

Clinician Blood Panel Results

Standard Process Event
100 Main Street
Rochester, NY 14564
123-555-0123

For Patient: Lindblad, Karen

Doctor: Dr. Seminar

Evaluation Date: 10/14/2017

Blood Test Date: 10/14/2017

Blood Panel - Markers Out of Range and Patterns (Pattern: proprietary formula using one or more Blood Markers)

_____ Blood Panel: Check for Markers that are out of Lab Range _____

NOTE Only one supplement is pre-checked for each Marker, you can select more as needed.

Marker "LDL Cholesterol" is out of lab range (the Total Score is 490). Also consider starting with the 21 Day Purification.

Marker "Lymphs" is out of lab range but no supplements were added because this marker is used in pattern "Increased Neutrophils or Lymphocytes" below.

Marker "Neutrophils" is out of lab range but no supplements were added because this marker is used in pattern "Increased Neutrophils or Lymphocytes" below.

Marker "Vitamin D, 25-Hydroxy" is out of lab range (the Total Score is 480).

Marker "RBC (Red Blood Cells)" is out of lab range but no supplements were added because this marker is used in pattern "Anemia: B12/Folic Acid" below.

Marker "MCH (Mean Corpuscular Hemoglobin)" is out of lab range but no supplements were added because this marker is used in pattern "Anemia: B12/Folic Acid" below.

Marker "MCV (Mean Corpuscular Volume)" is out of lab range but no supplements were added because this marker is used in pattern "Anemia: B12/Folic Acid" below.

Marker "Lymphs (Absolute)" is out of lab range (the Total Score is 470).

_____ Blood Panel: Check for Patterns WITH Markers that are out of Lab Range _____

A pattern for "Anemia: B12/Folic Acid" was found (the Total Score is 460). Zypan may be used in place of DiGest Forte (if on a PPI or acid blocker). Zypan® is not selected because DiGest Forte is in the schedule and is selected.

A pattern for "Increased Neutrophils or Lymphocytes" was found (the Total Score is 450).

_____ Blood Panel: Check for Patterns WITH NO Markers that are out of Lab Range _____

A pattern for "Decreased Alkaline Phosphatase" was found (the Total Score is 440).

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Blood Panel - Detail

Below Optimal <

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Marker	Value	Optimal Range	Lab Range	Units
Chemistries				
Glucose, Serum	91 >	75 - 86	65 - 99	mg/dL
BUN	16	10 - 16	6 - 24	mg/dL
Creatinine, Serum	0.90	0.80 - 1.00	0.57 - 1.00	mg/dL
Chloride, Serum	103	100 - 106	97 - 108	mmol/L
Carbon Dioxide, Total	28 >	21 - 26	18 - 29	mmol/L
Calcium, Serum	9.3	9.2 - 10.0	8.7 - 10.2	mg/dL
Albumin, Serum	4.7	4.0 - 4.8	3.5 - 5.5	g/dL
Albumin/Globulin Ratio	1.9	1.4 - 2.1	1.1 - 2.5	
Alkaline Phosphatase	42 <	70 - 100	39 - 117	IU/L
Lipids				
Cholesterol, Total	199	180 - 220	100 - 199	mg/dL
Triglycerides	80	70 - 100	0 - 149	mg/dL
HDL Cholesterol	78	> 55	> 39	mg/dL
VLDL Cholesterol	16	5 - 40	5 - 40	mg/dL
LDL Cholesterol	105 >>	80 - 120	0 - 99	mg/dL
Thyroid				
TSH	2.070 >	1.000 - 2.000	0.450 - 4.500	uIU/ml
Immunoassay				
Vitamin D, 25-Hydroxy	29.0 <<	35.0 - 50.0	30.0 - 100.0	ng/mL

