Physician's Report

Patient Name	Demo, Female	**Identifier**	17	**Visit Date**	03/12/2019
Timepoint	Follow-Up 7				

Abnormal Results

Name	Result	Units	Normal Range	Optimal Range	Baseline	Change
Kidney Function						
Urea Nitrogen in Blood	26	mg/dL	7 - 25	12 - 20	17	53 %
BUN/Creatinine Ratio	32.50	Ratio	6.00 - 22.00	10.00 - 15.00	27.00	20 %

Complete Data

Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
Arterial Stiffness									
	Anti-hypertensive	YES					YES		H
	Patient Had Caffeine Within Last 6 Hours	NO					NO		H
B	Resting Heart Rate	66	bpm		50 - 99	33 - 55	78	-15 %	J
B	Systolic Blood Pressure	122	mm Hg		90 - 129	70 - 110	144	-15 %	J
B	Diastolic Blood Pressure	82	mm Hg		60 - 80	65 - 75	90	-9 %	J
B	Aortic Systolic Blood Pressure	101	mm Hg		98 - 125	70 - 93	134	-25 %	H
B	Aortic Pulse Pressure	30	mm Hg		26 - 46	< 25	43	-30 %	H
B	Augmentation Pressure	7	mm Hg		5 - 12	< 2	8	-12 %	H
B	Augmentation Index @ 75	20	%		17 - 38	< 8	21	-5 %	H
Cardiovascular Risk									
A	Total Cholesterol	158	mg/dL		125 - 200	125 - 175	173	-9 %	F
A	HDL Cholesterol	60	mg/dL		> 46	> 60	48	25 %	F
B	LDL Cholesterol	105	mg/dL		0 - 129	60 - 100	97	8 %	F
B	Triglycerides	78	mg/dL		0 - 149	< 50	121	-36 %	F
A	Cholesterol/HDL Ratio	2.6	Ratio		0.0 - 5.0	< 3.0	3.3	-21 %	F
B	C-Reactive Protein	1.00	mg/L		0.00 -	< 1.00	1.79	-44 %	F

† - range depends on a variety of factors

Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
					2.90				
B	Homocysteine	11.0	µmol/L		0.0 - 11.3	7.0 - 9.0	8.4	31 %	F
B	Coenzyme Q10	1.30	mg/L		0.44 - 1.64	1.50 - 3.00	0.73	78 %	F
	LDL/HDL Ratio	1.8	Ratio				2.0	-13 %	
Diabetes & Glucose									
B	Glucose	93	mg/dL		65 - 99	< 89	99	-6 %	F
B	Hemoglobin A1C	5.4	%		0.0 - 6.0	< 5.2	5.7	-5 %	F
B	Estimated Average Glucose	108.3	mg/dL			< 102.5	116.9	-7 %	
A	Insulin	6.0	µIU/mL		0.0 - 16.0	< 5.0	12.8	-53 %	F
Muscle and fat									
	Height	68	inches				68	0 %	J
B	Weight	168.0	lbs				215.4	-22 %	J
C	Body Mass Index	25.5	kg/m^2				32.9	-22 %	
	Fat Mass	57.8	lbs				100.5	-42 %	C
	Lean Body Mass	110.2	lbs				114.9	-4 %	C
D	Percent Bodyfat	34.4	%			< 21.0	46.7	-26 %	
B	Visceral Fat Level	10	Index			1 - 4	15	-33 %	C
	Skeletal Muscle Mass	61.4	lbs				60.4	2 %	C
	Total Body Water	78.0	lbs				84.2	-7 %	C
	Intracellular Water	48.5	lbs				51.8	-6 %	
	Extracellular Water	29.5	lbs				32.4	-9 %	C
B	Extracellular / Total Body Water	0.378				0.340 - 0.380	0.385	-2 %	
Skin Elasticity									
B	Skin Elasticity	77	%			90 - 100	80	-5 %	
Lung Health									
	Spirometry Interpretation	Mild obstruction					Moderately severe obstruction		D

