

**Ordering Physician:**

**John Doe, MD**  
  
**1234 Main St.**  
**Anywhere, GA 30096**



**0161 Cardiovascular Health Profile - Blood**

*Methodology: Automated Chemistry, Immunometric Assay, HPLC, ICP-MS*

**Results**

**95% Reference Range**

**Lipoprotein Factors**

Item	Value	Reference Range	Unit
1. Total Cholesterol	195	< 200	mg/dL
2. HDL Cholesterol	60	>= 50	mg/dL
3. LDL Cholesterol (Direct)	125	< 130	mg/dL
4. Triglycerides	160 <b>H</b>	< 150	mg/dL
5. Lipoprotein (a)	2	<= 37	mg/dL

**Lipoprotein Ratios**

6. LDL/HDL	2.6	<= 3.3
7. Total/HDL	3.5	<= 4.5

Male		Female		
LDL/HDL	Total/HDL	LDL/HDL	Total/HDL	Risk (*)
1.0	3.4	1.5	3.3	0.5xAverage
3.6	5.0	3.2	4.4	1.0xAverage
6.3	9.6	5.0	7.1	2.0xAverage
8.0	23.4	6.1	11.0	3.0xAverage

\*Adapted from the Framingham Heart Study

**Chronic Inflammatory Markers**

8. Ferritin	80	6-159	ng/mL
9. Fibrinogen	430 <b>H</b>	175-425	mg/dL
10. c-Reactive Protein (HS)	3.5 <b>H</b>	<= 3.0	mg/L

Cardio CRP value (mg/L)	CHD Risk Level	* If the cardio CRP concentration exceeds 10 mg/L after repeat testing, the patient should be evaluated for noncardiovascular etiologies.
<1	Low	
1-3	Average	
>3 (up to 10)*	High	

Fibrinogen performed by Southern Clinical Laboratory, 405 West Pike St., Suite A Lawrenceville, GA 30045  
Lab Director: Dr. Robert David



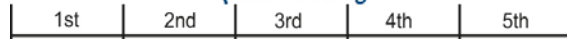
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### Other Important Indicators

11. Insulin	6.2		2.0-12.0	uIU/mL
12. Testosterone	40		<= 51	ng/dL
13. Sex Hormone Binding Globulin	81		18-114	nmol/L
14. Free Androgen Index (calc.)	1.7		<= 4.6	Ratio

#### Quintile Ranking



15. RBC Magnesium	43 <b>L</b>		34-63	ppm packed cells
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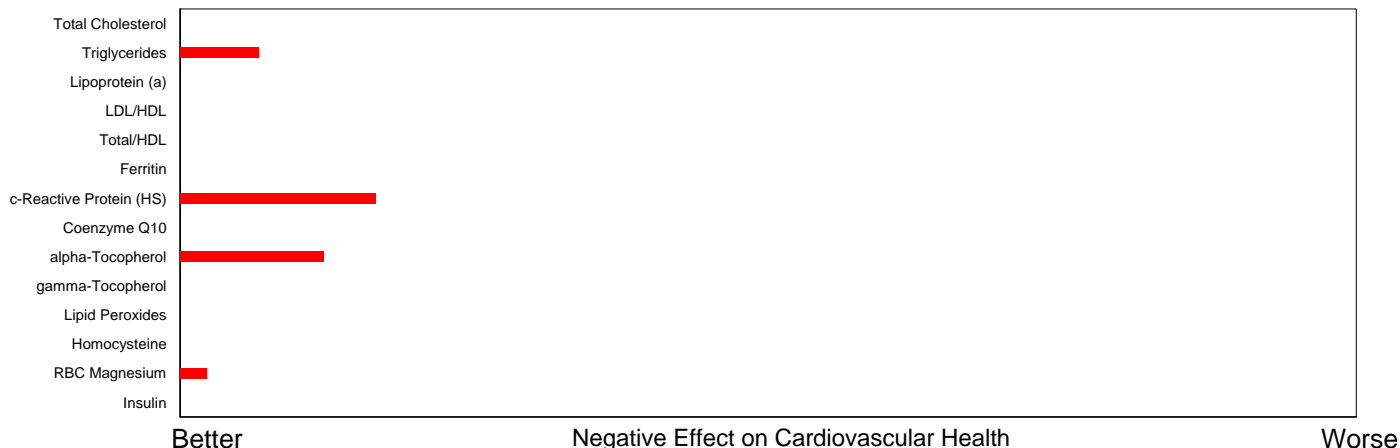
### Oxidant Stress Factors

16. Homocysteine	4.3		3.0-14.0	nmol/mL
17. Coenzyme Q10	1.07		0.48-3.04	mg/L
18. Lipid Peroxides	1.25		<= 2.60	nmol/mL
19. alpha-Tocopherol	8.6 <b>L</b>		6.8-31.7	mg/L
20. gamma-Tocopherol	1.62		0.06-2.99	mg/L



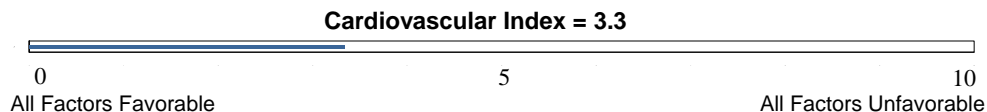
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The first two pages of this report shows the extensive set of factors that were measured to evaluate your cardiovascular health. Some factors are favorable for cardiac health when they are high, while others should be low. The chart above helps you to see where the most significant abnormalities are; the longest bars on the chart show the most abnormal results on a scale of increasing negative effects on cardiovascular health.

The "Cardiovascular Index" chart below shows your test results with all of the factors summarized as a single index. Depending on your results, some steps that your doctor may want you to take to improve your cardiovascular health are shown in the tables of recommendations at the end of this page. It is important that you follow your doctor's instructions to achieve the lowest index.



<u>Slight Indication</u>		<u>Moderate Indication</u>		<u>Strong Indication</u>
Carnitine	500 - 1000 mg/day	Avoid Sugars and Starchy Foods		
Chromium	500 - 1000 mcg/day	Calcium	500 mg/day	
Coenzyme Q10	100 - 300 mg/day	Fish Oil	3-6 capsules/day	
Garlic	500 mg twice/day	Ginger	100 mg twice/day	
Increase antioxidant supplementation		Magnesium	500 mg/day	