Blood Work Analysis Report

Prepared for
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04/22/2024

Analysis Date
04/21/2026

Red Blood Cell (RBC) Analysis

RBC Insights

Suboptimal Blood Oxygen Delivery is
Less Likely (30%)

RBC Size	RBC Color
Normocytic (Normal)	Normochromic (Normal)

Inflammation is Likely

Red Blood Cell (RBC) Analysis

RBC Reference Range Analysis

Iron Analysis

Iron Reference Range Analysis

Immune System Analysis

Immune System Insights

Immune System Abnormality is
Possible (69%)

Adaptive Immune Response Pattern Consistent with:

- Viral-type Activity
- Autoimmune-type Activity
- Chronic Stress

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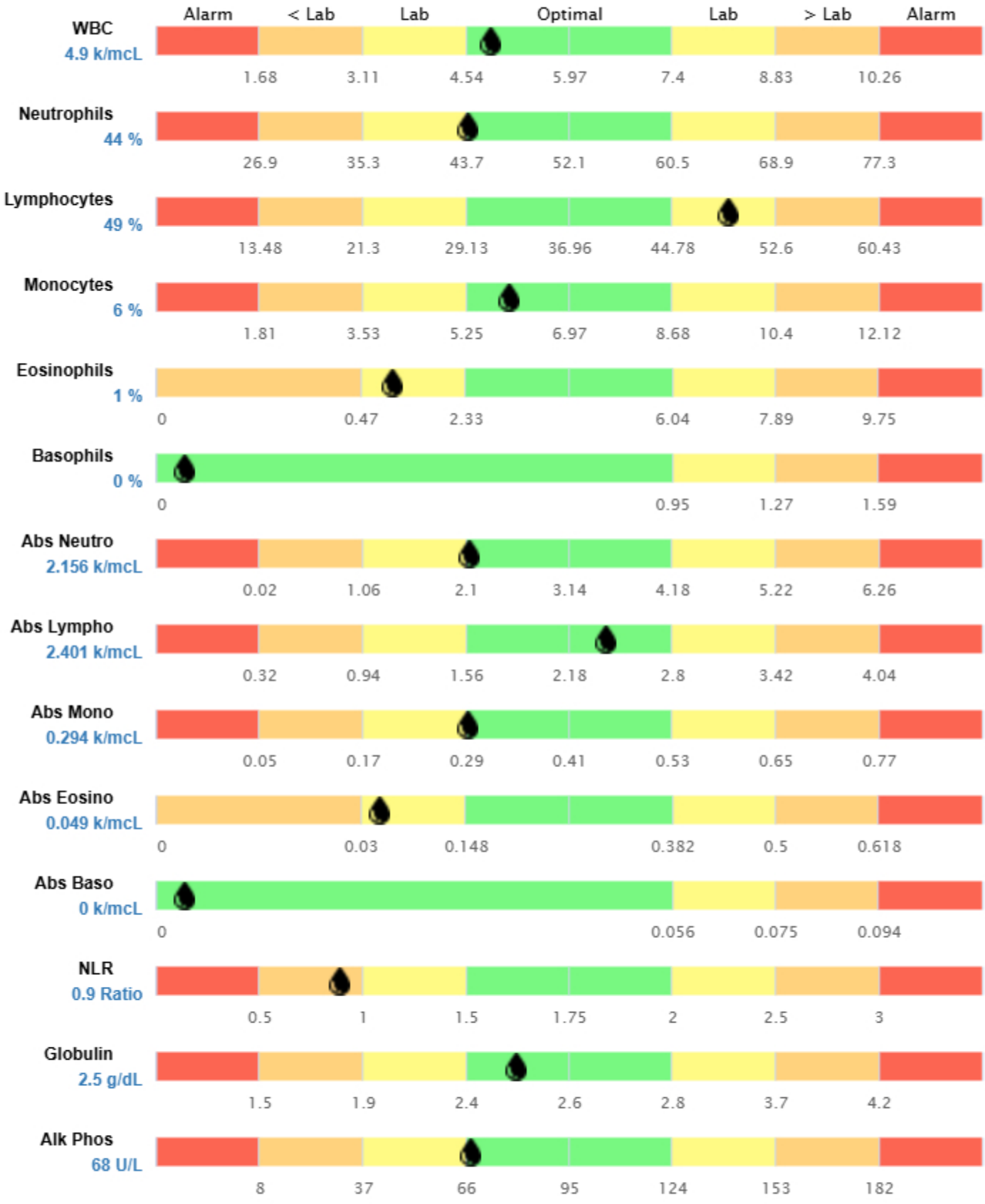
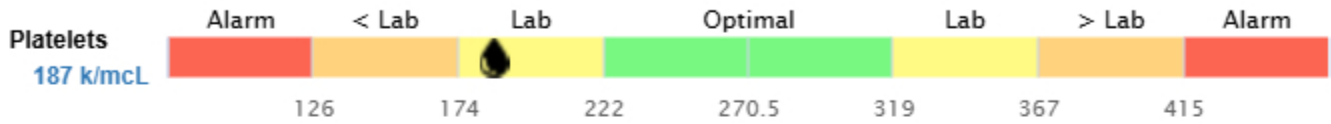
Immune System Analysis

