



PATIENT: Sample Report		TEST REF: ###-##-####
TEST NUMBER: #####	COLLECTED: dd/mm/yyyy	PRACTITIONER: Nordic Laboratories ADDRESS:
PATIENT NUMBER: #####	RECEIVED: dd/mm/yyyy	
GENDER: Female	TESTED: dd/mm/yyyy	
AGE: 59		
DATE OF BIRTH: dd-mm-yyyy		

TEST NAME: HbA1c - DBS

Test Name	07/11/2018	Current	Range
-----------	------------	---------	-------

Blood Spot CardioMetabolic Markers

Insulin	3.7		1-15 µIU/mL (optimal 2-6)
Hemoglobin A1c		4.4	<6%

<dL = Less than the detectable limit of the lab.
N/A = Not applicable; 1 or more values used in this calculation is less than the detectable limit.
H = High, L = Low

Therapies

07/11/2018: 100mg oral Progesterone (compounded) (10 Hours Last Used); Glutathione; 2x/week topical Testosterone (compounded) (34 Hours Last Used); oral L-Theanine (OTC) (9 Hours Last Used); oral Phosphatidylserine (OTC) (9 Hours Last Used); Rhodiola Rosea; 100mg BID oral 5-HTP (5-Hydroxytryptophan) (OTC) (9 Hours Last Used)

07/11/2018: None



PATIENT: **Sample Report**

TEST REF: **###-##-####**

TEST NUMBER: #####

COLLECTED: dd/mm/yyyy

PRACTITIONER: **Nordic Laboratories**

PATIENT NUMBER: #####

RECEIVED: dd/mm/yyyy

ADDRESS:

GENDER: Female

TESTED: dd/mm/yyyy

AGE: 59

DATE OF BIRTH: dd-mm-yyyy

TEST NAME: **HbA1c - DBS**

#####

Sample Report

Lab Comments

Hemoglobin A1c (HbA1c) is within normal optimal range (3.5-5.5%). HbA1c is a measure of red blood cell hemoglobin glycation. Because red blood cells have about a 120 day life span, a high HbA1c reflects mean hyperglycemia (elevated glucose) for the previous 3 months. In people without diabetes, a normal HbA1c value is somewhere between 3.5% and 5.5%. The American Diabetic Association recommends that HbA1c is normal if it is between 4% and 6%. People with diabetes have higher HbA1c values because their bodies have difficulty managing their blood sugar levels (hyperglycemia). A healthy goal for most people with diabetes is to keep HbA1c under 7% (or the goal set for you by your doctor). With persistently high levels of HbA1c, there is increased risk of developing problems such as eye disease, kidney disease, nerve damage, heart disease, and stroke.

Nordic Laboratories Aps

Nygade 6, 3.sal • 1164 Copenhagen K • Denmark

Tel: +45 33 75 10 00

UK Office:

11 Old Factory Buildings • Stonegate • E. Sussex TN5 7DU • UK

Tel: +44 (0)1580 201 687

Page 2 of 2

www.nordic-labs.com

info@nordic-labs.com