



Patient Information	Specimen Information	Client Information
<b>DOB:</b> <b>AGE:</b> <b>Gender:</b> <b>Phone:</b> <b>Patient ID:</b> <b>Health ID:</b>	<b>Specimen:</b> <b>Requisition:</b> <b>Lab Ref #:</b> <b>Collected:</b> <b>Received:</b> <b>Reported:</b>	<b>REQUEST A TEST - PWN HEALTH</b> <b>7027 MILL RD STE 201</b> <b>BRECKSVILLE, OH 44141-1852</b>

**COMMENTS:** FASTING: YES

Test Name	In Range	Out Of Range	Reference Range	Lab
COMPREHENSIVE METABOLIC PANEL				CB
GLUCOSE	91		65-99 mg/dL	
			Fasting reference interval	
UREA NITROGEN (BUN)	9		7-25 mg/dL	
CREATININE	0.54		0.50-1.03 mg/dL	
EGFR	111		> OR = 60 mL/min/1.73m2	
The eGFR is based on the CKD-EPI 2021 equation. To calculate the new eGFR from a previous Creatinine or Cystatin C result, go to <a href="https://www.kidney.org/professionals/kdoqi/gfr%5Fcalculator">https://www.kidney.org/professionals/kdoqi/gfr%5Fcalculator</a>				
BUN/CREATININE RATIO	NOT APPLICABLE		6-22 (calc)	
SODIUM	139		135-146 mmol/L	
POTASSIUM	4.2		3.5-5.3 mmol/L	
CHLORIDE	104		98-110 mmol/L	
CARBON DIOXIDE	27		20-32 mmol/L	
CALCIUM	9.5		8.6-10.4 mg/dL	
PROTEIN, TOTAL	7.1		6.1-8.1 g/dL	
ALBUMIN	4.5		3.6-5.1 g/dL	
GLOBULIN	2.6		1.9-3.7 g/dL (calc)	
ALBUMIN/GLOBULIN RATIO	1.7		1.0-2.5 (calc)	
BILIRUBIN, TOTAL	0.6		0.2-1.2 mg/dL	
ALKALINE PHOSPHATASE	98		37-153 U/L	
AST	16		10-35 U/L	
ALT	12		6-29 U/L	
MAGNESIUM	2.1		1.5-2.5 mg/dL	CB
VITAMIN K	684		130-1500 pg/mL	AMD

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute Chantilly, VA. It has not been cleared or approved by the U.S. Food and Drug Administration. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.

IRON AND TOTAL IRON BINDING CAPACITY				CB
IRON, TOTAL	75		45-160 mcg/dL	
IRON BINDING CAPACITY	383		250-450 mcg/dL (calc)	
% SATURATION	20		16-45 % (calc)	
FERRITIN	18		16-232 ng/mL	CB

CLIENT SERVICES:

SPECIMEN:



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Test Name	In Range	Out Of Range	Reference Range	Lab
VITAMIN B12/FOLATE, SERUM PANEL VITAMIN B12	234		200-1100 pg/mL	CB

Please Note: Although the reference range for vitamin B12 is 200-1100 pg/mL, it has been reported that between 5 and 10% of patients with values between 200 and 400 pg/mL may experience neuropsychiatric and hematologic abnormalities due to occult B12 deficiency; less than 1% of patients with values above 400 pg/mL will have symptoms.

FOLATE, SERUM	18.6		ng/mL Reference Range Low: <3.4 Borderline: 3.4-5.4 Normal: >5.4
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VITAMIN E (TOCOPHEROL) ALPHA-TOCOPHEROL	17.4		mg/L Reference Range 5.7-19.9 mg/L	SLI
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Levels of alpha-tocopherol <5 mg/L are consistent with Vitamin E deficiency in adults.

Vitamin supplementation within 24 hours prior to blood draw may affect the accuracy of results.

**See Endnote 1**

BETA-GAMMA-TOCOPHEROL	1.3		<4.4 mg/L
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**See Endnote 1**

VITAMIN C VITAMIN C	0.7		0.3-2.7 mg/dL	SLI
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VITAMIN B1 (THIAMINE), BLOOD, LC/MS/MS	137		78-185 nmol/L	SLI
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Test Name	In Range	Out Of Range	Reference Range	Lab
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VITAMIN A (RETINOL)	49		38-98 mcg/dL	SLI
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\*\*Clin Chem Vol. 34.No.8. pp1625-1628. 1998  
Vitamin supplementation within 24 hours prior to blood draw may affect the accuracy of results.

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VITAMIN B6, PLASMA	7.8		2.1-21.7 ng/mL	Z3E
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(Note)

VITAMIN SUPPLEMENTATION WITHIN 24 HOURS PRIOR TO BLOOD DRAW MAY AFFECT THE ACCURACY OF RESULTS.

THIS TEST WAS DEVELOPED AND ITS ANALYTICAL PERFORMANCE CHARACTERISTICS HAVE BEEN DETERMINED BY MEDFUSION. IT HAS NOT BEEN CLEARED OR APPROVED BY THE FDA. THIS ASSAY HAS BEEN VALIDATED PURSUANT TO THE CLIA REGULATIONS AND IS USED FOR CLINICAL PURPOSES.

