



Blood Results History

Latest Test: Jun 08, 2024



Proprietary & confidential



History

Data exported June 17, 2024

	Reference range	06-08-2024 Ultimate	12-14-2023 Ultimate	08-31-2023 Ultimate	05-22-2023 Ultimate	03-27-2023 Ultimate
Cognition						
Vitamin B12 (pg/mL)	200 - 1100	307 ●	351 ●	290 ●	305 ●	343 ●
Folate (ng/mL)	3.4 - 40	7.2 ●	13.7 ●	12.6 ●	14.8 ●	19.3 ●
Inflammation						
White blood cells (thousands/uL)	3.8 - 10.8	7.9 ●	9 ●	8 ●	7.1 ●	6.8 ●
hsCRP (mg/L)	0 - 3	9 ●	10 ●	10 ●	10 ●	10 ●
Neutrophil count (cells/μL)	1500 - 7800	5111 ●	5760 ●	6200 ●	4707 ●	4604 ●
Basophil count (cells/μL)	0 - 200	79 ●	81 ●	72 ●	57 ●	82 ●
Eosinophil count (cells/μL)	15 - 500	332 ●	387 ●	80 ●	263 ●	211 ●
Lymphocyte count (cells/μL)	850 - 3900	1793 ●	2070 ●	1176 ●	1626 ●	1435 ●
Monocyte count (cells/μL)	200 - 950	585 ●	702 ●	472 ●	447 ●	469 ●
Neutrophil percentage (%)	39 - 75	64.7 ●	64 ●	77.5 ●	66.3 ●	67.7 ●
Eosinophil percentage (%)	0 - 7	4.2 ●	4.3 ●	1 ●	3.7 ●	3.1 ●
Basophil percentage (%)	0 - 2	1 ●	0.9 ●	0.9 ●	0.8 ●	1.2 ●
Lymphocyte percentage (%)	16 - 47	22.7 ●	23 ●	14.7 ●	22.9 ●	21.1 ●
Monocyte percentage (%)	4 - 12	7.4 ●	7.8 ●	5.9 ●	6.3 ●	6.9 ●
Heart health						
Total Cholesterol (mg/dL)	125 - 200	133 ●	150 ●	145 ●	129 ●	152 ●
HDL Cholesterol (mg/dL)	40 - 200	33 ●	39 ●	31 ●	31 ●	33 ●
LDL Cholesterol (mg/dL)	0 - 100	84 ●	96 ●	101 ●	81 ●	103 ●
Triglycerides (mg/dL)	0 - 150	69 ●	61 ●	50 ●	87 ●	69 ●
ApoB (mg/dL)	0 - 119	72 ●	87 ●	88 ●	81 ●	91 ●



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	Reference range	06-08-2024 Ultimate	12-14-2023 Ultimate	08-31-2023 Ultimate	05-22-2023 Ultimate	03-27-2023 Ultimate
Fitness						
Testosterone (ng/dL)	250 - 1100	487 ●	556 ●	526 ●	526 ●	527 ●
Free testosterone (ng/dL)	4.6 - 22.4	7.5 ●	8.7 ●	8.2 ●	8 ●	8 ●
SHBG (nmol/L)	10 - 50	30 ●	28 ●	29 ●	31 ●	32 ●
Sleep						
Magnesium (mg/dL)	1.5 - 2.5	2.2 ●	2.3 ●	2.4 ●	2.2 ●	2.2 ●
Vitamin D (ng/mL)	30 - 100	28 ●	23 ●	20 ●	34 ●	19 ●
RBC Magnesium (mg/dL)	4 - 6.4	5.7 ●	5.7 ●	5.6 ●	6.4 ●	6.1 ●
Metabolism						
Glucose (mg/dL)	65 - 99	88 ●	81 ●	88 ●	90 ●	89 ●
HbA1c (%)	3 - 5.7	5.3 ●	5.4 ●	5 ●	4.8 ●	5.1 ●
ALT (U/L)	9 - 46	15 ●	15 ●	12 ●	12 ●	23 ●
Insulin (µIU/mL)	0 - 18.4	5.1 ●	3.3 ●	7.2 ●	-	-
Endurance						
Ferritin (ng/mL)	20 - 345	54 ●	78 ●	90 ●	87 ●	72 ●
Hemoglobin (g/dL)	13.2 - 17.1	13.5 ●	14.9 ●	13.8 ●	13.3 ●	14.6 ●
Iron (ug/dL)	50 - 180	86 ●	119 ●	57 ●	95 ●	90 ●
TIBC (ug/dL)	250 - 425	326 ●	348 ●	336 ●	332 ●	359 ●
Transferrin saturation (%)	15 - 60	26 ●	34 ●	17 ●	29 ●	25 ●
RBC (x10E6/µL)	4.2 - 5.8	4.6 ●	5 ●	4.6 ●	4.4 ●	5 ●
Hematocrit (%)	38.5 - 50	42.9 ●	44.7 ●	42.5 ●	40.6 ●	44.6 ●
MCV (fL)	80 - 100	93.3 ●	88.9 ●	91.8 ●	91.9 ●	89.6 ●
MCH (pg)	27 - 33	29.3 ●	29.6 ●	29.8 ●	30.1 ●	29.3 ●
MCHC (g/dL)	32 - 36	32 ●	33 ●	33 ●	33 ●	33 ●
RDW (%)	11 - 15	12.1 ●	12.1 ●	12.4 ●	12 ●	12.3 ●
Platelets (thousands/uL)	140 - 400	289 ●	358 ●	326 ●	325 ●	343 ●
MPV (fL)	7.5 - 12.5	10.1 ●	9.8 ●	9.8 ●	10 ●	10 ●



