

Name: Test Test
Date of Birth: 04/17/1981
Test ID: 283005
Sex: Male
Practitioner: Test Test

Sample Type: Blood Spot
Date of Collection: 09/04/2026
Date Completed: 09/10/2026
Date Reported: 09/22/2026

Test Name		Result Ranges		
Lipids and Apolipoproteins				
Total Cholesterol ¹	Optimal	Borderline	Increased Risk	
	192			
	<200	200-239	>=240 mg/dL	
LDL-C ⁵	Optimal	Borderline	Increased Risk	
		142.0		
	<100.0	100.0-159.9	>=160.0 mg/dL	
HDL-C ²	Increased Risk	Reference Range		
	33			
	<40	>=40		
Triglycerides ¹	Optimal	Borderline	Increased Risk	
	85			
	<150	150-199	>=200 mg/dL	
Apolipoprotein B ³	Low	Borderline	High	
		110		
	<90	90-129	>=130 mg/dL	
Lp(a) ³	Optimal	Borderline	Increased Risk	
	18			
	<30	30-50	>50 mg/dL	
Lipid Ratios				
TC/HDL-C ⁴	Optimal	Normal/Average	Increased Risk	
			5.8	
	<3.5	3.5-5.0	>5.0	
TG/HDL-C ⁴	Optimal	Borderline	Increased Risk	
		2.6		
	<2.0	2.0-4.0	>4.0	
Inflammation and Oxidation Tests				
hs-CRP ⁴	Low Risk	Average Risk	High Risk	
	0.63			
	<1.00	1.00-3.00	>3.00 mg/L	

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Metabolic Tests				
HbA1c¹	Normal	Prediabetes	Diabetes	
	5.4			
	<5.7	5.7-6.4	>=6.5 %	
Glucose¹	Low	Normal	Prediabetes	Diabetes
			108	
	<70	70-99	100-125	>=126 mg/dL
25-OH Vitamin-D Total¹	Low	Normal	High	
		31.5		
	<30.0	30.0-100.0	>100.0 ng/mL	
Insulin¹	Low	Normal	High	
		4.50		
	<2.00	2.00-25.00	>25.00 uIU/nL	
HOMA-IR score⁴	Optimal Insulin Sensitivity	Generally Normal	Early Insulin Sensitivity	Significant Insulin Sensitivity
		1.2		
	<1.0	1.0-1.9	2.0-2.9	>=3.0

References

- 1- Reference range provided by American Heart Association (AHA)
- 2- Reference range provided by Cleveland Clinic (male)
- 3- Reference range provided by KBMO Diagnostics
- 4- Reference range provided by 3-Alpha
- 5- Reference range provided by CDC (modified)

Disclaimer

Some reported values represent guideline-based risk thresholds or therapeutic targets and should not be interpreted as diagnostic cutoffs. Clinical interpretation should consider the patient's overall health status and cardiovascular risk profile. Results should be interpreted in the context of an individual's age, sex, ethnicity, medical history, risk factors, medications, and overall clinical presentation.