Bill Syrros

Blood Results History

Latest Test: **Apr 15, 2024**

InsideTracker

Proprietary & confidential

Bill Syrros
History

Data exported January 31, 2025

	Reference range	04-15-2024 Ultimate	06-28-2023 Ultimate	01-24-2023 Ultimate
Cognition				
Vitamin B12 (pg/mL)	200 - 1100	691	665	684
Folate (ng/mL)	3.4 - 40	9.4	11.9	9.6
Inflammation				
White blood cells (thousands/uL)	3.8 - 10.8	5.8	7.1	4.1
hsCRP (mg/L)	0 - 3	1.1	1.3	1.4
Neutrophil count (cells/µL)	1500 - 7800	3000	3800	2000
Basophil count (cells/µL)	0 - 200	60	70	0
Eosinophil count (cells/µL)	15 - 500	100	100	0
Lymphocyte count (cells/µL)	850 - 3900	2100	2600	1700
Monocyte count (cells/µL)	200 - 950	400	400	300
Neutrophil percentage (%)	39 - 75	52	54	49
Eosinophil percentage (%)	0 - 7	2	1	0
Basophil percentage (%)	0 - 2	1	1	0
Lymphocyte percentage (%)	16 - 47	36	37	41
Monocyte percentage (%)	4 - 12	7	6	7
Heart health				
Total Cholesterol (mg/dL)	125 - 200	231	257	215
HDL Cholesterol (mg/dL)	40 - 200	39	39	43
LDL Cholesterol (mg/dL)	0 - 100	143	184	158
Triglycerides (mg/dL)	0 - 150	266	181	75
ApoB (mg/dL)	0 - 119	-	134	116

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Fitness				
Testosterone (ng/dL)	250 - 1100	322.8	328.5	380.4
Free testosterone (ng/dL)	4.6 - 22.4	5.5	5.8	6.1
SHBG (nmol/L)	10 - 50	23	21	27
Sleep				
Magnesium (mg/dL)	1.5 - 2.5	1.9	2.1	2.1
Vitamin D (ng/mL)	30 - 100	31	24	21
RBC Magnesium (mg/dL)	4 - 6.4	4.7	5.2	5
Metabolism				
Glucose (mg/dL)	65 - 99	101	85	88
HbA1c (%)	3 - 5.7	5.4	5.3	5.3
ALT (U/L)	9 - 46	25	24	20
Endurance				
Ferritin (ng/mL)	20 - 380	689	755	758
Hemoglobin (g/dL)	13.2 - 17.1	14.1	14.1	13.1
Iron (ug/dL)	50 - 180	173	162	112
TIBC (ug/dL)	250 - 425	335	341	318
Transferrin saturation (%)	15 - 60	52	48	35
RBC (x10E6/µL)	4.2 - 5.8	4.6	4.6	4.2
Hematocrit (%)	38.5 - 50	42	42	38
MCV (fL)	80 - 100	91	91	91
MCH (pg)	27 - 33	31	31	31
MCHC (g/dL)	32 - 36	34	34	34
RDW (%)	11 - 15	13.1	13.6	13.5
Platelets (thousands/uL)	140 - 400	205	216	182
MPV (fL)	7.5 - 12.5	9.1	8.3	9.1

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Recovery				
Creatine kinase (U/L)	44 - 1083	162	290	354
Potassium (mmol/L)	3.5 - 5.3	4.5	4	-
Sodium (mmol/L)	135 - 146	141	141	140
Albumin (g/dL)	3.6 - 5.1	5.2	4.9	4.9
AST (U/L)	10 - 35	22	22	23
GGT (U/L)	3 - 95	22	26	15
Hormones				
Calcium (mg/dL)	8.6 - 10.3	9.4	9.5	9.2
Cortisol (µg/dL)	4 - 22	12.4	16.9	14.7