

CHEMSCREEN and CBC RESULTS TRACKING FORM STANDARD U.S. UNITS

NAME:

DATE:

TEST	REF. RANGE	RESULT	OPTIMAL	↓/↑
Glucose	65 – 115		80 – 100	
HgB A1C	<7%		4.1 – 5.7%	
BUN	5 – 25		10 – 16	
Creatinine	0.6 – 1.5		0.8 – 1.1	
Sodium	135 – 147		135 – 142	
Potassium	3.5 – 5.3		4.0 – 4.5	
Chloride	96 – 109		100 – 106	
CO ₂	22 – 32		25 – 30	
Anion Gap	6 – 16		7 – 12	
Uric Acid	2.2 – 7.7		3.5 – 5.9 male 3.0 – 5.5 female	
Total Protein	6.0 – 8.5		6.9 – 7.4	
Albumin	3.5 – 5.5		4.0 – 5.0	
Calcium	8.5 – 10.8		9.2 – 10.0	
Phosphorous	2.5 – 4.5		3.0 – 4.0	
Alk Phos	25 – 140		70 – 100	
SGOT(AST)	0 – 40		10 – 30	
SGPT(ALT)	0 – 45		10 – 30	
LDH	1 – 240		140 – 200	
total Bilirubin	0.1 – 1.2		0.1 – 1.2 (>2.6)	
direct	0 – 0.2		0 – 0.2 (>0.8)	
indirect	0.1 – 1.0		0.1 – 1.0 (>1.8)	
GGTP	1 – 70		10 – 30	
Globulin	2.0 – 3.9		2.4 – 2.8	
A/G ratio	1.0 – 2.4		1.4 – 2.1	
BUN/Creat.	7 – 18		10 – 16	
Total iron	30 – 170		50 – 100	
Cholesterol	130 – 200		150 – 220	
Triglycerides	30 – 150		70 – 110	
LDL	60 – 130		<120	
HDL	40 – 90		>55	
Chol/HDL	Ratio		<4	
Ferritin	33 - 236 10 - 122		33 – 236 male 10 – 122 female	
TIBC	250 – 350		250 – 350	
TSH	0.35 – 5.50		1.3 – 2.0	
Free T-3	2.3 – 4.2		3.0 – 3.25	
Total T-3	60 – 180		120 - 125	
Free T-4	0.70 – 2.4		1.0 – 1.5	
T-4 thyroxine	4.5 – 12.5		7.5 – 8.1	
COMPLETE BLOOD COUNT				
WBC	3.7 – 10.5		5.0 – 7.5	
RBC	4.1 – 5.6 3.8 – 5.1		4.2 – 4.9 male 3.9 – 4.5 fem	
Reticulocyte	0.5 – 1		0.5 – 1	
Hemoglobin	12.5 – 17.0 11.5 – 15.0		14 – 15 male 13.5 – 14.5 fem	
Hematocrit	36 – 50% 34 – 44		40 – 48 male 37 – 44 female	
MCV	80 – 98		82 – 89.9	
MCH	27 – 34		28 – 31.9	
MCHC	32 – 36		32 – 35	
Platelets	155 – 385		150 – 385 x 1000	
RDW	11.7 – 15.0		<13	
Neutrophils	40 – 74%		40 – 60%	
Lymphs	14 – 46%		24 – 44%	
Monocytes	4 – 13%		0 – 7%	
Eosinophils	0 – 7%		0 – 3%	
Basophils	0 – 3%		0 – 1%	