Immune System Reference Range Analysis



Coagulation Analysis

Coagulation Reference Range Analysis



Glucose Regulation / Metabolic Function Analysis

Glucose Regulation / Metabolic Function Reference Range Analysis

Notes

Blood Sugar Balance - Early changes in blood sugar regulation are present, even though long-term control appears stable.

Patterns consistent with:

- Early glycemic dysregulation
- Impaired glucose control
- Compensatory metabolic response

Follow-Up Considerations:

- Reassessment over time can help determine whether this pattern persists
- Lifestyle factors such as nutrition, sleep, and stress may influence these changes
- Early support may help prevent progression

Kidney Analysis

Kidney Reference Range Analysis

Proteins Analysis

Proteins Reference Range Analysis

Nutrients Analysis

Nutrients Reference Range Analysis

Notes

Nutrient Status - Nutrient levels may be suboptimal, affecting metabolism, energy, and hormone function.

Patterns consistent with:

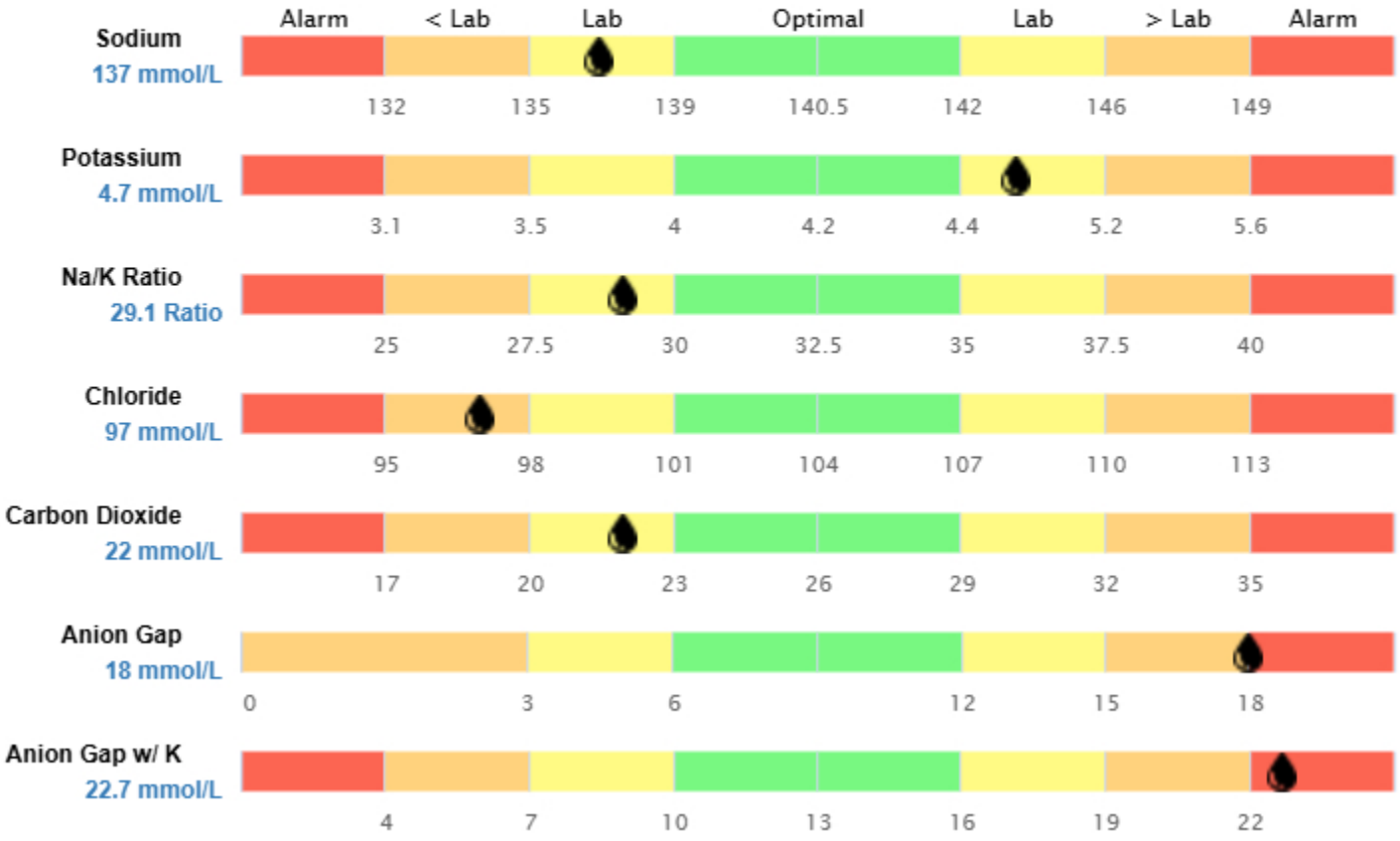
- Low mineral reserve
- Magnesium insufficiency
- Nutrient depletion pattern

Follow-Up Considerations:

- Evaluating nutrient intake and absorption may provide additional clarity
- Targeted support may help improve overall function
- Monitoring changes can help guide adjustments

Electrolytes Analysis

Electrolytes Reference Range Analysis



Notes

Stress & Adrenal Balance - The body appears to be managing stress, but there may be increased demand on this system.

Patterns consistent with:

