

Bill Syrros

# Blood Results History

Latest Test: **Feb 17, 2025**



Proprietary & confidential

# Bill Syrros

## History

Data exported February 20, 2025

	Reference range	02-17-2025 Ultimate	04-15-2024 Ultimate	06-28-2023 Ultimate	01-24-2023 Ultimate
<b>Cognition</b>					
Vitamin B12 (pg/mL)	200 - 1100	606 ●	691 ●	665 ●	684 ●
Folate (ng/mL)	3.4 - 40	10.4 ●	9.4 ●	11.9 ●	9.6 ●
<b>Inflammation</b>					
White blood cells (thousands/uL)	3.8 - 10.8	4 ●	5.8 ●	7.1 ●	4.1 ●
hsCRP (mg/L)	0 - 3	0.8 ●	1.1 ●	1.3 ●	1.4 ●
Neutrophil count (cells/μL)	1500 - 7800	1200 ●	3000 ●	3800 ●	2000 ●
Basophil count (cells/μL)	0 - 200	0 ●	60 ●	70 ●	0 ●
Eosinophil count (cells/μL)	15 - 500	0 ●	100 ●	100 ●	0 ●
Lymphocyte count (cells/μL)	850 - 3900	2300 ●	2100 ●	2600 ●	1700 ●
Monocyte count (cells/μL)	200 - 950	400 ●	400 ●	400 ●	300 ●
Neutrophil percentage (%)	39 - 75	30 ●	52 ●	54 ●	49 ●
Eosinophil percentage (%)	0 - 7	0 ●	2 ●	1 ●	0 ●
Basophil percentage (%)	0 - 2	0 ●	1 ●	1 ●	0 ●
Lymphocyte percentage (%)	16 - 47	58 ●	36 ●	37 ●	41 ●
Monocyte percentage (%)	4 - 12	10 ●	7 ●	6 ●	7 ●
<b>Heart health</b>					
Total Cholesterol (mg/dL)	125 - 200	194 ●	231 ●	257 ●	215 ●
HDL Cholesterol (mg/dL)	40 - 200	39 ●	39 ●	39 ●	43 ●
LDL Cholesterol (mg/dL)	0 - 100	135 ●	143 ●	184 ●	158 ●
Triglycerides (mg/dL)	0 - 150	108 ●	266 ●	181 ●	75 ●
ApoB (mg/dL)	0 - 119	108 ●	-	134 ●	116 ●

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<b>Fitness</b>					
Testosterone (ng/dL)	250 - 1100	501.4 ●	322.8 ●	328.5 ●	380.4 ●
Free testosterone (ng/dL)	4.6 - 22.4	7.2 ●	5.5 ●	5.8 ●	6.1 ●
SHBG (nmol/L)	10 - 50	38 ●	23 ●	21 ●	27 ●
<b>Sleep</b>					
Magnesium (mg/dL)	1.5 - 2.5	2.2 ●	1.9 ●	2.1 ●	2.1 ●
Vitamin D (ng/mL)	30 - 100	24 ●	31 ●	24 ●	21 ●
RBC Magnesium (mg/dL)	4 - 6.4	4.9 ●	4.7 ●	5.2 ●	5 ●
<b>Metabolism</b>					
Glucose (mg/dL)	65 - 99	72 ●	101 ●	85 ●	88 ●
HbA1c (%)	3 - 5.7	5.2 ●	5.4 ●	5.3 ●	5.3 ●
ALT (U/L)	9 - 46	31 ●	25 ●	24 ●	20 ●
<b>Endurance</b>					
Ferritin (ng/mL)	20 - 380	675 ●	689 ●	755 ●	758 ●
Hemoglobin (g/dL)	13.2 - 17.1	14.2 ●	14.1 ●	14.1 ●	13.1 ●
Iron (ug/dL)	50 - 180	128 ●	173 ●	162 ●	112 ●
TIBC (ug/dL)	250 - 425	324 ●	335 ●	341 ●	318 ●
Transferrin saturation (%)	15 - 60	40 ●	52 ●	48 ●	35 ●
RBC (x10E6/μL)	4.2 - 5.8	4.6 ●	4.6 ●	4.6 ●	4.2 ●
Hematocrit (%)	38.5 - 50	42 ●	42 ●	42 ●	38 ●
MCV (fL)	80 - 100	92 ●	91 ●	91 ●	91 ●
MCH (pg)	27 - 33	31 ●	31 ●	31 ●	31 ●
MCHC (g/dL)	32 - 36	34 ●	34 ●	34 ●	34 ●
RDW (%)	11 - 15	13.3 ●	13.1 ●	13.6 ●	13.5 ●
Platelets (thousands/uL)	140 - 400	202 ●	205 ●	216 ●	182 ●
MPV (fL)	7.5 - 12.5	9.3 ●	9.1 ●	8.3 ●	9.1 ●

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<b>Recovery</b>					
Creatine kinase (U/L)	44 - 1083	194 ●	162 ●	290 ●	354 ●
Potassium (mmol/L)	3.5 - 5.3	9 ●	4.5 ●	4 ●	-
Sodium (mmol/L)	135 - 146	134 ●	141 ●	141 ●	140 ●
Albumin (g/dL)	3.6 - 5.1	5 ●	5.2 ●	4.9 ●	4.9 ●
AST (U/L)	10 - 35	25 ●	22 ●	22 ●	23 ●
GGT (U/L)	3 - 95	15 ●	22 ●	26 ●	15 ●
<b>Hormones</b>					
Calcium (mg/dL)	8.6 - 10.3	9.5 ●	9.4 ●	9.5 ●	9.2 ●
Cortisol (µg/dL)	4 - 22	11.4 ●	12.4 ●	16.9 ●	14.7 ●
TSH (µIU/L)	0.5 - 4.59	2.94 ●	-	-	-