**Blood Lab Report Card**

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| --- | --- | --- | --- | --- |
| **Organ or System Function** | **Optimal** | **Less Than Optimal** | **Poor** | **Critical** |
| **Blood Sugar Control**:  Glucose↑, Hemoglobin A1c↑, Triglycerides↑, Insulin↑ | 4 | 3 | 2 | 1 |
| **Digestive Function:**  BUN↓, Creatinine↓, Calcium↓, Phosphorus↓, Magnesium↓, Total Protein↓, Alkaline Phosphatase (zinc)↓, Serum Iron↓, Free T3 (selenium)↓ | 4 | 3 | 2 | 1 |
| **Kidney Function:**  Uric Acid↑, BUN↑, Creatinine↑, eGFR↓, Potassium↑ | 4 | 3 | 2 | 1 |
| **Electrolytes:**  Sodium, Potassium, Chloride, Carbon Dioxide, Calcium, Magnesium | 4 | 3 | 2 | 1 |
| **Liver Function:**  ALT, AST, Alkaline Phosphatase↑, LDH↑, Total Protein↓, Albumin↓, Creatinine↓, Total Cholesterol↓ | 4 | 3 | 2 | 1 |
| **Low Iron Status (Iron Deficiency):**  Serum Iron↓, Serum Ferritin↓, Iron Saturation↓, TIBC↑, UIBC↑, Hemoglobin↓, Hematocrit↓, RBC↓, MCV↓, MCH↓, MCHC↓ | 4 | 3 | 2 | 1 |
| **Cardiovascular Health:**  Total Cholesterol↑, Triglycerides↑, HDL↑↓, LDL↑, VLDL↑, Homocysteine↑,  C-Reactive Protein↑, Fibrinogen↑, Magnesium↓ | 4 | 3 | 2 | 1 |
| **Inflammation:**  C-Reactive Protein↑, Sedimentation Rate↑, Uric Acid↑, Cortisol↓ | 4 | 3 | 2 | 1 |
| **Low Thyroid Function (Hypothyroid):**  TSH↑, Total T4↓, Free T4↓, Total T3↓, Free T3↓, Reverse T3↑,  Thyroglobulin Antibody↑, TPO Antibody↑ | 4 | 3 | 2 | 1 |
| **Low Adrenal Function (Hypo-Adrenal):**  DHEA↓, Cortisol↓, Sodium↓, Potassium↑, Carbon Dioxide↓ | 4 | 3 | 2 | 1 |
| **Individual Nutrients:**  Vitamin D 25-Hydroxy↓, Magnesium↓, Folic Acid↓, Vitamin B12↓, Zinc↓,  Selenium↓ | 4 | 3 | 2 | 1 |
| **Immune Function:**  Globulin↓, WBC, Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils | 4 | 3 | 2 | 1 |
| **Red Blood Cell Health:**  RBC, Hemoglobin, Hematocrit, MCV, MCH, MCHC, RDW | 4 | 3 | 2 | 1 |
| **What is your Blood Health GPA?** |  | | | |