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Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
	Respiratory Rate	18	breaths / min				16	12 %	J
	Forced Vital Capacity	3.133	L				2.573	22 %	
C	FVC Percent Predicted	86	%			> 110	78	10 %	
	Forced Exhaled Volume in 1 seconds	2.057	L				1.723	19 %	
C	FEV1 Percent Predicted	77	%			> 110	56	38 %	
	FEV1/FVC	66	%				67	-2 %	
Cognitive Function									
A	Standard Composite Memory	121			90 - 109	> 109	106	14 %	A
A	Standard Verbal Memory	122			90 - 109	> 109	109	12 %	A
A	Standard Visual Memory	115			90 - 109	> 109	100	15 %	A
A	Standard Psychomotor Speed	109			90 - 109	> 109	94	16 %	A
A	Standard Processing Speed	125			90 - 109	> 109	113	11 %	A
C	Standard Reaction Time	89			90 - 109	> 109	86	3 %	A
A	Standard Cognitive Flexibility	109			90 - 109	> 109	110	-1 %	A
B	Standard Executive Functioning	100			90 - 109	> 109	109	-8 %	A
B	Standard Motor Speed	101			90 - 109	> 109	83	22 %	A
Sex Hormones									
	Menstrual Phase	menopausal					menopausal		J
A	Sex Hormone Binding Globulin	71	nmol/L		14 - 73	60 - 100	44	62 %	F
B	Testosterone	52	ng/dL		2 - 45	30 - 45	44	18 %	F
A	Free Testosterone	5.0	pg/mL		0.1 - 6.4	4.0 - 10.0	4.4	14 %	F
A	Free Testosterone %	1.20	%		0.50 - 1.80	1.00 - 2.00	1.00	20 %	F
B	Dihydrotestosterone	22	ng/dL			30 - 46	7	214 %	F

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Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
A	Estradiol	52.0	pg/mL			50.0 - 200.0	8.7	498 %	F
B	Estrone Sulfate	3500	pg/mL			1500 - 2600	20	17400 %	F
A	Progesterone	14.0	ng/mL			10.0 - 30.0	0.8	1650 %	F
D	Follicle Stimulating Hormone	115.0	mIU/mL			2.0 - 8.0	124.0	-7 %	F
B	Dehydroepiandrosterone Sulfate	212	µg/dL		15 - 170	250 - 350	232	-9 %	F
Growth/IGF Hormones									
C	Insulin-Like Growth Factor 1	160	ng/mL			250 - 450	185	-14 %	F
B	IGF Binding Protein-3	3.9	mg/L		3.5 - 6.9	5.0 - 7.8	4.0	-2 %	F
B	Prolactin	7.0	ng/mL			10.0 - 20.0	5.3	32 %	F
Thyroid Function									
A	Thyroid Stimulating Hormone	0.700	mIU/L		0.400 - 4.500	0.030 - 1.500	1.400	-50 %	F
B	Thyroxine	7.0	µg/dL		4.5 - 12.0		7.0	0 %	F
B	Free T3	3.6	pg/mL		2.3 - 4.2	3.8 - 4.5	3.6	0 %	F
	Reverse T3	16.0	ng/dL				17.0	-6 %	F
Corticosteroids									
A	Cortisol	13.0	µg/dL			9.5 - 16.1	14.8	-12 %	F
Blood									
A	Red Blood Cells	4.50	million/µL		3.80 - 5.10	4.10 - 5.10	4.68	-4 %	F
A	Hemoglobin	14.0	g/dL		11.7 - 15.5	13.3 - 15.5	14.7	-5 %	F
A	Hematocrit	43.7	%		35.0 - 45.0	40.0 - 46.5	44.1	-1 %	F
B	Mean Corpuscular Volume	96.0	fL		80.0 - 100.0	85.0 - 95.0	94.0	2 %	F
B	Mean Corpuscular Hemoglobin	32.0	pg		27.0 - 33.0	28.5 - 31.5	31.4	2 %	F

