



Functional and Integrative Medicine of Idaho, PA
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Common Blood Tests and Recommended Ranges

Adiponectin	4-20 (varies with sex, weight)
Apolipoprotein A-1	115 - 220
Apolipoprotein B	50 - 130
Ratio of APO B/A1	under .85 for men Under .80 for women
B vitamins - should be upper normal or slightly high	
Cholesterol total	at least 150 per Bredison
HDL	above 60
LDL	below 70
LDL/HDL ratio	under 5.0 for men (average risk) under 4.4 for women (average)
Non HDL - Calculated	under 130
Small Dense LDL	under 35
VLDL	under 30
LDL-P	under 1000 low 1000 - 1299 - moderate 1300 - 1599 - borderline high 1600 - 2000 - high
Copper/Zinc ratio	1 with each around 100 mcg/dl
Fasting glucose	70 - 90 mg/dl

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Fasting Insulin	under 4.5
HGBA1C	5.5 or less
Homocysteine:	6-8
HS CRP	under 1
Leptin	4-30 (varies with sex, weight)
Lp(a)	under 30
Oxidized LDL	under 60
RBC Magnesium	5.2 - 6.5
Serum creatinine	50% - 75% of maximum normal
Tryglycerides	below 80
Uric acid	under 5.5 (Perlmutter)

Genetic Testing including APO E status