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Marker	Value	Optimal Range	Lab Range	Units
CBC, Platelet Ct, and Dil				
WBC (White Blood Cells)	7.0	5.0 - 7.5	3.4 - 10.8	x10E3/uL
RBC (Red Blood Cells)	3.95 <<	4.20 - 4.90	4.14 - 5.80	x10E6/uL
Hemoglobin	13.1 <	14.0 - 15.0	12.6 - 17.7	g/dL
Hematocrit	39.2 <	40.0 - 48.0	37.5 - 51.0	%
MCV (Mean Corpuscular Volume)	99.2 >>	82.0 - 89.9	79.0 - 97.0	fL
MCH (Mean Corpuscular Hemoglobin)	33.2 >>	28.0 - 31.9	26.6 - 33.0	pg
MCHC (Mean Corpuscular Hemoglobin Concentration)	33.4	32.0 - 35.0	31.5 - 35.7	g/dL
RDW (Random Distribution of RBC Weight)	13.6 >	0.0 - 13.0	12.3 - 15.4	%
Platelets	267	185 - 385	150 - 379	x10E3/uL
Neutrophils	35 <<	40 - 60	40 - 74	%
Lymphs	54 >>	24 - 44	14 - 46	%
Monocytes	7	4 - 13	4 - 12	%
Eosinophils (Eos)	2	0 - 3	0 - 5	%
Basophils (Basos)	1	0 - 1	0 - 3	%
Neutrophils (Absolute)	2.5	1.8 - 7.8	1.4 - 7.0	x10E3/uL
Lymphs (Absolute)	3.8 >>	0.7 - 4.5	0.7 - 3.1	x10E3/uL
Monocytes (Absolute)	0.5	0.1 - 1.0	0.1 - 0.9	x10E3/uL
Eosinophils (Eos) (Absolute)	0.2	0.0 - 0.4	0.0 - 0.4	x10E3/uL
Basophils (Basos) (Absolute)	0.1	0.0 - 0.2	0.0 - 0.2	x10E3/uL
Immature Granulocytes	0	0 - 1	0 - 2	%
Immature Granulocytes (Absolute)	0.0	0.0 - 0.1	0.0 - 0.1	x10E3/uL

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< Alkaline Phosphatase (42 IU/L)

Alkaline phosphatase is a certain kind of protein found in all body tissues. It is made from zinc and is primarily produced in bone, liver, intestines and skin. When Alkaline Phosphatase levels are low, this can indicate a possible zinc deficiency.

> Carbon Dioxide, Total (28 mmol/L)

This test measures the amount of carbon dioxide in your blood. When you digest food, your body makes carbon dioxide as a waste product in the form of a gas. Your blood carries this gas to your lungs, where you exhale it and exchange it for oxygen throughout the day. In the body, most of the CO₂ is in the form of a substance called bicarbonate. Therefore, the CO₂ blood test is really a measure of your blood bicarbonate level.

Notes to Clinician

General Comment: Supplementation may not be needed. Rule out other contributing dietary and lifestyle factors.
Marker is high: Rule out antacid use, excessive diarrhea or vomiting, or respiratory issues.

> Glucose, Serum (91 mg/dL)

Glucose is a simple sugar which the body uses as its primary source of fuel for energy. Almost all of the body's cells require sufficient glucose to function properly, especially the brain and nervous system. Glucose is transported into the cells by a hormone called insulin or can be stored in the liver. If there is too much glucose, it gets stored as triglycerides. If blood glucose drops too low, as can happen between meals, during a strenuous workout or at night, the liver gets the signal to release some of its stored glucose into the blood to try and restore normal blood sugar. Evaluating blood glucose levels helps screen for and monitor hypoglycemia (low blood sugar), hyperglycemia (elevated blood sugar), diabetes and pre-diabetes. This test should be included as a part of any regular physical or performed when symptoms of blood sugar fluctuations are present.

Notes to Clinician

General Comment: Ranges between 90 and 100 can indicate impending glucose intolerance. Dietary modification and blood sugar support are crucial.
Marker is high: Elevated levels indicate long-term sugar-handling issues. Important to correct diet and stabilize blood glucose levels.

