KBMO DIAGNOSTICS

FINAL REPORT

Name:	**Test Test**	**Sample Type:**	**Blood Spot**
Date of Birth:	**04/17/1981**	**Date of Collection:**	**09/01/2026**
Test ID:	**283005**	**Date Completed:**	**09/10/2026**
Sex:	**Male**		
Practitioner:	**Test Test**		

Test Name	Result Ranges			
Lipids and Apolipoproteins				
Total Cholesterol[1]	**Optimal**	Borderline	Increased Risk	
	192			
	<200	200-239	>=240 mg/dL	
LDL-C[5]	Optimal	**Borderline**	Increased Risk	
		142.0		
	<100.0	**100.0-159.9**	>=160.0 mg/dL	
HDL-C[2]	**Increased Risk**	Reference Range		
	33			
	<40	>=40		
Triglycerides[1]	**Optimal**	Borderline	Increased Risk	
	85			
	<150	150-199	>=200 mg/dL	
Apolipoprotein B[3]	Low	**Borderline**	High	
		110		
	<90	**90-129**	>=130 mg/dL	
Lp(a)[3]	**Optimal**	Borderline	Increased Risk	
	18			
	<30	30-50	>50 mg/dL	
Lipid Ratios				
TC/HDL-C[4]	Optimal	Normal/Average	**Increased Risk**	
			5.8	
	<3.5	3.5-5.0	**>5.0**	
TG/HDL-C[4]	Optimal	**Borderline**	Increased Risk	
		2.6		
	<2.0	**2.0-4.0**	>4.0	
Inflammation and Oxidation Tests				
hs-CRP[4]	**Low Risk**	Average Risk	High Risk	
	0.63			
	<1.00	1.00-3.00	>3.00 mg/L	

Laboratory testing was performed by 3 Alpha Labs, located at
3188 Airway Ave., Unit D, Costa Mesa, CA 92626

Director: Robert Veve, MD
CLIA ID: 05D2338068

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Metabolic Tests

HbA1c[1]	**Normal**	Prediabetes	Diabetes	
	5.4			
	<5.7	5.7-6.4	>=6.5 %	
Glucose[1]	Low	Normal	**Prediabetes**	Diabetes
			108	
	<70	70-99	100-125	>=126 mg/dL
25-OH Vitamin-D Total[1]	Low	**Normal**	High	
		31.5		
	<30.0	30.0-100.0	>100.0 ng/mL	
Insulin[1]	Low	**Normal**	High	
		4.50		
	<2.00	2.00-25.00	>25.00 uIU/nL	
Homocysteine[4]	**Normal**	Mild Elevation	Moderate Elevation	Severe Elevatiom
	5			
	<15	15-30	30-100	>100 umol/L
HOMA-IR score[4]	Optimal Insulin Sensitivity	**Generally Normal**	Early Insulin Sensitivity	Significant Insulin Sensitivity
		1.2		
	<1.0	1.0-1.9	2.0-2.9	>=3.0

References

1- Reference range provided by American Heart Association (AHA)
2- Reference range provided by Clevelend Clinic (male)
3- Reference range provided by KBMO Diagnostics
4- Reference range provided by 3-Alpha
5- Reference range provided by CDC (modified)

Disclaimer

Some reported values represent guideline-based risk thresholds or therapeutic targets and should not be interpreted as diagnostic cutoffs. Clinical interpretation should consider the patient's overall health status and cardiovascular risk profile. Results should be interpreted in the context of an individual's age, sex, ethnicity, medical history, risk factors, medications, and overall clinical presentation.