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Michael Chaump, MD

ZINC	83		60-130 mcg/dL	CB
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#### Endnote 1

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Report Status: Final

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DOB:                      AGE: Gender: Phone: Patient ID:	Specimen: Requisition: Lab Ref #:  Collected: Received: Reported:	

Endocrinology

Test Name	Result	Reference Range	Lab
VITAMIN D,25-OH,TOTAL,IA	40	30-100 ng/mL	NW
<p>Vitamin D Status                      25-OH Vitamin D:</p> <p>Deficiency:                                      &lt;20 ng/mL Insufficiency:                                      20 - 29 ng/mL Optimal:    &gt; or = 30 ng/mL</p> <p>For 25-OH Vitamin D testing on patients on D2-supplementation and patients for whom quantitation of D2 and D3 fractions is required, the QuestAssured(TM) 25-OH VIT D, (D2,D3), LC/MS/MS is recommended: order code 92888 (patients &gt;2yrs).</p> <p>For more information on this test, go to: <a href="http://education.questdiagnostics.com/faq/FAQ163">http://education.questdiagnostics.com/faq/FAQ163</a> (This link is being provided for informational/educational purposes only.)</p>			
Physician Comments:			

PERFORMING SITE:

NW    QUEST DIAGNOSTICS-SEATTLE, 1737 AIRPORT WAY, S. SUITE 200, SEATTLE, WA 98134-1636 Laboratory Director: ROGER W GRAHAM,MD, CLIA: 50D0633094

CLIENT SERVICES: 1-866-MYQUEST

SPECIMEN:

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### Cardio IQ®

Test Name	Current		Risk/Reference Interval				Historical
	Result & Risk		Optimal	Moderate	High	Units	Result & Risk
	Optimal	Non-Optimal					
FATTY ACIDS							
OmegaCheck® Whole Blood: (EPA+DPA+DHA)		4.3	>=5.5	3.8-5.4	<=3.7	% by wt	
ARACHIDONIC ACID/EPA RATIO	31.0			3.7-40.7			
OMEGA-6/OMEGA-3 RATIO	9.8			3.7-14.4			
OMEGA-3 TOTAL	4.3					% by wt	
EPA	0.5			0.2-2.3		% by wt	
DPA	1.3			0.8-1.8		% by wt	
DHA	2.5			1.4-5.1		% by wt	
OMEGA-6 TOTAL	42.0					% by wt	
ARACHIDONIC ACID	15.5			8.6-15.6		% by wt	
LINOLEIC ACID	23.0			18.6-29.5		% by wt	

For details on reference ranges please refer to the reference range/comment section of the report.

**4myheart Diet & Exercise Coaching Program:** Need help achieving and maintaining an optimal weight? Managing stress? Trying to improve physical fitness levels? The 4myheart program provides support and personalized lifestyle guidance to help improve heart health. Please talk to your provider, visit [4myheart.com](http://4myheart.com) or call 1-800-432-7889 opt 2 to learn more.

**Medical Information For Healthcare Providers:** If you have questions about any of the tests in our Cardio IQ offering, please call Client Services at our Quest Diagnostics-Cleveland HeartLab Cardiometabolic Center of Excellence. They can be reached at 866.358.9828, option 1 to arrange a consult with our clinical education team.

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Reference Range/Comments				
Analyte Name	In Range	Out Range	Reference Range	Lab
EPA+DPA+DHA	5.5		>5.4 % by wt	Z4M
Increasing blood levels of long-chain n-3 fatty acids are associated with a lower risk of sudden cardiac death (1). Based on the top (75th percentile) and bottom (25th percentile) quartiles of the CHL reference population, the following relative risk categories were established for OmegaCheck: A cut-off of $\geq 5.5\%$ by wt defines a population at optimal relative risk, 3.8–5.4% by wt defines a population at moderate relative risk, and $\leq 3.7\%$ by wt defines a population at high relative risk of sudden cardiac death. The totality of the scientific evidence demonstrates that when consumption of fish oils is limited to 3 g/day or less of EPA and DHA, there is no significant risk for increased bleeding time beyond the normal range. A daily dosage of 1 gram of EPA and DHA lowers the circulating triglycerides by about 7-10% within 2 to 3 weeks. (Reference: 1-Albert et al, NEJM, 2002; 346: 1113-1118). This test is performed by a Liquid Chromatography-Tandem Mass Spectrometry (LC/MS/MS) method. This test was developed and its performance characteristics determined by the Cleveland HeartLab, Inc. It has not been cleared or approved by the U.S. FDA. The Cleveland HeartLab, Inc. is regulated under Clinical Laboratory Improvement Amendments (CLIA) as qualified to perform high-complexity testing. This test is used for clinical purposes. It should not be regarded as investigational or for research.				
ARACHIDONIC ACID	15.5		8.6-15.6 % by wt	Z4M
ARACHIDONIC ACID/EPA RATIO	31.0		3.7-40.7	Z4M
DHA	2.5		1.4-5.1 % by wt	Z4M
DPA	1.3		0.8-1.8 % by wt	Z4M
EPA	0.5		0.2-2.3 % by wt	Z4M
LINOLEIC ACID	23.0		18.6-29.5 % by wt	Z4M
OMEGA-3 TOTAL	4.3		% by wt	Z4M
OMEGA-6 TOTAL	42.0		% by wt	Z4M
Cleveland HeartLab measures a number of omega-6 fatty acids with AA and LA being the two most abundant forms reported.				
OMEGA-6/OMEGA-3 RATIO	9.8		3.7-14.4	Z4M

#### PERFORMING SITE:

Z4M CLEVELAND HEARTLAB INC, 6701 CARNEGIE AVENUE SUITE 500, CLEVELAND, OH 44103-4623 Laboratory Director: BILL G RICHENDOLLAR,MD, CLIA: 36D1032987

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