# Optimal Lab Values

Laboratory Interpretations

In interpreting laboratory work there are many ways to look at the results. There is the normal range that the lab has set up for the average American, which is usually to the right of your results. If you are out of range for this level one of two things could be happening. The first is a lab error and therefore we may need to repeat. The second reason would be because you truly have a serious situation occurring.

One other way that lab results are interpreted is by more optimal health standards and by patterns in lab work. The following are lab normals that are associated with optimal health.

Test	Optimal	Pritikin
Serology		
Glucose	75 - 85	< 100
BUN	8 - 10	
Creatinine	.9 - 1.1	
BUN/Creatinine	10 : 1	
Sodium (NA)	139 - 140	
Potassium	4.4 - 4.6	
Chlorides	100 - 104	
Total Protein	6.9 - 7.2	
Albumin	4 - 5	
Globulin	2.5 - 2.7	
Calcium	9.5 - 9.7	
Phosphorus	3.3 - 3.5	
SGOT	12 - 14	
SGPT	10 - 13	
Alk Phos	45 - 55	
LDH	130 - 145	
Total Bilirubin	.3 - .4	
GTP	8 - 14	
Cholesterol	160 - 175	< 160
Triglyceride	65 - 85	< 100
Uric Acid	3.5 - 4.5 M	< 7
	3.0 - 4.0 F	< 6
T4	7.5 - 8.0	
HDL	> 70	
TSH	1.5 - 2.0	

Complete Blood Count

Test	Optimal
White Blood Cell Count (WBC)	5.0 - 5.5
Red Blood Cell Count (RBC)	5.0 - 5.5 M
	4.5 - 5.0 F
Hemoglobin (HgB)	16 - 17 M
	14 - 15 F
Hematocrit	40 - 44 F
	44 - 48 M
Platelets	250 - 275
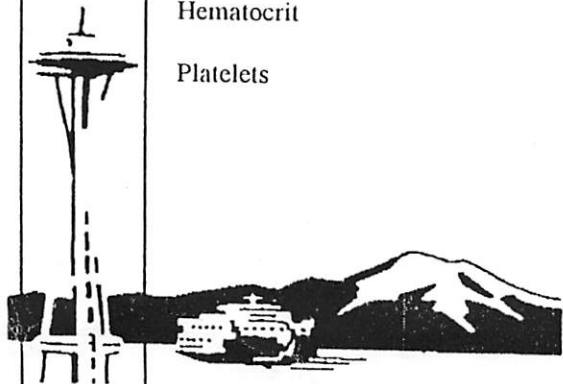
Differential Count

Neutrophil	50 - 60
Lymphocytes	30 - 40
Monocytes	< 4
Eosinophiles	< 3
Basophils	< 1

Urinalysis

Specific Gravity	1.0101 - 1.020
Color	yellow
Appearance	clear
pH	5.0 - 5.5
Protein	negative
Glucose	negative
Ketones	negative
Occult blood	negative
Bilirubin	negative
Urobilinogen	0 - 1
Nitrate	negative