Labvue Report

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EXECUTIVE SUMMARY

Your lab results show that most of your blood metrics are within the

normal range, indicating stable health. However, there are slight reductions in MCH and MCHC levels, which may be worth monitoring.

KEY FINDINGS

- However, there are slight reductions in MCH and MCHC levels, which may be worth monitoring.
- Consider maintaining a balanced diet rich in iron and vitamins.
- Stay hydrated to support overall health.

RECOMMENDATIONS

- Consider maintaining a balanced diet rich in iron and vitamins.
- Stay hydrated to support overall health.
- Monitor your health and consider follow-up testing if symptoms arise.
- Engage in regular physical activity to promote well-being.
- White blood cells, red blood cells, and hemoglobin levels are all normal.
- Your overall blood health appears stable.
- MCH and MCHC levels are slightly below the normal range.
- Platelet count is normal, indicating good clotting ability.
- No unusual findings in your white blood cell types.

ACTION ITEMS

The following tests require attention. Review the full report for detailed information and recommendations.

MCH

LOW

Value: **26.4 pg** Range: 27 - 33 pg

See detailed section for full analysis and recommendations

MCHC

LOW

Value: **31.8 g/dL** Range: 32.5 - 36.5 g/dL

See detailed section for full analysis and recommendations

MEASUREMENTS

Test	Value	Normal Range	Flag
WBC	6.8 10^3/uL	4.0 - 10.0 10^3/uL	NORMAL
RBC	5.38 10^6/uL	4.30 - 5.90 10^6/uL	NORMAL
Hemoglobin	14.2 g/dL	13.0 - 17.0 g/dL	NORMAL
HCT	44.6 %	39.0 - 51.0 %	NORMAL
MCV	82.9 CU Microns	81.0 - 99.0 CU Microns	NORMAL
MCH	26.4 pg	27.0 - 33.0 pg	LOW
MCHC	31.8 g/dL	32.5 - 36.5 g/dL	LOW
RDW	13.6 %	11.6 - 14.8 %	NORMAL
Platelet Count	311 10^3/uL	150 - 400 10^3/uL	NORMAL
Absolute Nucl RBC	—	0.0 - 0.0 10^3/uL	NORMAL
Nucleated Rbc%	—	0.0 - 0.0 %	NORMAL
Absolute Neut	3.9 10^3/uL	1.5 - 8.0 10^3/uL	NORMAL
Absolute Lymph	2 10^3/uL	1.0 - 4.0 10^3/uL	NORMAL
Absolute Mono	0.7 10^3/uL	0.1 - 0.7 10^3/uL	NORMAL
Absolute Eos	0.2 10^3/uL	0.0 - 0.6 10^3/uL	NORMAL
Absolute Baso	0.1 10^3/uL	0.0 - 0.2 10^3/uL	NORMAL
Neut%	57 %	40.0 - 74.0 %	NORMAL
Lymph%	29 %	12.0 - 40.0 %	NORMAL
Mono%	10.3 %	4.0 - 12.0 %	NORMAL

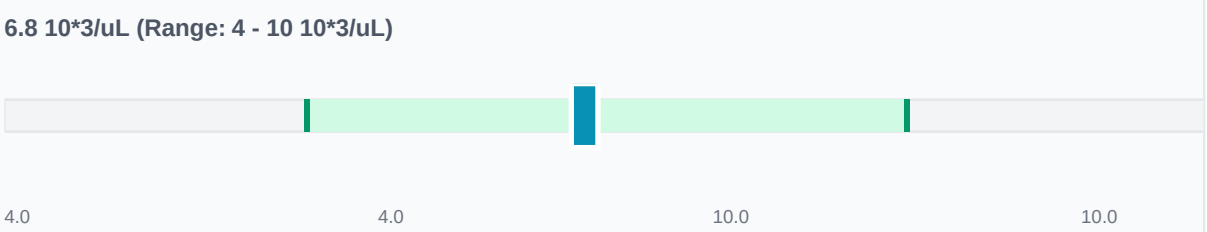
Eosin%	2.4 %	0.0 - 8.0 %	NORMAL
Baso%	0.9 %	0.0 - 2.0 %	NORMAL

Click a test name to jump to its detailed section

WBC

NORMAL

Value: 6.8 10*3/uL



Plain English

Your white blood cell count is within the normal range.

What it means

The WBC test measures the number of white blood cells in your blood. White blood cells are an important part of your immune system, helping your body fight off infections and diseases. This test helps to give an overall picture of your immune health.

