

	Range	My Result (Jan - 2025)	My Result (Feb - 2026)
Triglycerides	Below <1.70 mmol/L	0.73	1.41
Cholesterol, Total	Below <5.20 mmol/L	3.88	4.02
HDL Cholesterol	Above > 1.00 mmol/L	1.41	1.33
LDL Cholesterol	Below <3.50 mmol/L	2.13	2.12
Non HDL Cholesterol	Below <4.20 mmol/L	2.47	2.69
Hemoglobin A1c	4.3 - 5.9 %	4.8	4.8
Glucose, Fasting	3.3 - 6.0 mmol/L	4.4	N/A
Ferritin	30 - 500 ug/L	49	50
Potassium	3.6 - 5.2 mmol/L	4	4.7
Sodium	135-145 mmol/L	141	140
Creatinine	50-120 umol/L	73	95
eGFRcr	Above >59 mL/min/1.73m2	n/a	89
C-Reactive Protein	Below <8.0 mg/L	<5.0mg/L	<5.0mg/L
ALT	Below <60 U/L	20	33
ALP	40-120 U/L	77	89
Albumin	30-45 g/L	44	43
WBC	4.0-11.0 10 ⁹ /L	3.4	3.5
RBC	4.30 - 6.00 10 ¹² /L	5.06	4.87
Hemoglobin	135-175 g/L	177	171
Hematocrit	0.40-0.52 L/L	0.5	0.49
MCV	80-100 fL	98	100
MCHC	310-360 g/L	357	352
RDW	Below <16.0%	0.128	0.122
Platelets	140-400 10 ⁹ /L	126	141
Neutrophil Absolute	1.8 - 7.5 10 ⁹ /L	1.8	2.2
Lymphocytes Absolute	0.5 - 4.5 10 ⁹ /L	1.1	0.9
Monocytes Absolute	0.0 - 1.1 10 ⁹ /L	0.3	0.3
Eosinophils Absolute	0.0 - 0.7 10 ⁹ /L	0.1	0
Basophils Absolute	0.0 - 0.3 10 ⁹ /L	0	0
nRBC	Below <1 /100 WBCs	<1	<1
Apolipoprotein B100	Below <1.05 g/L	0.67	0.63
Lipoprotein A Lp(a)	Below <100 nmol/L	103	86
Vitamin B12	Above >160pmol/L	397	378
DHEAS	1.2-11.6 umol/L	6.2	5.9
SHBG	6-65 nmol/L	30	30
Iron	8-38 umol/L	20	18
Total Iron Binding Capacity	40-75 umol/L	56	53
Iron Saturation Index	0.12-0.60	0.36	0.34
TSH, Progressive	0.20-6.50 mIU/L	1.63	2.38
Testosterone, Total	8.0-35.0 nmol/L	22.7	24.7
PSA, Total	Below <2.6 ug/L	0.3	0.3