



# Functional Labs

## GOALS

**Fasting Blood Glucose**  
[ 70-90 mg/dL ]  
Balance hormones with smooth blood sugar levels

**Hemoglobin A1C**  
[ 4.1-5.3% ]  
Provides insight for long-term glucose control

**Fasting Insulin**  
[ <6 mIU/L ]  
High insulin can lead to insulin resistance (fat storage)

**C-Reactive Protein**  
[ <0.5 mg/L ]  
This is a measure of inflammation in the body

**HOMA-IR**  
[ 70-90.5-1.5 ]  
High levels for HOMA-IR indicate insulin resistance

**Liver Enzymes AST&ALT**  
[ Below upper limits ]  
If too high, may indicate fatty liver disease

**Triglycerides**  
[ 80-130 mg/dL ]  
High levels caused by insulin resis., poor BS control, estrogen dom.

**Homocysteine**  
[ <7 Umol/L ]  
High levels associated with dementia and heart disease

**HDL**  
[ 59-100 mg/dL ]  
Labs above 60 can lower your risk for heart disease/stroke

Ratio of 1:1

**Total Cholesterol**  
[ 59-100 mg/dL ]  
Low levels = low hormone output  
high levels = low thyroid function

Ratio of >5

**Vitamin D**  
[ 50-80 ng/mL ]  
VitD helps keep bones, teeth, and muscles healthy