† - range depends on a variety of factors

Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
A	Mean Corpuscular Hemoglobin Concentration	32.7	g/dL		32.0 - 36.0	32.0 - 36.0	33.3	-2 %	F
B	Red Cell Distribution Width	13.0	%		11.0 - 15.0	< 12.5	14.2	-8 %	F
A	Platelets	252	thousand/µL		140 - 400	200 - 400	260	-3 %	F
A	Mean Platelet Volume	9.6	fL		7.0 - 11.0	8.0 - 9.0	9.6	0 %	F
Vitamins									
A	Vitamin D	52	ng/mL		20 - 100	40 - 60	36	43 %	F
B	Vitamin D2	0	ng/mL		0 - 75		4	-100 %	F
A	Vitamin D3	52	ng/mL		20 - 100	40 - 60	42	24 %	F
B	Folate	14.0	ng/mL			> 15.0	18.5	-24 %	F
A	Vitamin B12	893	pg/mL			700 - 1100	607	47 %	F
Trace Essential Minerals									
A	Ferritin	60	ng/mL			50 - 100	43	40 %	F
A	Iron	60	µg/dL		40 - 160	50 - 100	133	-55 %	F
A	Transferrin Saturation	23	%		15 - 50	20 - 30	44	-48 %	F
A	Total Iron Binding Capacity	270	µg/dL		250 - 450	250 - 350	305	-11 %	F
Major Essential Minerals									
B	Sodium	140	mmol/L		135 - 146		144	-3 %	F
	Potassium	4.5	mmol/L		3.5 - 5.3		3.8	18 %	F
A	Chloride	102	mmol/L		98 - 110	101 - 106	104	-2 %	F
B	Carbon Dioxide	22	mmol/L		21 - 33	24 - 28	22	0 %	F
A	Calcium	9.3	mg/dL		8.6 - 10.2	9.0 - 9.8	9.4	-1 %	F
C	Phosphorus	3.6	mg/dL		2.5 - 4.5	2.5 - 2.9	4.2	-14 %	F
Kidney Function									

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Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
	Cystatin-C	0.70	mg/L			0.43 - 0.70	0.68	3 %	F
A	Uric Acid	6.0	mg/dL		2.5 - 7.0	2.5 - 6.0	3.9	54 %	F
B	Creatinine	0.80	mg/dL		0.50 - 1.20	0.50 - 0.80	0.62	29 %	F
	Urea Nitrogen in Blood	26	mg/dL		7 - 25	12 - 20	17	53 %	F
	BUN/Creatinine Ratio	32.50	Ratio		6.00 - 22.00	10.00 - 15.00	27.00	20 %	F
Liver Function									
A	Albumin / Globulin ratio	1.7			1.0 - 2.5	1.7 - 2.2	1.6	6 %	F
B	Albumin	4.4	g/dL		3.6 - 5.1	> 4.5	4.1	7 %	F
	Globulin	2.6	g/dL		2.2 - 3.9		2.6	0 %	F
	Protein	6.3	g/dL		6.2 - 8.3	6.0 - 8.0	6.7	-6 %	F
B	Gamma-Glutamyl Transferase	14	IU/L		3 - 70	< 10	21	-33 %	F
A	Alanine Aminotransferase	18	IU/L		6 - 40	< 20	41	-56 %	F
A	Aspartate Aminotransferase	16	IU/L		10 - 35	< 20	32	-50 %	F
B	Alkaline Phosphatase	52	IU/L		33 - 130	0 - 40	89	-42 %	F
A	Bilirubin, Direct	0.10	mg/dL		0.00 - 0.20	0.00 - 0.20	0.12	-17 %	F
A	Bilirubin, Total	0.7	mg/dL		0.2 - 1.2	0.6 - 1.2	0.4	75 %	F
A	Lactate Dehydrogenase	155	IU/L		120 - 250	152 - 218	197	-21 %	F
Immune Health									
A	White Blood Cells	5500	cells/µL		3500 - 9500	4000 - 7500	5200	6 %	F
A	Neutrophils	3630.0	cells/µL		1500.0 - 7800.0	3187.5 - 6262.5	3000.0	21 %	F
A	Neutrophil %	66.0	%		38.0 - 80.0	48.5 - 69.5	58.0	14 %	F
	Monocytes	385	cells/µL		200 - 950		50	670 %	F
	Monocyte %	7.0	%		0.0 -		10.0	-30 %	F

