



60 / 45-51 Huntley St  
ALEXANDRIA, 2015  
NSW ABN 14 159 735

Phone 02 9327 1094  
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## Blood Sugar Panel Report

**Patient Name:** Nicola Scott-smith

**DOB:** 28-Dec-72      **Age At Testing:** 52

**Practitioner:** The Lucy Rose Clinic

**Profile Date:** 09-Aug-24

**BMI:**

Test	Unit	Normal Range	Optimal Range	Result	Finding	Optimal Finding
Fasting Insulin	µU/mL	2.6 - 25	< 8	7.64	Within Range	Within Range
Fasting Glucose	mmol/L	4.10 - 6		5.42	Within Range	
HbA1c	%	4.8 - 5.9		5.55	Within Range	
Leptin	ng/ml	See table below		31.044	See table below	

### Leptin References

BMI 18 - 25	BMI 26+
4.0 - 25.0	>26

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## Cardiovascular Profile Report

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**Practitioner:** The Lucy Rose Clinic

**Profile Date:** 09-Aug-24

Test	Unit	Normal Range	Optimal Finding	Result	Finding	Optimal Range
Triglycerides	mmol/L	<2.2		2.01	Within Range	
CRP	mg/L	<1	See table below	0.7	Within Range	
HDL	mmol/L	See table below		1.58	See table below	
LDL	mmol/L	<2.6		4.1	Above Range	
Total Cholesterol	mmol/L	<5.0		6.59	Above Range	
Homocysteine	umol/L	<15	4 - 8	5.75	Within Range	Within Range

### HDL References

Female	Male
1.15 - 1.68	0.9 - 1.45

### CRP Optimal References

Result	Interpretation
<1	no inflammation
1-3	moderate inflammation
>3	high inflammation

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## Sex Hormone Profile Report

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Test	Unit	Normal Range	Result	Normal Finding
Estradiol (E2)	pg/mL	See table below	115.5	See Table Below
Progesterone	ng/mL	See table below	4.83	See Table Below
Testosterone	ng/mL	See table below	0.311	See Table Below
Follicle Stimulating Hormone	mIU/L	See table below	2.59	See Table Below
Luteinising Hormone	mIU/L	See table below	6.06	See Table Below

### Sex Hormone Profile

Follicular phase: First day of your menstruation for two weeks

Ovulation phase: Two weeks before next menstruation (16-32 hours)

Luteal phase: Time between ovulation and next menstruation

Postmenopausal (no menstruation for 12 months, No more ovulation)

Premenopausal: Menopausal transition and slowing of ovarian function

### Estrogen

Phase	Unit	Range
Follicular Phase	pg/ml	12 - 233
Ovulation phase	pg/ml	41 - 398
Luteal Phase	pg/ml	22 - 341
Males (18+ Years)	pg/ml	11 - 43
Premenopausal	pg/ml	30.9 - 533
Postmenopausal	pg/ml	<5 - 138

### Testosterone References - Female

Age (Years)	Unit	Female
12 - 16	ng/ml	<0.5
Adult	ng/ml	0.09 - 0.9

### Testosterone References - Male

Age (Years)	Unit	Male
10 - 14	ng/ml	0.1 - 5.0
14 - 18	ng/ml	1.0 - 9.5
Adult	ng/ml	2.5 - 9.5

### Follicle Stimulating Hormone Reference

Phase	Unit	Range
Follicular Phase	mIU/ml	3.5 - 12.5
Ovulation phase	mIU/ml	4.7 - 21.5
Luteal Phase	mIU/ml	1.7 - 7.7
Postmenopausal	mIU/ml	25.8 - 134

### Luteinising Hormone Reference

Phase	Unit	Range
Follicular Phase	mIU/ml	2.4 - 12.6
Ovulation phase	mIU/ml	14 - 95.6
Luteal Phase	mIU/ml	1 - 11.4
Postmenopausal	mIU/ml	7.7 - 58.5

### Progesterone Reference

Phase	Unit	Range
Follicular Phase	ng/ml	0.057 - 0.893
Ovulation phase	ng/ml	0.121 - 12.0
Luteal Phase	ng/ml	1.83 - 23.9
Postmenopausal	ng/ml	0 - 0.126

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## Liver Detox Profile

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**Practitioner:** The Lucy Rose Clinic

**Profile Date:** 09-Aug-24

Test	Unit	Normal Range	Result	Finding
AST	U/L	<20	14.5	Within Range
ALTL	U/L	<25	11.4	Within Range
GGT-2	U/L	<27	18.3	Within Range

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## Nutritional Blood Profile Report

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**Practitioner:** The Lucy Rose Clinic

**Profile Date:** 09-Aug-24

Test	Unit	Normal Range	Optimal Range	Result	Finding	Optimal Finding
Ferritin	ug/L	15 - 300	100 - 300	36.3	Within Range	Below Range
Iron	umol/L	5.5 - 34.5	15 - 34.5	17.5	Within Range	Within Range
Transferrin	g/L	2.0 - 3.6		2.87	Within Range	
Serum Folate	nmol/L	7 - 45	30 - 45	42.58	Within Range	Within Range
Active B12	pmol/L	>100	>130	70.84	Below Range	Below Range
Vitamin D Total	ng/ml	>30	>50	31.43	Within Range	Below Range

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## Thyroid Profile Report

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Test	Unit	Normal Range	Optimal Range	Result	Normal Finding	Optimal Finding
Thyroid Stimulating Hormone (TSH)	IU/mL	0.27 - 4.2	0.4 - 1.5	2.640	Within Range	Above Range
Anti Thyroid Peroxidase Ab.	IU/mL	<34		7.02	Within Range	
Anti Thyroglobulin Ab.	IU/mL	<115		13.64	Within Range	
Free T3	pmol/L	3.1 - 6.8	5.9 - 6.8	4.85	Within Range	Below Range
Free T4	pmol/L	12 - 22	15.4 - 19.3	12.47	Within Range	Below Range
Reverse T3	pg/mL	46 - 122	46 - 100	214	Above Range	Above Range
Sex Hormone Binding Globulin	nmol/L	See Table Below		70.98	See Table Below	

### Sex Hormone Binding Globulin References

Age (Years)	Female	Male
20 - 49	132 - 128	18 - 54
>=50	27 - 128	20 - 76

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