Lab ID: 547886

**FINAL REPORT**  
1/10/2017 8:55:18 AM

VEGETARIAN VEGAN  
844 NE 71ST ST  
BOCA RATON, FL 33487-2436 USA

Pick: \*70580313\*

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**Ship Method:** USPS First-Class

**Order No:** 79533886



Tests	Result	Flag	Units	Reference Interval	Lab
<b>CMP14+LP+4AC+CBC/D/Plt</b>					
AST (SGOT)	28		IU/L	0-40	TA
<b>ALT (SGPT)</b>	<b>74</b>	<b>High</b>	IU/L	0-44	TA
Iron, Serum	69		ug/dL	38-169	TA
Cholesterol, Total	148		mg/dL	100-199	TA
Triglycerides	50		mg/dL	0-149	TA
HDL Cholesterol	46		mg/dL	>39	TA
VLDL Cholesterol Cal	10		mg/dL	5-40	TA
LDL Cholesterol Calc	92		mg/dL	0-99	TA
Comment:					TA
T. Chol/HDL Ratio	3.2		ratio units	0.0-5.0	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	
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 premature CHD.	
WBC	4.1		x10E3/uL	3.4-10.8	TA
<b>RBC</b>	<b>4.05</b>	<b>Low</b>	x10E6/uL	4.14-5.80	TA
<b>Hemoglobin</b>	<b>12.5</b>	<b>Low</b>	g/dL	12.6-17.7	TA
<b>Hematocrit</b>	<b>35.4</b>	<b>Low</b>	%	37.5-51.0	TA
MCV	87		fL	79-97	TA
MCH	30.9		pg	26.6-33.0	TA
MCHC	35.3		g/dL	31.5-35.7	TA
RDW	12.5		%	12.3-15.4	TA
Platelets	256		x10E3/uL	150-379	TA
Neutrophils	47		%		TA
Lymphs	45		%		TA
Monocytes	5		%		TA
Eos	1		%		TA
Basos	1		%		TA
Immature Cells					TA
Neutrophils (Absolute)	1.9		x10E3/uL	1.4-7.0	TA
Lymphs (Absolute)	1.9		x10E3/uL	0.7-3.1	TA
Monocytes(Absolute)	0.2		x10E3/uL	0.1-0.9	TA
Eos (Absolute)	0.0		x10E3/uL	0.0-0.4	TA
Baso (Absolute)	0.0		x10E3/uL	0.0-0.2	TA
Immature Granulocytes	1		%		TA

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Tests	Result	Flag	Units	Reference Interval	Lab
<u>CMP14+LP+4AC+CBC/D/Pit</u>					
Immature Grans (Abs)	0.0		x10E3/uL	0.0-0.1	TA
NRBC					TA
Hematology Comments:					TA
<u>Iron and TIBC</u>					
Iron Bind.Cap.(TIBC)	349		ug/dL	250-450	TA
UIBC	280		ug/dL	111-343	TA
Iron Saturation	20		%	15-55	TA
<u>Vitamin B12 and Folate</u>					
Vitamin B12	708		pg/mL	211-946	TA
Folate (Folic Acid), Serum	>20.0		ng/mL	>3.0	TA
A serum folate concentration of less than 3.1 ng/mL is considered to represent clinical deficiency.					
<u>TSH</u>					
TSH	2.850		uIU/mL	0.450-4.500	TA
<u>Vitamin D, 25-Hydroxy</u>					
Vitamin D, 25-Hydroxy	43.9		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>Ferritin, Serum</u>					
Ferritin, Serum	163		ng/mL	30-400	TA

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 Wellness Specialists 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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