NOTES

CONVERSION CHART FOR CONVERTING STANDARD US UNITS INTO STANDARD INTERNATIONAL UNITS

TEST	US UNITS	CONVERSION FACTOR → Multiply ← Divide	S.I. UNITS
Glucose	mg/dL	0.05551	mmol/L
HgB A1C	%	0.01	
BUN	mg/dL	0.357	mmol/L
Creatinine	mg/dL	88.4	μmol/dL
Sodium	mEq/L	1	mmol/L
Potassium	mEq/L	1	mmol/L
Chloride	mEq/L	1	mmol/L
CO ₂	mEq/L	1	mmol/L
Anion Gap	mEq/L	1	mmol/L
Uric Acid	mg/dL	59.48	μmol/dL
Total Protein	g/dL	10	g/L
Albumin	g/dL	10	g/L
Calcium	mg/dL	0.250	mmol/L
Phosphorous	mg/dL	0.3229	mmol/L
Alk Phos	U/L	1	U/L
SGOT(AST)	U/L	1	U/L
SGPT(ALT)	U/L	1	U/L
LDH	U/L	1	U/L
Bilirubin values	mg/dL	17.1	μmol/dL
GGTP	U/L	1	U/L
Globulin	g/dL	10	g/L
A/G ratio	Ratio	1	Ratio
BUN/Creat.	Ratio	1	Ratio
Total iron	mg/dL	0.1791	μmol/dL
Cholesterol	mg/dL	0.02586	mmol/L
Triglycerides	mg/dL	0.01129	mmol/L
LDL	mg/dL	0.02586	mmol/L
HDL	mg/dL	0.02586	mmol/L
Chol/HDL	Ratio	1	Ratio
Ferritin	ng/mL	1	μg/L
TIBC	μg/dL	0.1791	μmol/dL
TSH	μIU/mL	1	mIU/L
T-3 uptake	%	0.01	%
T-3	ng/dL	0.01536	nmol/L
Free T-3	Pmol/L	1	pmol/L
T-4 thyroxine	μg/dL	12.87	nmol/L
Free T-4	ng/dl	12.87	pmol/L
FTI/ T-7		1	
WBC	x 10 ³ /mm ³	1	10 ⁹ /L
RBC	x 10 ⁶ /mm ³	1	10 ¹² /L
Hemoglobin	g/dL	10	g/L
Hematocrit	%	0.01	1
MCV	Microns ³	1	fL
MCH	pg	1	pg
MCHC	g/dL	1	1
Platelets	x 10 ³ /mm ³	1	10 ⁹ /L
RDW	Calculated	1	Calculated
Neutrophils	%	1	%
Lymphs	%	1	%
Monocytes	%	1	%
Eosinophils	%	1	%
Basophils	%	1	%

CHEMSCREEN and CBC RESULTS TRACKING FORM STANDARD INTERNATIONAL UNITS

NAME:

DATE:

TEST	REF. RANGE	RESULT	OPTIMAL	↓/↑
Glucose	3.61 – 6.38		4.44 – 5.55	
HgB A1C	<0.07		0.041 – 0.057	
BUN	1.79 – 8.93		3.57 – 5.71	
Creatinine	53.0 – 132.6		70.7 – 97.2	
Sodium	135 – 147		135 – 142	
Potassium	3.5 – 5.3		4.0 – 4.5	
Chloride	96 – 109		100 – 106	
CO ₂	22 – 32		25 – 30	
Anion Gap	6 – 16		7 – 12	
Uric Acid	131 – 458		208 – 351 male 178 – 327 female	
Total Protein	60 – 85		69 – 74	
Albumin	35 – 55		40 – 50	
Calcium	2.13 – 2.70		2.30 – 2.50	
Phosphorous	0.81 – 1.45		0.97 – 1.29	
Alk Phos	25 – 140		70 – 100	
SGOT(AST)	0 – 40		10 – 30	
SGPT(ALT)	0 – 45		10 – 30	
LDH	1 – 240		140 – 200	
total Bilirubin	1.7 – 20.5		1.7 – 20.5 (>44.5)	
direct	0 – 3.4		0 – 3.4 (>13.7)	
indirect	1.7 – 17.1		1.7 – 17.1 (>30.8)	
GGTP	1 – 70		10 – 30	
Globulin	20 – 39		24 – 28	
A/G ratio	1.1 – 2.5		1.5 – 2.0	
BUN/Creat.	7 – 14		13 – 17	
Total iron	5.37 – 30.45		8.96 – 17.91	
Cholesterol	3.36 – 5.20		3.9 – 5.69	
Triglycerides	0.34 – 1.7		0.79 – 1.24	
LDL	1.55 – 3.36		<3.1	
HDL	1.03 – 2.32		>1.42	
Chol/HDL	Ratio		<4	
Ferritin	33 - 236 10 - 122		33 – 236 male 10 – 122 female	
TIBC	44.8 – 62.7		44.8 – 62.7	
TSH	0.35 – 5.50		1.3 – 2.0	
Free T-3	3.59 – 6.56		3.0 – 3.25	
T-3	1.23 – 3.53		1.84 – 1.91	
Free T4	9.1 – 31.0		12.9 – 19.31	
T-4 thyroxine	61.8 – 169.9		96.53 – 104.25	
COMPLETE BLOOD COUNT				
WBC	3.7 – 10.5		5.0 – 7.5	
RBC	4.1 – 5.6 3.8 – 5.1		4.2 – 4.9 male 3.9 – 4.5 fem	
Reticulocyte	0.5 – 1		0.5 – 1	
Hemoglobin	125 – 170 115 – 150		140 – 150 male 135 – 145 fem	
Hematocrit	0.36 – 0.50 0.34 – 0.44		0.40 – 0.48 male 0.37 – 0.44 fem	
MCV	80 – 98		82 – 89.9	
MCH	27 – 34		28 – 31.9	
MCHC	32 – 36		32 – 35	
Platelets	155 – 385		150 – 385 x 1000	
RDW	11.7 – 15.0		<13	
Neutrophils	40 – 74%		40 – 60%	
Lymphs	14 – 46%		24 – 44%	
Monocytes	4 – 13%		0 – 7%	
Eosinophils	0 – 7%		0 – 3%	
Basophils	0 – 3%		0 – 1%	

NOTES