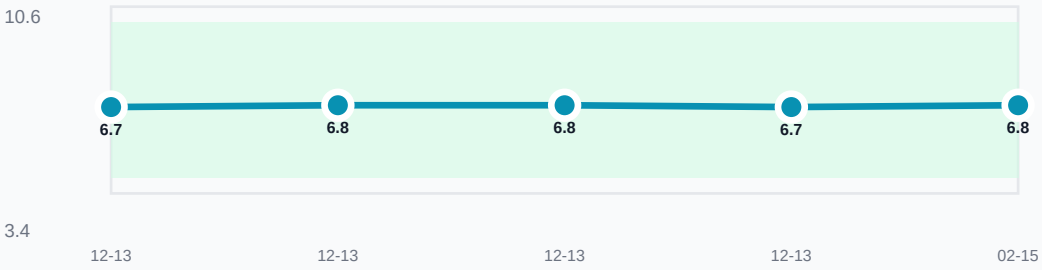
What can influence it

Regular exercise can support immune function. A balanced diet rich in vitamins can also help maintain healthy WBC levels.

Your result in context

The current value of 6.8 10*3/uL is stable and falls within the reference range, indicating no immediate concerns.

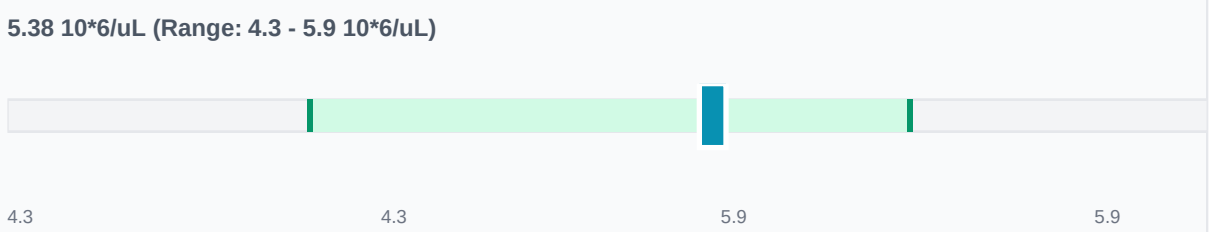
Historical Trend



RBC

NORMAL

Value: 5.38 10*6/uL



Plain English

Your RBC count is within the normal range.

What it means

The RBC test measures the number of red blood cells in your blood. Red blood cells are important because they carry oxygen from your lungs to the rest of your body and help remove carbon dioxide. This test helps to check how well your body is producing these cells and can provide information about your overall health.

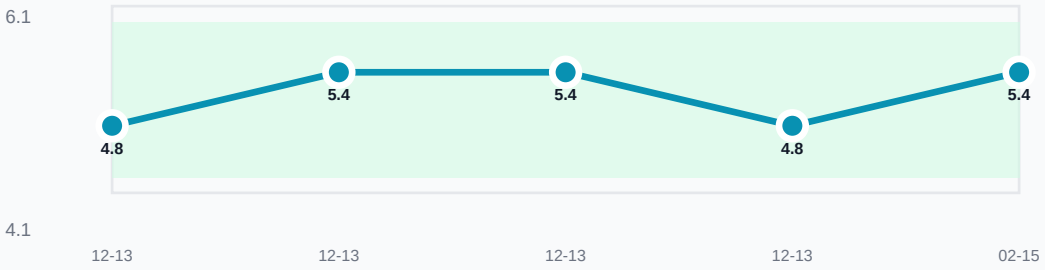
What can influence it

Staying hydrated can support healthy RBC levels. A balanced diet rich in iron and vitamins can also help.

Your result in context

The current value of 5.38 10*6/uL is stable and falls within the reference range, indicating a healthy RBC count.

Historical Trend



Hemoglobin

NORMAL

Value: 14.2 g/dL

Plain English

Your hemoglobin level is within the normal range.

What it means

The hemoglobin test measures the amount of hemoglobin in your blood, which is a protein in red blood cells that carries oxygen from your lungs to the rest of your body. This test helps to assess how well your blood is able to transport oxygen, which is important for your overall health and energy levels.

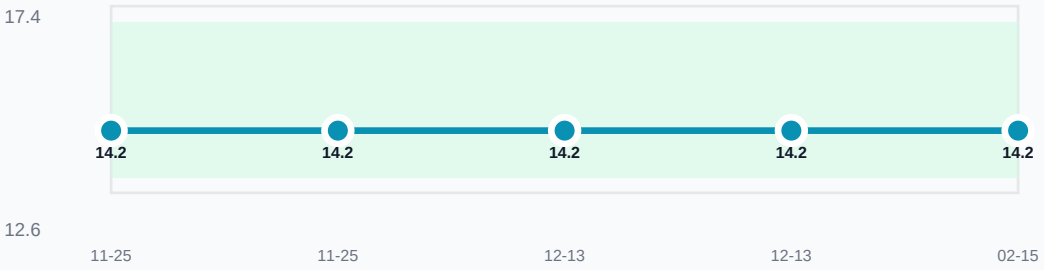
What can influence it

Staying hydrated can help maintain healthy levels. A balanced diet with iron-rich foods supports hemoglobin production.

Your result in context

Your current hemoglobin level of 14.2 g/dL is stable and within the reference range.

