Lakeline Wellness Center

Optimal vs. Standard Lab Values

UNDERSTANDING THE DIFFERENCE

Standard lab ranges are based on large populations and are designed to identify disease, not optimal health. Optimal ranges reflect levels associated with improved energy, longevity, and overall wellness.

LAB MARKER	STANDARD RANGE (Conventional)	OPTIMAL RANGE (Wellness-Focused)
1 Vitamin D (25-OH)	30 – 100 ng/mL	50 – 80 ng/mL
2 Vitamin B12	200 – 900 pg/mL	600 – 900 pg/mL
3 Folate	4 – 20 ng/mL	> 20 ng/mL
4 Ferritin	15 – 200 ng/mL	50 – 150 ng/mL
5 Iron	60 – 170 µg/dL	80 – 120 µg/dL
6 TSH	0.4 – 4.0 mIU/L	0.5 – 2.0 mIU/L
7 Free T3	2.0 – 4.4 pg/mL	3.0 – 4.0 pg/mL
8 Free T4	0.8 – 1.8 ng/dL	1.0 – 1.4 ng/dL
9 Reverse T3	9 – 24 ng/dL	< 15 ng/dL
10 Hemoglobin A1c	4.0 – 5.6 %	4.5 – 5.2 %
11 Fasting Glucose	70 – 99 mg/dL	70 – 90 mg/dL
12 C-Reactive Protein (hs-CRP)	0 – 3 mg/L	< 1.0 mg/L
13 Homocysteine	5 – 15 µmol/L	6 – 8 µmol/L
14 Omega-3 Index	4 – 8 %	> 8 %
15 Magnesium (RBC)	4.2 – 6.4 mg/dL	5.0 – 6.5 mg/dL

Optimal health is personalized.

These ranges may vary based on age, sex, health status, and individual goals.
Discuss your results with your healthcare provider to create a plan that's right for you.

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