

**FUNCTIONAL CHEMSCREEN and CBC RESULTS
TRACKING FORM STANDARD U.S. UNITS**

NAME:

DATE OF TEST:

FASTING: Y / N

TEST	OPTIMAL	RESULT	↓/↑
Glucose	75 – 86		
HgB A1C	<4.5%		
Fasting Insulin	<5		
BUN	10 – 16		
Creatinine	0.8 – 1.1		
Sodium	135 – 142		
Potassium	4.0 – 4.5		
Chloride	100 – 106		
CO ₂	25 – 30		
Anion Gap	7 – 12		
Uric Acid	3.5 – 5.9 male 3.0 – 5.5 female		
Total Protein	6.9 – 7.4		
Albumin	4.0 – 5.0		
Calcium	9.5 – 10.0		
Phosphorous	3.0 – 4.0		
Alk Phos	70 – 100		
SGOT(AST)	10 – 30		
SGPT(ALT)	10 – 30		
LDH	140 – 200		
total Bilirubin	0.1 – 1.2 (>2.6)		
direct	0 – 0.2 (>0.8)		
indirect	0.1 – 1.0 (>1.8)		
GGTP	10 – 30		
Globulin	2.4 – 2.8		
A/G ratio	1.4 – 2.1		
BUN/Creat.	10 – 16		
Total iron	85 – 130		
Ferritin	30 – 70		
TIBC	250 – 350		
% Sat	25 – 30%		
Cholesterol	160 – 180		
Triglycerides	70 – 80		
LDL	<100		
HDL	>55		
TSH	1.3 – 2.0		
Free T-3	3.0 – 3.25		
Total T-3	90 – 168		
Free T-4	1.0 – 1.5		
T-4 thyroxine	6.0 – 11.9		
Hs-CRP	<0.55 male <1.5 female		
Homocysteine	< 7.2		
Fibrinogen	200 – 300		
Vitamin D	50 – 65		
DHEA Sulfate	500 – 640 male 250 – 380 female		
Free Testosterone	15 – 26.5 male 1.4 – 2.2 female		
Estradiol	10 – 30 male		

NOTES

CONVERSION CHART FOR CONVERTING STANDARD US UNITS INTO STANDARD INTERNATIONAL UNITS

TEST	US UNITS	CONVERSION FACTOR → Multiply ← Divide	S.I. UNITS
Glucose	mg/dL	0.05551	mmol/L
HgB A1C	%	0.01	
BUN	mg/dL	0.357	mmol/L
Creatinine	mg/dL	88.4	μmol/dL
Sodium	mEq/L	1	mmol/L
Potassium	mEq/L	1	mmol/L
Chloride	mEq/L	1	mmol/L
CO ₂	mEq/L	1	mmol/L
Anion Gap	mEq/L	1	mmol/L
Uric Acid	mg/dL	59.48	μmol/dL
Total Protein	g/dL	10	g/L
Albumin	g/dL	10	g/L
Calcium	mg/dL	0.250	mmol/L
Phosphorous	mg/dL	0.3229	mmol/L
Alk Phos	U/L	1	U/L
SGOT(AST)	U/L	1	U/L
SGPT(ALT)	U/L	1	U/L
LDH	U/L	1	U/L
Bilirubin values	mg/dL	17.1	μmol/dL
GGTP	U/L	1	U/L
Globulin	g/dL	10	g/L
A/G ratio	Ratio	1	Ratio
BUN/Creat.	Ratio	1	Ratio
Total iron	mg/dL	0.1791	μmol/dL
Cholesterol	mg/dL	0.02586	mmol/L
Triglycerides	mg/dL	0.01129	mmol/L
LDL	mg/dL	0.02586	mmol/L
HDL	mg/dL	0.02586	mmol/L
Chol/HDL	Ratio	1	Ratio
Ferritin	ng/mL	1	μg/L
TIBC	μg/dL	0.1791	μmol/dL
TSH	μIU/mL	1	mIU/L
T-3	ng/dL	0.01536	nmol/L
Free T-3	pg/dl	0.01536	pmol/L
T-4 thyroxine	μg/dL	12.87	nmol/L
Free T-4	ng/dl	12.87	pmol/L
FTI/ T-7		1	
WBC	x 10 ³ /mm ³	1	10 ⁹ /L
RBC	x 10 ⁶ /mm ³	1	10 ¹² /L
Hemoglobin	g/dL	10	g/L
Hematocrit	%	0.01	1
MCV	Microns ³	1	fL
MCH	pg	1	pg
MCHC	g/dL	1	1
Platelets	x 10 ³ /mm ³	1	10 ⁹ /L
RDW	Calculated	1	Calculated
Neutrophils	%	1	%
Lymphs	%	1	%
Monocytes	%	1	%
Eosinophils	%	1	%
Basophils	%	1	%

**FUNCTIONAL CHEMSCREEN and CBC RESULTS
TRACKING FORM STANDARD INTERNATIONAL UNITS**

NAME:

DATE OF TEST:

FASTING: Y / N

TEST	OPTIMAL	RESULT	↓/↑
Glucose	4.16 – 4.77		
HgB A1C	<0.045		
Fasting Insulin	<35.88		
BUN	3.57 – 5.71		
Creatinine	70.7 – 97.2		
Sodium	135 – 142		
Potassium	4.0 – 4.5		
Chloride	100 – 106		
CO ₂	25 – 30		
Anion Gap	7 – 12		
Uric Acid	208 – 351 male 178 – 327 female		
Total Protein	69 – 74		
Albumin	40 – 50		
Calcium	2.38 – 2.50		
Phosphorous	0.97 – 1.29		
Alk Phos	70 – 100		
SGOT(AST)	10 – 30		
SGPT(ALT)	10 – 30		
LDH	140 – 200		
total Bilirubin	1.7 – 20.5 (>44.5)		
direct	0 – 3.4 (>13.7)		
indirect	1.7 – 17.1 (>30.8)		
GGTP	10 – 30		
Globulin	24 – 28		
A/G ratio	1.5 – 2.0		
BUN/Creat.	13 – 17		
Total iron	15.22 – 23.27		
Ferritin	30 – 70		
TIBC	44.8 – 62.7		
% Sat	0.25 – 0.30		
Cholesterol	4.14 – 4.66		
Triglycerides	0.79 – 0.90		
LDL	<2.59		
HDL	>1.42		
TSH	1.3 – 2.0		
Free T-3	4.6 – 5.0		
Total T-3	1.4 – 2.6		
Free T-4	12.9 – 19.3		
T-4 thyroxine	77 – 154		
Hs-CRP	<22 male <60 female		
Homocysteine	< 7.2		
Fibrinogen	5.88 – 8.82		
Vitamin D	100 – 160		
DHEA Sulfate (µg/liter)	5000 – 6400 male 2500 – 3800 female		
Free Testosterone	4.31 – 76.1 male 0.4 – 0.63 female		
Estradiol	36.7 – 110.1 male		

NOTES