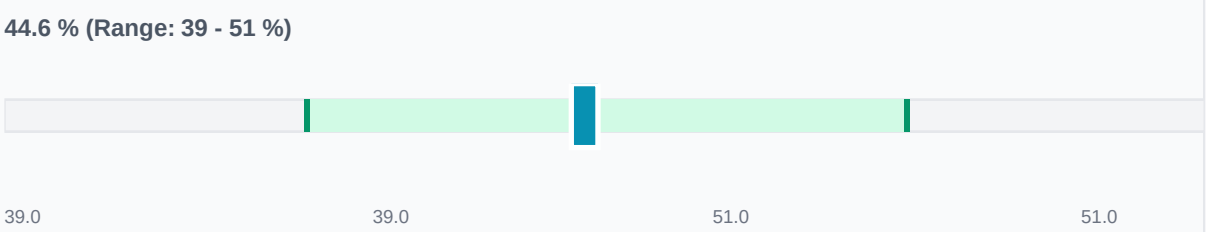
Historical Trend



HCT

NORMAL

Value: 44.6 %



Plain English

Your hematocrit level is within the normal range.

What it means

HCT, or hematocrit, measures the percentage of your blood that is made up of red blood cells. This test helps to show how well your body is carrying oxygen and can provide information about your overall blood health. A higher or lower than normal level can indicate various conditions related to your blood.

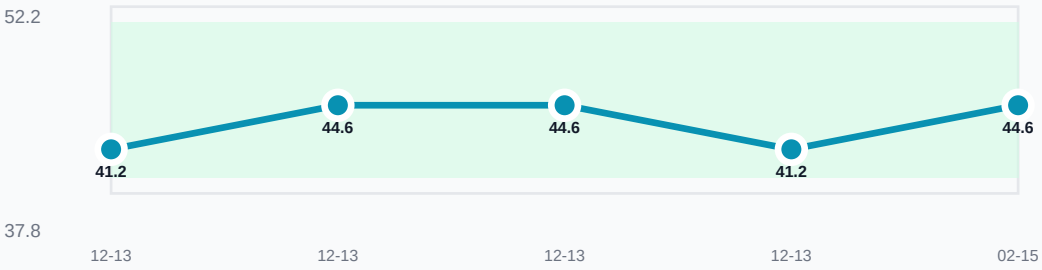
What can influence it

Staying hydrated can help maintain healthy levels. A balanced diet rich in iron supports red blood cell production.

Your result in context

At 44.6%, your hematocrit level is comfortably within the reference range, indicating adequate red blood cell volume.

Historical Trend



MCV

NORMAL

Value: 82.9 CUMicrons

Plain English

Your MCV value is within the normal range.

What it means

MCV, or mean corpuscular volume, measures the average size of your red blood cells. It helps to determine how big or small your red blood cells are, which can provide important information about your overall blood health.

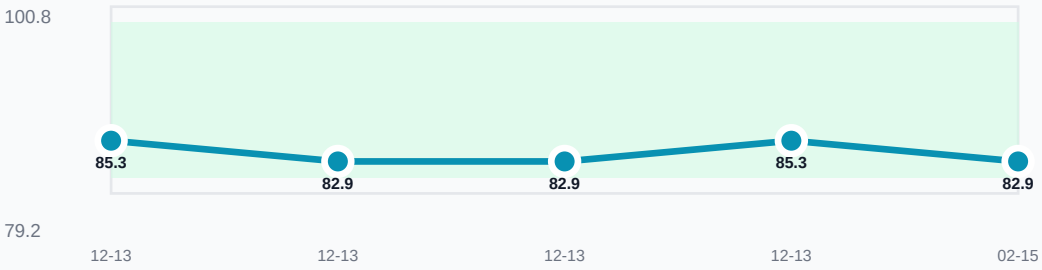
What can influence it

Staying hydrated can support healthy blood cell production. A balanced diet rich in vitamins B12 and folate is beneficial.

Your result in context

The current MCV value of 82.9 CUMicrons is consistent with previous results and indicates stable red blood cell size.

Historical Trend



MCH

LOW

Value: 26.4 pg

Plain English

Your MCH level is low.

What it means

MCH stands for Mean Corpuscular Hemoglobin, and it measures the average amount of hemoglobin in each red blood cell. Hemoglobin is the protein in red blood cells that carries oxygen throughout your body. This test helps to understand how well your red blood cells are functioning in delivering oxygen.

