🧬 Functional Health Report for:

Hi Marissa,

Thank you again for taking the time to invest in your health. This personalized report walks you through your recent lab results using both **standard** and **optimal ranges**—so you can see not just what's "normal," but what supports **optimal wellness**. My goal is to help you feel informed, encouraged, and empowered to take actionable next steps.

🔬 Blood Sugar & Metabolic Markers

Marker	Value	Units	Optimal Range	Standard Range	Status
Glucose	87.00	mg/dL	72–90	65–99	🎉 Optimal
Hemoglobin A1C	5.40	%	5.00–5.50	0.00–5.60	🎉 Optimal
Insulin – Fasting	3.90	µIU/mL	2.00–5.00	2.00–19.00	🎉 Optimal

Interpretation:
You're showing excellent blood sugar control and insulin sensitivity—this helps reduce long-term inflammation, cravings, and energy crashes.

🩸 Kidney & Hydration Markers - next page

🩸 Kidney & Hydration Markers

Marker	Value	Units	Optimal Range	Standard Range	Status
BUN	17.00	mg/dL	10.00–16.00	7.00–25.00	✅ Standard
Creatinine	1.13	mg/dL	0.80–1.10	0.40–1.35	✅ Standard
eGFR	63.00	mL/min	90.00–120.00	60.00–90.00	✅ Standard
BUN/Creatinine Ratio	15.04	Ratio	10.00–16.00	6.00–22.00	🎉 Optimal

Interpretation:
Kidney function is within the standard range but trending slightly below optimal in eGFR and creatinine. Staying well hydrated, moderating protein intake, and reviewing medications or supplements may help.

⚡ Electrolytes & Acid-Base Balance - Next Page

⚡ Electrolytes & Acid-Base Balance

Marker	Value	Units	Optimal Range	Standard Range	Status
Sodium	138.00	mEq/L	135.00–142.00	135.00–146.00	🎉 Optimal
Potassium	4.60	mEq/L	4.00–4.50	3.50–5.30	✅ Standard
CO_2 (Bicarb)	23.00	mEq/L	25.00–30.00	19.00–30.00	✅ Standard
Chloride	101.00	mEq/L	100.00–106.00	98.00–110.00	🎉 Optimal
Anion Gap (with K)	14.00	mEq/L	7.00–12.00	6.00–16.00	✅ Standard

Interpretation:
Electrolyte balance is overall strong. Potassium and CO_2 are slightly outside optimal, and anion gap is mildly elevated, suggesting mild metabolic stress—this can be supported with minerals, greens, and hydration.

❤️ Lipid & Cardiovascular Panel - Next Page

❤️ Lipid & Cardiovascular Panel

Marker	Value	Units	Optimal Range	Standard Range	Status
Total Cholesterol	210	mg/dL	155–190	125–200	⚠️ Needs Improvement
Triglycerides	65	mg/dL	50–100	0–150	🎉 Optimal
LDL	109	mg/dL	0–100	0–130	✅ Standard
HDL	89	mg/dL	>60	>50 (F)	🎉 Optimal
Chol/HDL Ratio	2.4	Ratio	<3	<5	🎉 Optimal
Trig/HDL Ratio	0.73	Ratio	<2	<3.3	🎉 Optimal

Interpretation:
Fantastic HDL, triglyceride, and ratio values. Total cholesterol is slightly high, which may reflect hormone demand, metabolic load, or liver function. A fiber-rich diet and stress management may help.

🦋 Thyroid Function - Next Page

🦋 Thyroid Function

Marker	Value	Units	Optimal Range	Standard Range	Status
TSH	0.89	µU/mL	0.5–2.0	0.5–5.0	🎉 Optimal
Total T3	83	ng/dL	90–168	76–181	✅ Standard
T3 Uptake	26	%	27–35	22–35	✅ Standard
Total T4	8.3	µg/dL	6.0–11.9	4.5–12.0	🎉 Optimal
Free Thyroxine Index	2.15	Index	1.7–4.6	1.4–3.8	🎉 Optimal

Interpretation:
TSH, T4, and Free Thyroxine Index are excellent. T3 markers are slightly below optimal, suggesting a chance to improve hormone conversion with selenium, zinc, and stress support.

🔥 Inflammation & Methylation - Next Page

🔥 Inflammation & Methylation

Marker	Value	Units	Optimal Range	Standard Range	Status
Hs-CRP	1.94	mg/L	0.00–0.99	0.00–2.90	✅ Standard
Homocysteine	7.70	µmol/L	0.00–6.00	0.00–10.30	✅ Standard

Interpretation:
Both markers are in the standard range but outside optimal, indicating low-grade inflammation and mild methylation stress. Consider anti-inflammatory foods and methylated B vitamins.

🌿 Nutrient & Hormonal Support - Next Page

🌿 Nutrient & Hormonal Support

Marker	Value	Units	Optimal Range	Standard Range	Status
Vitamin D	65.70	ng/mL	50.00–90.00	30.00–100.00	🎉 Optimal
Ferritin	45.00	ng/mL	40.00–150.00	10.00–154.00	✅ Standard
DHEA-S	102.00	µg/dL	275.00–400.00	30.00–640.00	✅ Standard
Magnesium	2.10	mg/dL	2.20–2.50	1.80–2.60	✅ Standard

Interpretation:
Vitamin D is in the optimal zone—great work! Ferritin, DHEA, and magnesium are in the standard range but below optimal. You may benefit from increased mineral intake, adrenal support, and nutrient-dense foods like spinach, pumpkin seeds, and pasture-raised meats.

✨ Final Summary & Recommendations - Next Page

✨ Final Summary & Recommendations

🎉 Strengths:

- Blood sugar and insulin sensitivity are excellent.
- Healthy HDL, triglycerides, and cholesterol ratios.
- Thyroid signaling is functioning well.
- Vitamin D levels are optimal.

⚠️ Areas for Gentle Refinement:

- Slightly elevated total cholesterol.
- Low-grade inflammation and methylation stress.
- Suboptimal magnesium, DHEA-S, and T3 values.
- Mild acid-base imbalance (anion gap).

✅ Recommendations:

1. **Hydrate with minerals** – Add electrolytes or a pinch of sea salt to your water.
2. **Support thyroid and adrenals** – Add selenium-rich foods (Brazil nuts), adaptogens, and nutrient-dense meals.
3. **Anti-inflammatory support** – Include turmeric, omega-3s, leafy greens, and stress-reducing practices.
4. **Boost magnesium** – Through food or supplementation (e.g., magnesium glycinate at night).
5. **Retest in 3–6 months** – Especially thyroid, inflammation, and nutrient markers.