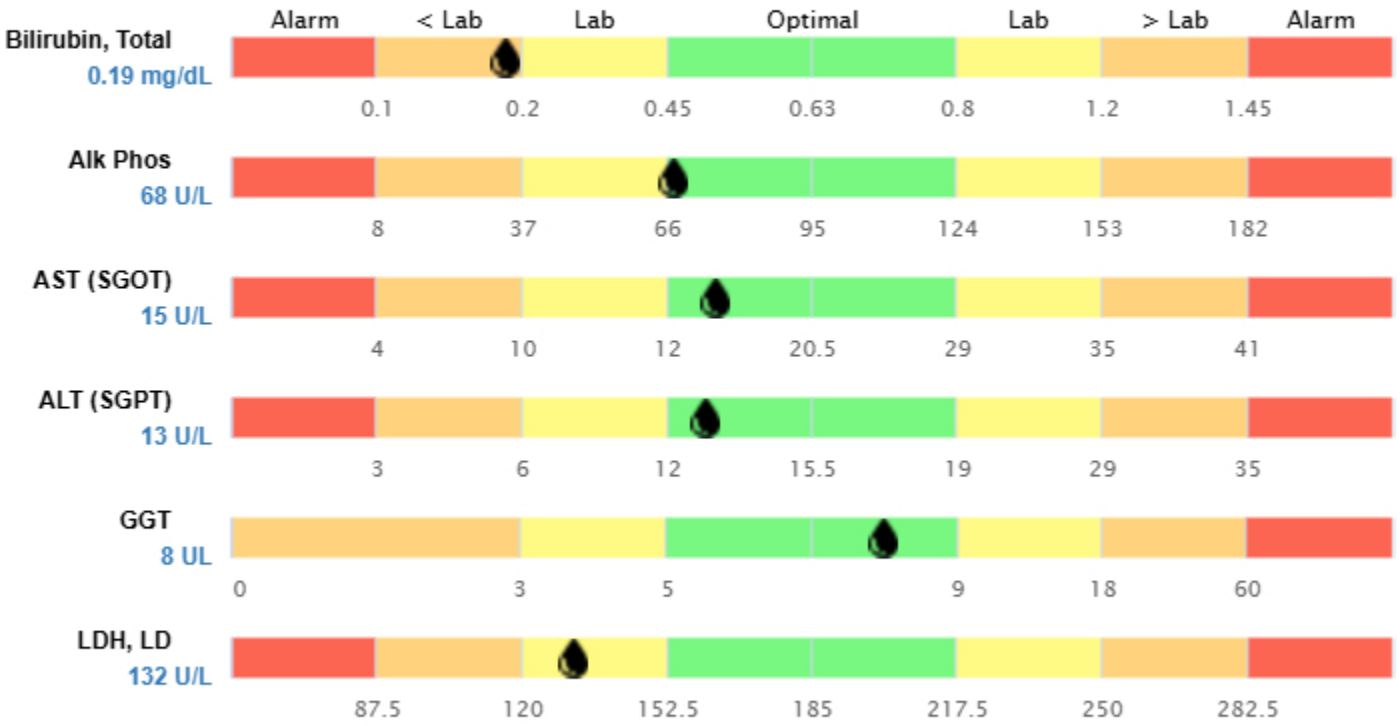
- Compensated adrenal response
- Early endocrine strain
- Stress adaptation pattern

Follow-Up Considerations:

- Ongoing monitoring may help determine whether this pattern changes over time
- Supporting recovery, sleep, and stress management may be beneficial
- Improvements in related systems may help reduce overall strain