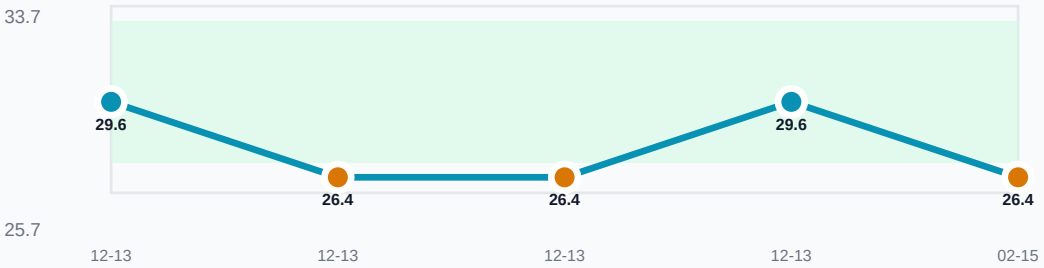
What can influence it

Iron-rich foods can support healthy levels. Adequate vitamin B12 and folate are also important.

Your result in context

A low MCH level may indicate that your red blood cells are smaller or contain less hemoglobin than normal. It's important to discuss this result with your healthcare provider for further insights.

Historical Trend



MCHC

LOW

Value: 31.8 g/dL

Plain English

Your MCHC level is slightly low.

What it means

MCHC stands for Mean Corpuscular Hemoglobin Concentration. This test measures the average concentration of hemoglobin, the protein in red blood cells that carries oxygen, within those cells. It helps to understand how well your red blood cells are functioning and how much hemoglobin they contain.

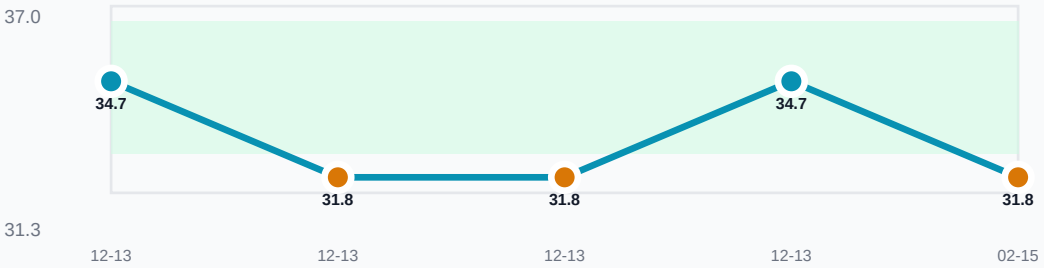
What can influence it

Iron-rich foods can support healthy blood levels. Staying hydrated is also important for overall blood health.

Your result in context

A low MCHC value may indicate a need for further evaluation of your red blood cell health. It's important to discuss this result with your healthcare provider.

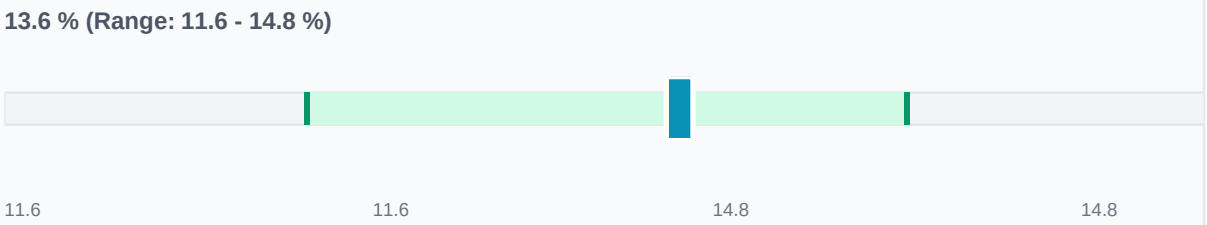
Historical Trend



RDW

NORMAL

Value: 13.6 %



Plain English

Your RDW level is within the normal range.

What it means

RDW, or Red Cell Distribution Width, measures the variation in size of your red blood cells. It helps to show how uniform or varied the sizes of these cells are in your blood, which can provide insights into your overall health and blood production.

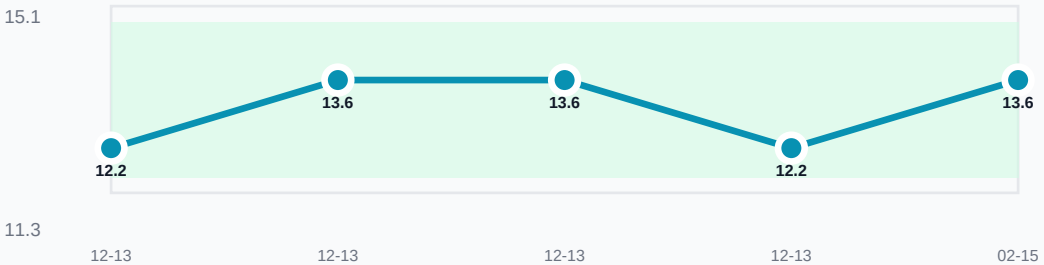
What can influence it

Maintaining a balanced diet rich in iron and vitamins can support healthy red blood cell production. Staying hydrated also plays a role in overall blood health.

Your result in context

The current RDW value of 13.6% is consistent with previous results and falls within the reference range.