† - range depends on a variety of factors

Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
					13.0				
A	Eosinophils	110	cells/µL		15 - 550	50 - 250	0	54900 %	F
B	Eosinophil %	2.0	%		0.0 - 8.0	< 2.0	4.0	-50 %	F
A	Basophils	0	cells/µL		0 - 200	0 - 200	0		F
A	Basophil %	0.0	%		0.0 - 2.0	0.0 - 2.0	0.0		F
	Lymphocytes	1760	cells/µL		1078 - 2828		1404	25 %	F
	Lymphocyte %	32.0	%		20.0 - 48.0		27.0	19 %	F
Advanced Immune Health									
A	T Cell Ratio	1.70	Ratio			1.50 - 2.50	1.44	18 %	
	NK Cells	130	cells/µL		51 - 543	174 - 420	168	-23 %	I
A	NK Cell %	9	%		3 - 26	9 - 20	12	-25 %	I
B	B-Cells	130	cells/µL		74 - 447		112	16 %	I
B	B-Cell %	11	%		5 - 22		8	38 %	I
B	Helper T-Cells	780	cells/µL		467 - 1350	> 900	646	21 %	I
A	Helper T-Cell %	52	%		32 - 59	46 - 59	46	13 %	I
	Suppressor T-Cells	460	cells/µL		201 - 868		449	2 %	I
	Suppressor T-Cell %	30	%		13 - 38		32	-6 %	I
	Healthy Suppressor T-Cells	440	cells/µL				400	10 %	
A	Healthy Suppressor T-Cell %	95	%			90 - 100	89	7 %	
A	Senescent Suppressor Cells	20.00	cells/µL		17.00 - 364.00	< 50.00	49.00	-59 %	I
A	Senescent Suppressor Cell %	5	%		4 - 51	< 10	11	-55 %	I
B	Naive Suppressor Cells	135.0	cells/µL		32.0 - 347.0	> 250.0	49.0	176 %	I

† - range depends on a variety of factors

Grade	Name	Result	Units	Flags	Normal Range	Optimal Range	Baseline	Change	Source
B	Naive Suppressor Cell %	28	%		11 - 57	> 35	11	155 %	I
A	CMV Antibodies (IGG)	0.60	IU/mL		0.00 - 5.00	< 0.91	< 0.91		F
Inflammation									
B	C-Reactive Protein	1.00	mg/L		0.00 - 2.90	< 1.00	1.79	-44 %	F
Telomere Length									
C	Granulocyte Telomere Length	7.4	kb		5.5 - 10.0	> 8.5	6.0	23 %	G
C	Lymphocyte Telomere Length	6.8	kb		4.5 - 9.0	> 8.0	5.2	31 %	G

† - range depends on a variety of factors

Historical Data

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
Arterial Stiffness								
Anti-hypertensive	YES							YES
Patient Had Caffeine Within Last 6 Hours	NO	NO	NO	NO				NO
Resting Heart Rate	78	77	72	73	75	70		66
Systolic Blood Pressure	144	126	126	122	146	128		122
Diastolic Blood Pressure	90	92	86	86	80	84		82
Aortic Systolic Blood Pressure	134	119	120	115	117	142	104	101
Aortic Pulse Pressure	43	26	33	37	30	43	34	30
Augmentation Pressure	8	8	13	11	11	17	10	7
Augmentation Index @ 75	21	30	37	38	32	39	24	20
SubEndocardial Viability Ratio	105	179	147	99	164	131		
Arterial Thickness								
Right Distal CCA Mean CIMT	0.821	0.643						
Right Distal CCA Mean %	75% - 100%	0						
Right Carotid Artery Plaque	ABSENT	ABSENT						
Right CIMT Angle						169		
Left Distal CCA Mean %	25% - 75%	75						
Left Distal CCA Mean CIMT	0.799	0.739						
Left Carotid Artery Plaque	ABSENT	ABSENT						
Left CIMT Angle						192		
Cardiovascular Risk								

