

MALES	FEMALES
CMP CBC	CMP CBC
Lipid Panel	Lipid Panel
Homocysteine	Homocysteine
C-Reactive Protein	C-Reactive Protein
Free Testosterone	Free Testosterone
Total Testosterone	Total Testosterone
DHEA	DHEA
Estradiol (an estrogen)	Estradiol (an estrogen)
IGF-1	IGF-1
TSH (thyroid stimulating hormone)	TSH (thyroid stimulating hormone)
Free T4	Free T4
SHBG( optional)	SHBG( optional)
Progesterone( optional, check with Doctor)	Progesterone
Pregnenolone ( optional, check with Doctor)	Pregnenolone( optional, check with Doctor)
Cortisol	Cortisol
Lipoprotein (A&B) if you are older than 50	Lipoprotein (A&B) if you are older than 50
PSA	

Here is a sample of what charting your blood work would look like. Notice the bold red numbers would mean that they are out of the reference range. This will make it easy to spot problems.

	American Lab	Foundation Lab	Foundation Lab	Southern Ca. Ref Lab	
	AMERICAN REFERANCE RANGE	8/30/2006	4/24/2007	10/9/2007	1/25/2008
<b>CMP</b>					
GLUCOSE	70 - 105	89	82	96	83
SODIUM	135 - 145	138	139	140	138
POTASSIUM	3.5 - 5.1	4.9	5.1	4	5
CHLORIDE	101 - 111	107	101	106.3	105
C02 (BICARBONATE)	21 - 31	28	23.3	24.3	28
BUN	7.0 - 18.0	<b>29</b>	18	18	<b>24</b>
CREATININE	.6 - 1.3	1.3	1.2	1.2	1.1
SGOT (AST)	15 - 37	<b>50</b>	<b>50</b>	33	35
SGPT (ALT)	17 - 63	<b>83</b>	<b>64</b>	61	55
ALKALINE PHOS	32 - 126	58	64	70	69
TOTAL PROTEIN	6.0 - 8.3	7	7.6	6.9	6.6
ALBUMIN	3.5 - 4.8	4.4	<b>5.2</b>	4.4	4.3
GLOBUMIN (CALC.)	2.0 - 4.0	2.6	2.4	2.5	2.3
A / G RATIO ( CALC.)	1.1 - 2.5	1.7	<b>2.6</b>	1.8	1.9
URIC ACID	4.0 - 8.5		<b>3.1</b>	N/A	N/A
CALCIUM	8.5 - 10.5	9.2	9.6	9.6	9.2
BILIRUBIN, TOTAL	.2 - 1.0	0.6	0.9	0.7	0.7
TSH	.34 - 5.6	3.53	3.14	1.67	3.82

<b>CBC</b>					
WBC	4.0 - 11.	4.8	4.8	4.3	3.5
RBC	3.9 - 5.10	4.96	<b>5.49</b>	5.07	5.1
HGB	12. - 16	<b>16.4</b>	<b>17.1</b>	15.9	15.5
HCT	36 - 51	<b>49.6</b>	<b>51.5</b>	49.3	48.6
MCV	82 - 94	91.9	93.9	<b>97.3</b>	89.4
MCH	27 - 34	30.5	31.1	31.4	31.2
MCHC	31 - 35	33.1	33.1	32.3	34.9
RDW	10.8 - 14.8	12.6	11	11	<b>10.4</b>
PLATELET COUNT	150 - 400	217	246	190	231
MPV	7.1 - 10.6	8.9	7.8	10	9
SEGS (POLYS)	50 - 70	<b>47</b>	49.4	50.2	53
LYMPHOCYTES	15 - 50	43	40.6	39.2	36
MONOCYTES	0 - 10	4	7	6.8	7
EOSINOPHILS	0 - 5	0	1.8	3.3	3
BASOPHILS	0 - 5		1.2	0.14	2
NEUTROPHILS					
<b>LIPID PANEL</b>					
CHOLESTEROL	140 - 220	166	158	152	174
TRIGLYCERIDES	35 - 200	117	75	69	57
HDL	> 35	43	38	<b>30.8</b>	<b>34</b>
LDL	<130	100	107.7	107.4	<b>133</b>
VLDL		23	15	14	11
CHOL/HDL RISK RATIO	4.0 - 6.0	3.9	4.48	3.49	<b>6.1</b>
C- REACTIVE PROTEIN	<.4		0.05	N/A	N/A
CHD RISK RATIO	3.03 - 5.37		3.05	4.94	N/A
FREE T4	.45- 1.64	0.7	0.98	0.47	0.66
FREE T3	230 - 420		305	339	N/A
<b>HORMONAL STUDIES</b>					
HOMOCYSTEINE	5.0 - 15.0	7		<b>4.6</b>	N/A
DHEA	80 - 560	196	263	110	354
TEST TOTAL	241 - 827	630	520	612	498
TEST FREE	34 - 194	165	141	135	140
TEST FR&WKLY BOUND	84 - 402		233		N/A
SHBG	13 - 71			<b>12</b>	14.1
FSH	1.27 - 19.30	9.65	10.5	11.6	N/A
LH	1.24 -1.62	5.8	4.3	3.6	N/A
ESTRADIOL	20 - 75	25	29	35	
CORTISOL	4.0 - 22.	12.4		13.3	N/A