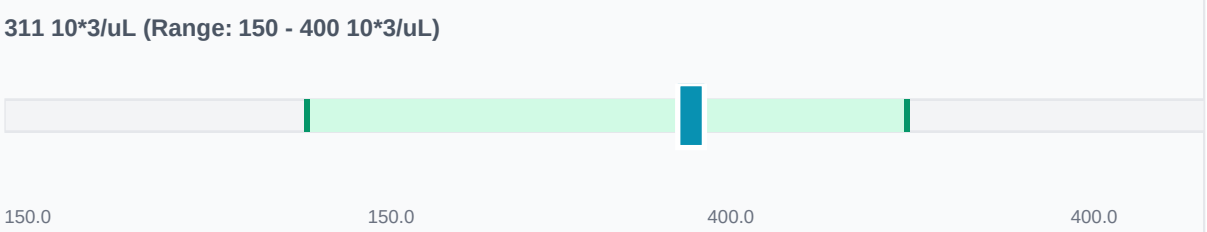
Historical Trend



Platelet Count

NORMAL

Value: 311 10*3/uL



Plain English

Your platelet count is within the normal range.

What it means

A platelet count test measures the number of platelets in your blood. Platelets are tiny cells that help your blood clot, which is important for stopping bleeding. This test gives an idea of how well your body can manage bleeding and healing.

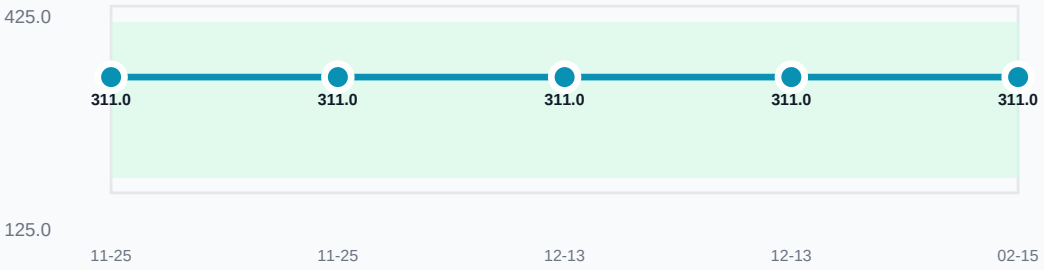
What can influence it

Staying hydrated can support healthy platelet levels. A balanced diet rich in vitamins B12 and K may also be beneficial.

Your result in context

The current platelet count of 311.0 10*3/uL is stable and falls within the normal reference range.

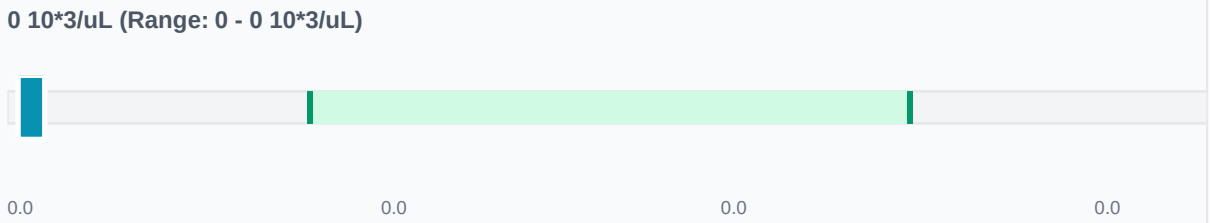
Historical Trend



Absolute Nucl RBC

NORMAL

Value: 0 10*3/uL



Plain English

Absolute nucleated red blood cells are not detected.

What it means

The Absolute Nucleated Red Blood Cell (nRBC) test measures the number of immature red blood cells in your blood that still have a nucleus. These cells are typically found in the bone marrow and are usually not present in significant amounts in healthy adults. This test helps provide information about your blood cell production and overall health.

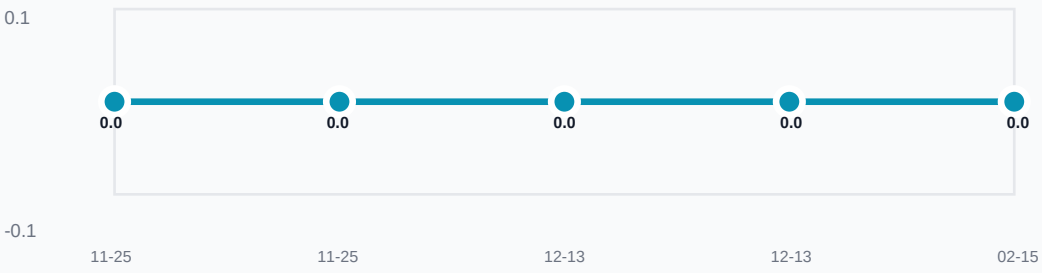
What can influence it

Maintaining a balanced diet can support overall blood health. Regular exercise may also contribute to healthy blood cell production.

