



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: 43		
DATE OF BIRTH: dd-mm-yyyy		

TEST NAME: Fasting Insulin - DBS

Test Name	Result	Range
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Blood Spot CardioMetabolic Markers

Insulin **9.1** 1-15 µIU/mL (optimal 2-6)

<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.

Therapies

None Indicated



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Sample Report

Lab Comments

Fasting insulin is within normal range, but higher than the optimal range of 1-8, suggesting an evolving insulin resistance. Insulin resistance predisposes to significantly increased lifetime risk for developing more serious health conditions such as metabolic syndrome (high blood pressure, excessive weight gain in the waist, elevated blood lipids), diabetes, and cardiovascular disease. Stress reduction, exercise, proper diet (reducing consumption of excessive carbohydrates), and balancing hormones within normal physiological ranges are important for prevention of insulin resistance/metabolic syndrome and long term risks to health.