< Hematocrit (39.2 %)

This test measures what percentage of your blood is made up of red blood cells. Normal blood contains white blood cells, red blood cells, platelets, and the fluid portion called plasma. The word hematocrit means to separate. In this test, your red blood cells are separated from the rest of your blood so they can be measured. Your hematocrit (HCT) shows whether you have a normal amount of red blood cells, too many, or too few.

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< Hemoglobin (13.1 g/dL)

This is a blood test to find out how much hemoglobin is in your blood. Hemoglobin is the main part of your red blood cells. Hemoglobin is made up of a protein called globin and a compound called heme. Heme consists of iron and a pigment called porphyrin, which gives your blood its red color. Hemoglobin serves the important role of carrying oxygen and carbon dioxide through your blood. If your hemoglobin is too low, you may not be able to supply the cells in your body with the oxygen they need to survive.

>> LDL Cholesterol (105 mg/dL)

LDL is a very important blood protein that helps transport cholesterol from the liver out into the body for use wherever it is needed. It is not "bad" cholesterol as is commonly reported. LDL is how your body is able to obtain and use cholesterol in order to manufacture hormones, help manage stress, keep your brain healthy, metabolize vitamin D and a variety of other functions.

>> Lymphs (54 %)

A lymphocyte is a type of white blood cell present in the blood. As a part of the body's primary defense system, lymphocytes are able to recognize hundreds of millions of different molecules and can send the signal very quickly that an invader has arrived. They are formed in lymphatic tissues such as the tonsils, spleen, thymus and lymph nodes and can help protect your body from viral infections.

>> Lymphs (Absolute) (3.8 x10E3/uL)

A lymphocyte is a type of white blood cell present in the blood. As a part of the body's primary defense system, lymphocytes are able to recognize hundreds of millions of different molecules and can send the signal very quickly that an invader has arrived. They are formed in lymphatic tissues such as the tonsils, spleen, thymus and lymph nodes and can help protect your body from viral infections.

>> MCH (Mean Corpuscular Hemoglobin) (33.2 pg)

This marker measures the average weight of hemoglobin in red blood cells. It can be an indicator of several types of anemia or even digestive insufficiency.

>> MCV (Mean Corpuscular Volume) (99.2 fL)

Mean corpuscular volume (abbreviated as MCV) is the average amount of space occupied (size) by each a single red blood cell. This indicates whether the cell is too small (microcytic) or too large (macrocytic). As such, it is a very useful marker for determining if anemia is present.

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<< Neutrophils (35 %)

Neutrophils are a type of white blood cell. Over 60% - 70% of white blood cells are neutrophils. They are usually the first responders to infection and so will be elevated in early stages and decrease with nutritional intervention. The typical life span of a neutrophil is 8 days. Just like other white blood cells, they are formed in the bone marrow.

<< RBC (Red Blood Cells) (3.95 x10E6/uL)

Red blood cells are the most common cell and make up approximately 25% of all cells in the human body. They carry oxygen to body tissues and have a life span of approximately 100-120 days. Red blood cells store 65% of all iron in the body and as such can be a key indicator of possible anemia.

> RDW (Random Distribution of RBC Weight) (13.6 %)

RDW measures the consistency of the size of red blood cells. When RDW levels deviate, this is an indicator of possible anemia.

> TSH (2.070 uIU/ml)

TSH stands for Thyroid Stimulating Hormone and is produced by the pituitary. TSH is not a thyroid hormone but instead, helps provide a clue as to how well your thyroid hormones are working in the body. If downstream levels of T3 are low, TSH signals the thyroid gland to release more thyroid hormone into the blood.

Notes to Clinician

General Comment: Indicates pituitary signal only; poor marker for evaluating overall thyroid health.
Marker is high: Downstream hormone is insufficient; support liver, microbiome, nutritional status and thyroid.

<< Vitamin D, 25-Hydroxy (29.0 ng/mL)

The most accurate way to measure how much vitamin D is in your body is the 25-hydroxy vitamin D blood test. In the kidney, 25-hydroxy vitamin D changes into an active form of the vitamin. The active form of vitamin D helps control calcium and phosphate levels in the body as well as a large number of other very important functions.

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