Your result in context

The result shows no nucleated red blood cells detected, which is consistent with normal findings. This indicates a typical absence of these cells in your blood at this time.

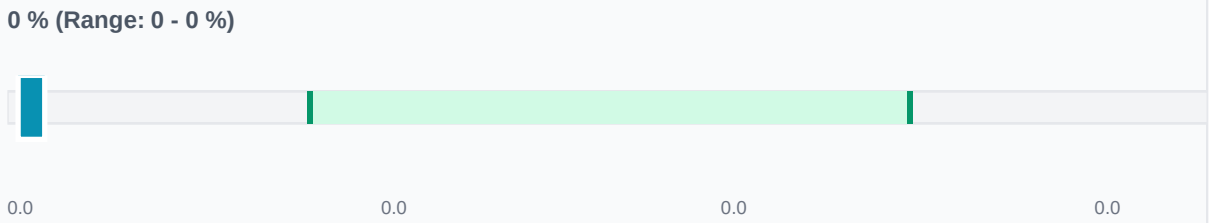
Historical Trend



Nucleated Rbc%

NORMAL

Value: 0 %



Plain English

Nucleated RBC% is not detected in your current test.

What it means

The Nucleated RBC% test measures the percentage of red blood cells in your blood that still have a nucleus, which is a part of the cell that contains its genetic material. Normally, red blood cells lose their nucleus as they mature, so this test helps to assess how many immature red blood cells are present in your bloodstream.

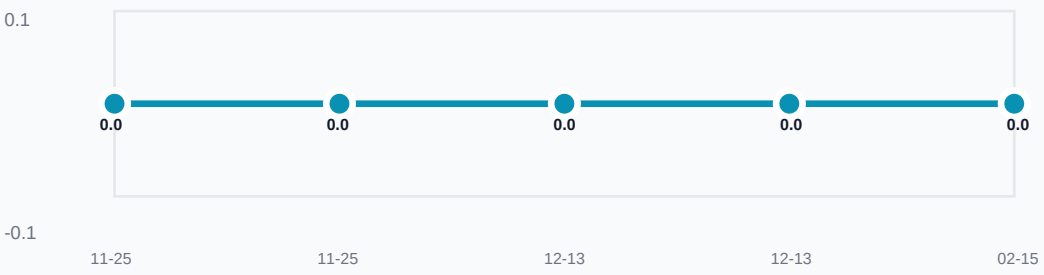
What can influence it

Maintaining a balanced diet can support overall blood health. Regular exercise may also contribute to healthy blood cell production.

Your result in context

The result shows 0.0%, indicating that nucleated red blood cells are not present, which is consistent with normal findings.

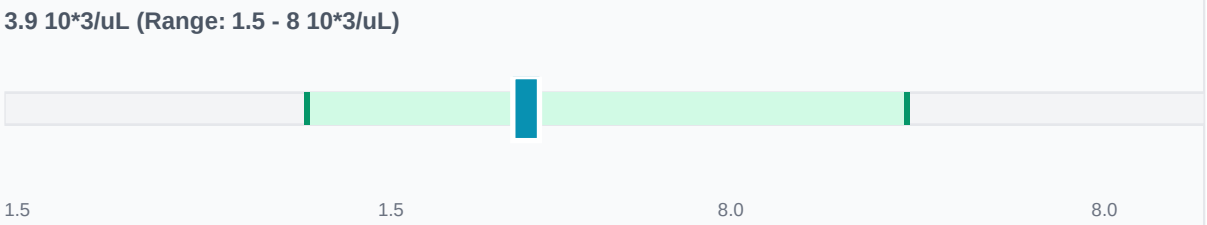
Historical Trend



Absolute Neut

NORMAL

Value: 3.9 10*3/uL



Plain English

Your absolute neutrophil count is within the normal range.

What it means

The Absolute Neutrophil Count (Absolute Neut.) measures the number of a specific type of white blood cell called neutrophils in your blood. Neutrophils play a key role in your immune system by helping to fight off infections. This test helps to understand how well your body is responding to potential threats like bacteria and other pathogens.

What can influence it

A balanced diet rich in vitamins can support immune health. Regular exercise may also contribute to maintaining healthy blood cell levels.

Your result in context

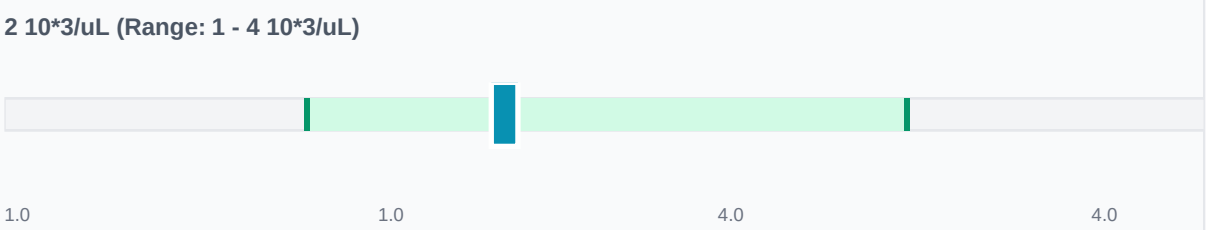
The current value of 3.9 is stable and falls within the reference range, indicating no immediate concerns.

