

BASIC TESTS WITH TYPICAL WESTERN MEDICINE RANGES AND FUNCTIONAL MEDICINE RANGES

TEST	TYPICAL WESTERN MEDICINE RANGE	FUNCTIONAL MEDICINE RANGE
GLUCOSE	65-99 mg/dL	75 – 90 mg/dL
WBC	3.8 – 10.8 Thousand/uL	6-9
INSULIN	LESS THAN 17	LESS THAN 5
A1C	BELOW 5.7	5 OR BELOW
HDL	60 mg/dL	55 OR ABOVE
LDL	UNDER 200 mg/dL	NO MORE THAN DOUBLE THE HDL
VITAMIN D	20-40	50-70 Healthy person 70-100 those with health concerns
TRIGLYCERIDES	Less than 150 milligrams per deciliter (mg/dL)	70-95
BUN	6-22	16-20
PROTEIN	6.1-8.1 g/dL	above the halfway mark of the reference range
CALCIUM	Male 8.6-10.3 female 8.6-10.4	above the halfway mark of the reference range
AST	Male 9-46 female 6-29	20 or below
ALT	Male 9-46 female 6-29	20 or below