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
Total Cholesterol	173	155	154	150	171	163		158
HDL Cholesterol	48	48	54	43	53	57		60
LDL Cholesterol	97	88	88	86	102	110		105
Triglycerides	121	74	61	103	79	82		78
Cholesterol/HDL Ratio	3.3	3.0	2.9	3.5	3.2	2.9		2.6
Very Low Density Lipoprotein	24	16						
C-Reactive Protein	1.79	1.50	1.20	1.30	0.98	0.77		1.00
Homocysteine	8.4	8.2	13.1	14.8	9.4	11.0		11.0
Coenzyme Q10	0.73	2.81	3.09	2.18				1.30
LDL/HDL Ratio	2.0	1.8	1.6	2.0	1.9	1.9		1.8
Diabetes & Glucose								
Glucose	99	101	91	75	92	89		93
Hemoglobin A1C	5.7	5.9	6.0	5.9	5.7	5.5		5.4
Estimated Average Glucose	116.9	122.6	125.5	122.6	116.9	111.1		108.3
Insulin	12.8	16.0	6.2	6.2	4.6	9.0		6.0
Muscle and fat								
Height	68	68	68	68	68	68		68
Weight	215.4	196.2	191.3	175.2	179.7	174.0		168.0
Body Mass Index	32.9	30.0	29.5	27.0	27.7	26.5		25.5
Fat Mass	100.5	81.8	79.8	66.6	70.5	64.8		57.8
Lean Body Mass	114.9	114.4	111.6	108.7	109.1	109.1		110.2
Percent Bodyfat	46.7	41.7	41.7	38.0	39.2	37.2		34.4
Visceral Fat Level	15	16	13					10
Skeletal Muscle Mass	60.4	60.2	60.4					61.4
Total Body Water	84.2	83.8	82.0	80.0	80.7	79.8		78.0
Intracellular Water	51.8	52.1	51.1	49.6	49.6	49.7		48.5
Extracellular Water	32.4	31.7	30.9	30.4	31.1	30.1		29.5
Extracellular / Total Body Water	0.385	0.378	0.377	0.380	0.385	0.377		0.378
Skin Elasticity								
Skin Elasticity	80	74	79	75	80	78	77	77
Handgrip								
Handgrip Left	24.3							
Handgrip Right	27.0							
Lung Health								
Spirometry Interpretation	Moderately severe obstruction	Mild obstruction						Mild obstruction
Respiratory Rate	16	16						18
Forced Vital Capacity	2.573	2.467	2.407	2.870	2.757	2.880	3.050	3.133
FVC Percent Predicted	78	82						86
Forced Exhaled Volume in 1 seconds	1.723	1.730	1.460	1.727	1.703	1.620	1.793	2.057

