

Quick Reference: Target Ranges of Laboratory Tests

Test	Optimal Target
hs-CRP	Less than 1.0 mg/L
Vitamin C	Above 50 µmol/L (0.9 mg/dL)
Vitamin D	30–50 ng/mL
Vitamin B6	Above 30 nmol/L (ideal: 50–100 nmol/L)
Vitamin B9 (Folate)	RBC folate above 400 nmol/L
Vitamin B12	Above 450 pg/mL
Magnesium (RBC)	4.2–6.8 mg/dL
Zinc	Above 70 µg/dL (11 µmol/L)
Omega-3 Index	Above 8%
OmegaCheck (Quest)	Above 5.5%
HbA1c	Below 5.7%
TSH	0.5–2.5 mIU/L (reference: 0.4–4.0 mIU/L)
GGT	Below 30 U/L
Uric Acid (Men)	3.5–7.2 mg/dL
Uric Acid (Women)	2.5–6.0 mg/dL
Ferritin	30–150 ng/mL
Homocysteine	Below 8 µmol/L
MMA	Below 260 nmol/L
Waist (Men)	Below 40 inches
Waist (Women)	Below 35 inches
BMI (Ideal)	20- 25
BMI (overweight)	25- 30
BMI (obese)	>30