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	Reference range	06-08-2024 Ultimate	12-14-2023 Ultimate	08-31-2023 Ultimate	05-22-2023 Ultimate	03-27-2023 Ultimate
Recovery						
Creatine kinase (U/L)	44 - 1083	107 ●	138 ●	139 ●	93 ●	111 ●
Potassium (mmol/L)	3.5 - 5.3	4.5 ●	4.7 ●	4.9 ●	4.9 ●	5.1 ●
Sodium (mmol/L)	135 - 146	140 ●	139 ●	141 ●	138 ●	140 ●
Albumin (g/dL)	3.6 - 5.1	4.8 ●	4.7 ●	4.6 ●	4.4 ●	4.7 ●
AST (U/L)	10 - 40	15 ●	18 ●	15 ●	16 ●	18 ●
GGT (U/L)	3 - 90	11 ●	13 ●	11 ●	12 ●	13 ●
Hormones						
Calcium (mg/dL)	8.6 - 10.3	9.6 ●	9.7 ●	9.6 ●	9.6 ●	9.8 ●
Cortisol (µg/dL)	4 - 22	17.9 ●	7.8 ●	22 ●	15.3 ●	17.7 ●
TSH (µIU/L)	0.5 - 4.15	2.43 ●	2.1 ●	1.02 ●	1.54 ●	-



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	Reference range	10-24-2022 Ultimate	04-14-2022 Ultimate	11-14-2021 Ultimate
Cognition				
Vitamin B12 (pg/mL)	200 - 1100	323 	365 	307
Folate (ng/mL)	3.4 - 40	7.1 	10.3 	10.6
Inflammation				
White blood cells (thousands/uL)	3.8 - 10.8	8.1 	7 	7.8
hsCRP (mg/L)	0 - 3	10 	10 	10
Neutrophil count (cells/ μ L)	1500 - 7800	5783 	4466 	5179
Basophil count (cells/ μ L)	0 - 200	81 	49 	70
Eosinophil count (cells/ μ L)	15 - 500	203 	168 	140
Lymphocyte count (cells/ μ L)	850 - 3900	1499 	1764 	1942
Monocyte count (cells/ μ L)	200 - 950	535 	553 	468
Neutrophil percentage (%)	39 - 75	71.4 	63.8 	66.4
Eosinophil percentage (%)	0 - 7	2.5 	2.4 	1.8
Basophil percentage (%)	0 - 2	1 	0.7 	0.9
Lymphocyte percentage (%)	16 - 47	18.5 	25.2 	24.9
Monocyte percentage (%)	4 - 12	6.6 	7.9 	6
Heart health				
Total Cholesterol (mg/dL)	125 - 200	142 	129 	141
HDL Cholesterol (mg/dL)	40 - 200	34 	32 	26
LDL Cholesterol (mg/dL)	0 - 100	94 	80 	99
Triglycerides (mg/dL)	0 - 150	48 	91 	69



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Fitness				
Testosterone (ng/dL)	250 - 1100	556 ●	614 ●	465 ●
Free testosterone (ng/dL)	4.6 - 22.4	8.4 ●	8.9 ●	7.8 ●
SHBG (nmol/L)	10 - 50	31 ●	35 ●	23 ●
Sleep				
Magnesium (mg/dL)	1.5 - 2.5	2.4 ●	2.5 ●	2.3 ●
Vitamin D (ng/mL)	30 - 100	25 ●	18 ●	18 ●
RBC Magnesium (mg/dL)	4 - 6.4	5.7 ●	6.6 ●	5.6 ●
Metabolism				
Glucose (mg/dL)	65 - 99	76 ●	83 ●	75 ●
HbA1c (%)	3 - 5.7	5 ●	5 ●	4.9 ●
ALT (U/L)	9 - 46	15 ●	14 ●	10 ●
Endurance				
Ferritin (ng/mL)	20 - 345	54 ●	90 ●	160 ●
Hemoglobin (g/dL)	13.2 - 17.1	14.3 ●	14.2 ●	13.7 ●
Iron (ug/dL)	50 - 180	77 ●	76 ●	68 ●
TIBC (ug/dL)	250 - 425	349 ●	346 ●	317 ●
Transferrin saturation (%)	15 - 60	22 ●	22 ●	21 ●
RBC (x10E6/ μ L)	4.2 - 5.8	4.8 ●	4.8 ●	4.7 ●
Hematocrit (%)	38.5 - 50	43.1 ●	43.8 ●	42.8 ●
MCV (fL)	80 - 100	90.4 ●	91.3 ●	90.3 ●
MCH (pg)	27 - 33	30 ●	29.6 ●	28.9 ●
MCHC (g/dL)	32 - 36	33 ●	32 ●	32 ●
RDW (%)	11 - 15	12.9 ●	13 ●	12.2 ●
Platelets (thousands/uL)	140 - 400	351 ●	339 ●	345 ●
MPV (fL)	7.5 - 12.5	9.7 ●	10.4 ●	10.5 ●



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Creatine kinase (U/L)	44 - 1083	90 ●	89 ●	71 ●
Potassium (mmol/L)	3.5 - 5.3	5 ●	4.5 ●	4.8 ●
Sodium (mmol/L)	135 - 146	139 ●	139 ●	140 ●
Albumin (g/dL)	3.6 - 5.1	4.5 ●	4.7 ●	4.7 ●
AST (U/L)	10 - 40	16 ●	18 ●	13 ●
GGT (U/L)	3 - 90	14 ●	11 ●	13 ●
Hormones				
Calcium (mg/dL)	8.6 - 10.3	9.4 ●	9.9 ●	9.8 ●
Cortisol (µg/dL)	4 - 22	14.8 ●	13 ●	11.4 ●