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
FEV1 Percent Predicted	56	70						77
FEV1/FVC	67	70	61	60	62	56	59	66
FEF25-75%	1.073	1.077	0.733	0.783	0.863			
PEF	4.013	4.077	3.457	4.253	3.927			
Cognitive Function								
Standard Composite Memory	106	95	114	118	124	122		121
Standard Verbal Memory	109	112	118	115	118	120		122
Standard Visual Memory	100	81	103	112	119	117		115
Standard Psychomotor Speed	94	90	86	97	109	110		109
Standard Processing Speed	113	97	99	113	127	130		125
Standard Reaction Time	86	82	72	90	83	87		89
Standard Cognitive Flexibility	110	114	104	104	107	110		109
Standard Executive Functioning	109	113	103	103	106	105		100
Standard Motor Speed	83	89	97	99				101
Sex Hormones								
Menstrual Phase	menopausal	menopausal	menopausal		menopausal	menopausal	menopausal	menopausal
Sex Hormone Binding Globulin	44	43	55	69	69			71
Testosterone	44	38	43	63	40			52
Free Testosterone	4.4	4.3	4.0	4.0	2.4			5.0
Free Testosterone %	1.00	1.20	0.60					1.20
Dihydrotestosterone	7	15	11	15				22
Estradiol	8.7	6.0	5.0	6.0	8.0			52.0
Estrone Sulfate	20	523	447	426	300	2103		3500
Progesterone	0.8	0.7	< 0.5	0.8	0.2	0.2		14.0
Follicle Stimulating Hormone	124.0	109.2	108.4	126.6	127.0	120.0		115.0
Dehydroepiandrosterone Sulfate	232	252	245	327	236	234		212
Growth/IGF Hormones								
Insulin-Like Growth Factor 1	185	171	189	176	163	170		160
IGF Binding Protein-3	4.0	4.0	3.6	3.5	2.7	3.3		3.9
Prolactin	5.3	5.7	4.1	6.7	6.3	6.6		7.0
Thyroid Function								
Thyroid Stimulating Hormone	1.400	1.250	1.260	1.240	0.980	0.990		0.700
Thyroxine	7.0	9.3	9.0	9.0	8.5	8.0		7.0
Triiodothyronine	129.0							
Free T3	3.6	3.4	3.4	3.4	3.0	3.6		3.6
Reverse T3	17.0	16.0	17.0	21.8				16.0
Corticosteroids								
Cortisol	14.8	17.0	10.0	21.6	10.0	12.0		13.0
Blood								

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
Red Blood Cells	4.68	4.77	4.66	4.55	4.45	4.40		4.50
Hemoglobin	14.7	14.9	14.4	14.5	13.8	13.7		14.0
Hematocrit	44.1	45.6	45.2	44.1	42.4	42.6		43.7
Mean Corpuscular Volume	94.0	95.6	97.0	96.8	95.0	95.0		96.0
Mean Corpuscular Hemoglobin	31.4	31.3	31.0	31.8	31.0	31.0		32.0
Mean Corpuscular Hemoglobin Concentration	33.3	32.7	32.0	32.9	32.5	32.5		32.7
Red Cell Distribution Width	14.2	14.4	14.9	15.1	13.8	14.0		13.0
Platelets	260	232	238	223	281	270		252
Mean Platelet Volume	9.6	9.4	9.7	9.5				9.6
Immature Cells						NP		
Vitamins								
Vitamin D	36	42	55	78	65	52		52
Vitamin D2	4	< 4.0	< 4.0					0
Vitamin D3	42	55	78					52
Folate	18.5	12.0						14.0
Vitamin B12	607	683						893
Skin Antioxidant Score	23000	20000	28000	35000				
Trace Essential Minerals								
Ferritin	43	43	57	58				60
Iron	133	145	97	101	126	68		60
Transferrin Saturation	44	47	30	33	43	33		23
Total Iron Binding Capacity	305	306	321	307	292	312		270
Major Essential Minerals								
Sodium	144	142	147	141	141	140		140
Potassium	3.8	4.1	5.0	4.2	4.4	4.3		4.5
Chloride	104	107	109	105	104	102		102
Carbon Dioxide	22	23	24	23	21	22		22
Calcium	9.4	9.2	9.3	9.2	8.7	9.6		9.3
Phosphorus	4.2	3.6	4.4	3.7	3.4	3.6		3.6
Kidney Function								
Cystatin-C	0.68	0.56	0.67					0.70
Uric Acid	3.9	3.7	3.6	4.2	4.0	4.8		6.0
Creatinine	0.62	0.68	0.68	0.68	0.68	0.70		0.80
Urea Nitrogen in Blood	17	17	12	16	18	20		26
BUN/Creatinine Ratio	27.00	25.00	17.65	23.00	26.00	29.00		32.50
Liver Function								
Albumin / Globulin ratio	1.6	1.9	1.9	2.0	2.0	2.0		1.7
Albumin	4.1	4.6	4.3	4.3	4.2	4.4		4.4
Globulin	2.6	2.4	2.3	2.1	2.1	2.2		2.6
Protein	6.7	7.0	6.6	6.4	6.3	6.5		6.3