Liver / Biliary Analysis

Liver / Biliary Reference Range Analysis

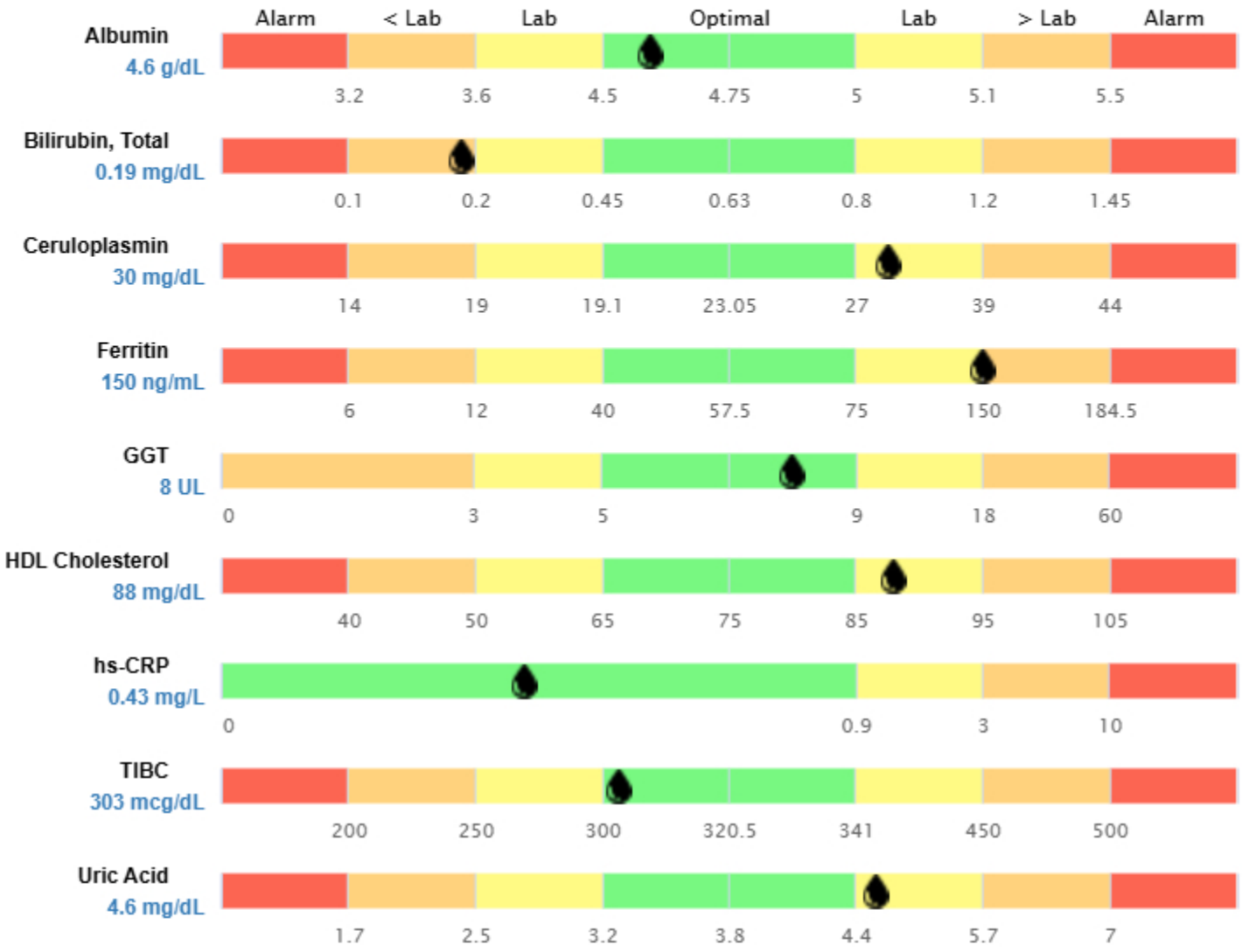


Lipids Analysis

Lipids Reference Range Analysis

Inflammation/Oxidative Stress Analysis

Inflammation / Oxidative Stress Reference Range Analysis



Thyroid Analysis

Thyroid Reference Range Analysis

Notes

Thyroid Function - Thyroid activity appears reduced, likely influenced by immune system activity. This may impact energy, metabolism, and overall balance.

Patterns consistent with:

- Thyroid immune activation
- Reduced thyroid activity
- Autoimmune thyroid pattern

Follow-Up Considerations:

- Ongoing monitoring may help determine whether this pattern is improving or persisting
- Further evaluation of potential immune triggers may provide additional insight
- Tracking thyroid markers over time can help guide next steps

Hormones Analysis

Hormones Reference Range Analysis

Notes

Overall Summary

• There are signs that thyroid function may be affected by immune system activity, which can influence energy, metabolism, and overall balance.
• Early changes in blood sugar regulation suggest the body may be under increased metabolic stress.
• Nutrient levels and overall system support may not be fully optimized, which can affect how well the body adapts and recovers.

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Top Themes Identified

• Thyroid function appears to be under immune-related stress
• Early signs of metabolic imbalance are emerging
• Immune activity appears elevated beyond baseline
• Nutrient levels may not be fully supporting optimal function

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Big-Picture Interpretation

• Thyroid function appears to be influenced by immune system activity, which may be affecting hormone production and utilization.
• The body appears to be compensating, but overall hormone activity remains lower than optimal.
• Early signs of blood sugar imbalance are also present within this context.
• Immune activity and nutrient status may be contributing to overall system imbalance.

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Top 5 Priority Systems to Address

1. Thyroid Function
2. Immune Function
3. Blood Sugar Balance
4. Nutrient Status
5. Stress & Adrenal Balance

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Follow-Up Considerations

• Continued monitoring and follow-up testing can help track progress and guide next steps
• Addressing thyroid and immune system activity together may support better outcomes
• Lifestyle factors such as nutrition, sleep, and stress play an important role in overall balance
• Supporting nutrient levels may help improve energy, recovery, and system function

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