Historical Trend

Absolute Lymph

NORMAL

Value: 2 10*3/uL



Plain English

Your absolute lymphocyte count is within the normal range.

What it means

The Absolute Lymphocyte test measures the number of lymphocytes, which are a type of white blood cell, in your blood. Lymphocytes play an important role in your immune system, helping your body fight off infections and diseases. This test gives an idea of how well your immune system is functioning by counting these specific cells.

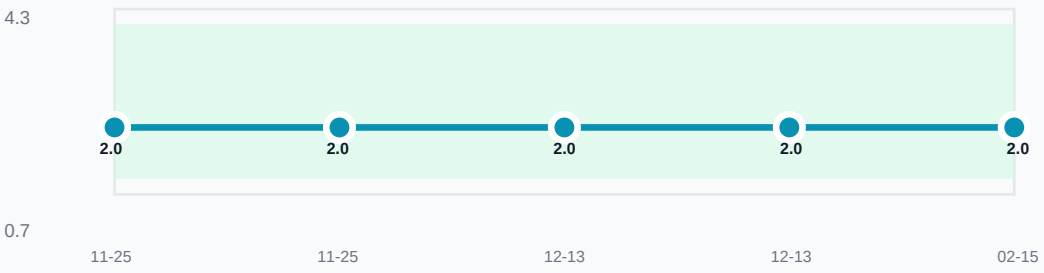
What can influence it

Regular exercise can support immune function. A balanced diet rich in vitamins may also help maintain healthy lymphocyte levels.

Your result in context

Your current value of 2.0 10*3/uL is stable and falls within the reference range, indicating no immediate concerns.

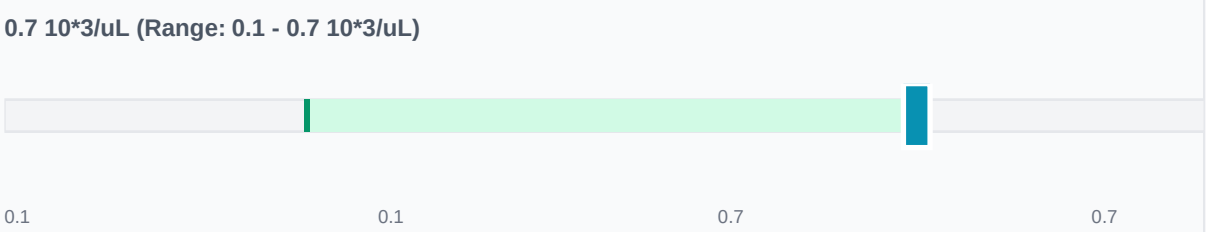
Historical Trend



Absolute Mono

NORMAL

Value: 0.7 10*3/uL



Plain English

Absolute monocyte count is at the upper limit of normal.

What it means

The Absolute Mono test measures the number of monocytes, a type of white blood cell, in your blood. Monocytes help your body fight infections and respond to inflammation. This test gives an idea of how well your immune system is functioning.

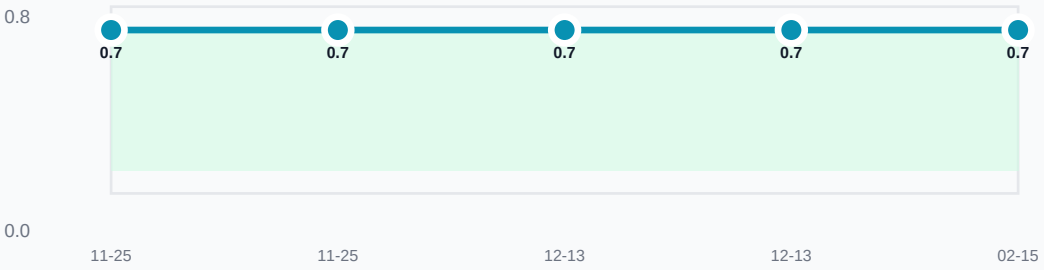
What can influence it

A balanced diet rich in fruits and vegetables can support immune health. Regular exercise may also positively influence white blood cell counts.

Your result in context

Your current value is at the reference range limit, indicating a stable monocyte count. No further evaluation is necessary at this time.