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
Gamma-Glutamyl Transferase	21	19	18	14	16	14		14
Alanine Aminotransferase	41	20	19	18	18	17		18
Aspartate Aminotransferase	32	20	19	18	20	19		16
Alkaline Phosphatase	89	87	85	85	68	60		52
Bilirubin, Direct	0.12	0.10	0.10	0.10	0.10	0.10		0.10
Bilirubin, Total	0.4	0.4	0.4	0.5	0.3	0.3		0.7
Lactate Dehydrogenase	197	178	188	209	195	155		155
Immune Health								
White Blood Cells	5200	6800	5900	6800	5000	5200		5500
Immature Granulocyte Count	0.0	0.0						
Immature Granulocyte Percent	0.0	0.0						
Neutrophils	3000.0	4877.0	3800.0	5120.0	2900.0	2900.0		3630.0
Neutrophil %	58.0	65.9	64.4	75.3	59.0	65.0		66.0
Monocytes	50	525	437	347	300	350		385
Monocyte %	10.0	7.1	7.4	5.1	6.0	7.0		7.0
Eosinophils	0	252	142	156	100	120		110
Eosinophil %	4.0	3.4	2.4	2.3	3.0	2.0		2.0
Basophils	0	22	18	20	0	0		0
Basophil %	0.0	0.3	0.3	0.3	0.0	0.0		0.0
Lymphocytes	1404	1496	1505	1156	1600	1600		1760
Lymphocyte %	27.0	22.0	25.5	17.0	32.0	30.0		32.0
Advanced Immune Health								
T Cell Ratio	1.44	1.31	1.17	3.24	1.53	1.53		1.70
NK Cells	168	194	94	102	111	121		130
NK Cell %	12	13	7	8	7	8		9
B-Cells	112	150	125	268	103	120		130
B-Cell %	8	10	8	21	7	9		11
Helper T-Cells	646	628	612	648	786	750		780
Helper T-Cell %	46	42	44	49	52	50		52
Suppressor T-Cells	449	479	521	200	515	490		460
Suppressor T-Cell %	32	32	38	16	34	32		30
Healthy Suppressor T-Cells	400	426	487	182	491	468		440
Healthy Suppressor T-Cell %	89	89	94	91	94	95		95
Senescent Suppressor Cells	49.00	53.00	34.00	18.00	24.00	22.00		20.00
Senescent Suppressor Cell %	11	11	6	9	6	5		5
Naive Suppressor Cells	49.0	48.0	53.0	30.0	105.0	130.0		135.0
Naive Suppressor Cell %	11	10	12	14	22	27		28
CMV Antibodies (IGG)	< 0.91	0.60						0.60
Inflammation								
C-Reactive Protein	1.79	1.50	1.20	1.30	0.98	0.77		1.00
Telomere Length								

Visit Date	03/20 2013	03/24 2014	03/23 2015	06/08 2015	04/04 2016	04/17 2017	03/13 2018	03/12 2019
Granulocyte Telomere Length	6.0	7.0	5.9	6.9	6.9	7.1		7.4
Lymphocyte Telomere Length	5.2	6.0	5.3	6.0	6.3	6.5		6.8

Sources

Flag	Description	First Results Received	Last Results Received
A	CNS Vital Signs	04/02/2019	04/19/2019
B	Cutometer MPA 580	04/02/2019	
C	InBody 570	04/19/2019	
D	IQSpiro Spirometer	04/02/2019	
E	Patient Survey	04/02/2019	
F	Quest Labs	04/19/2019	04/19/2019
G	Repeat Diagnostics Telomere Lengths	04/02/2019	
H	Sphygmocor XCEL	04/02/2019	
I	UCLA Immune Function Panel	04/02/2019	
J	Vitals	04/02/2019	