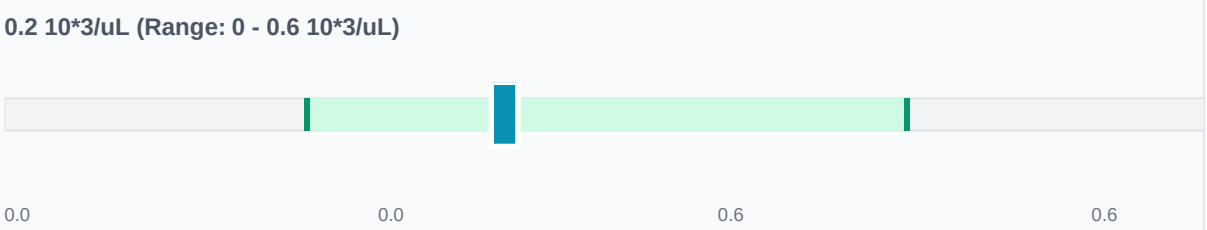
Historical Trend



Absolute Eos

NORMAL

Value: 0.2 10*3/uL



Plain English

Your absolute eosinophil count is within the normal range.

What it means

The Absolute Eosinophil count (ABSOLUTE EOS) measures the number of eosinophils, a type of white blood cell, in your blood. Eosinophils play a role in your immune system, particularly in fighting off certain infections and responding to allergens. This test helps to determine how many of these cells are present, which can provide information about your body's immune response.

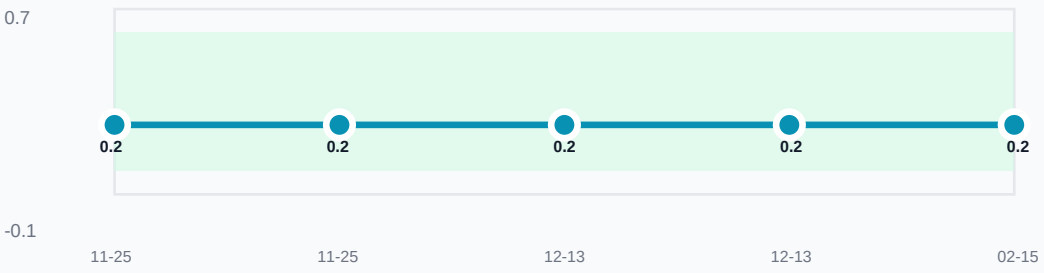
What can influence it

A balanced diet rich in vitamins can support immune health. Regular exercise may also help maintain healthy blood cell levels.

Your result in context

Your current value of 0.2 10*3/uL is stable and falls within the reference range. This suggests no immediate concerns regarding eosinophil levels.

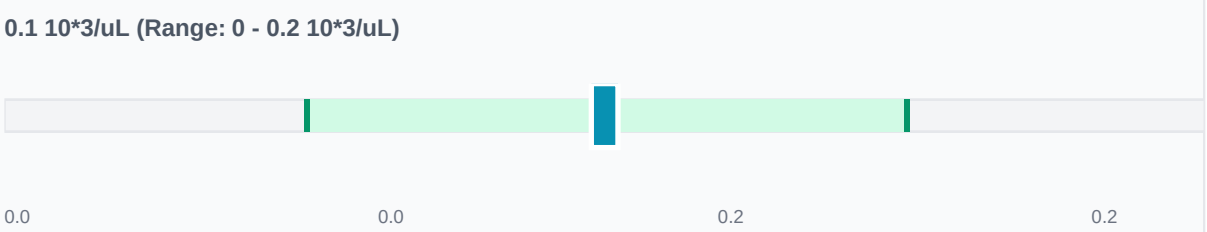
Historical Trend



Absolute Baso

NORMAL

Value: 0.1 10*3/uL



Plain English

Your absolute basophil count is within the normal range.

What it means

The Absolute Basophil count measures the number of basophils, a type of white blood cell, in your blood. Basophils play a role in your body's immune response and help with allergic reactions. This test helps to provide information about your immune system's activity.

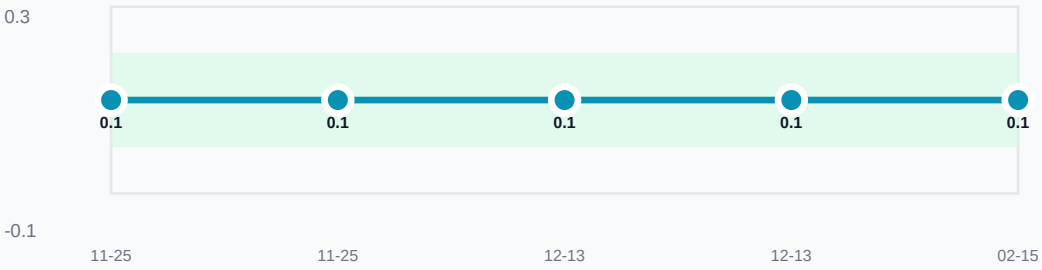
What can influence it

A balanced diet rich in vitamins can support immune health. Regular exercise may also contribute to overall well-being.

Your result in context

The current value of 0.1 10*3/uL is stable and consistent with previous results. No further action is needed at this time.

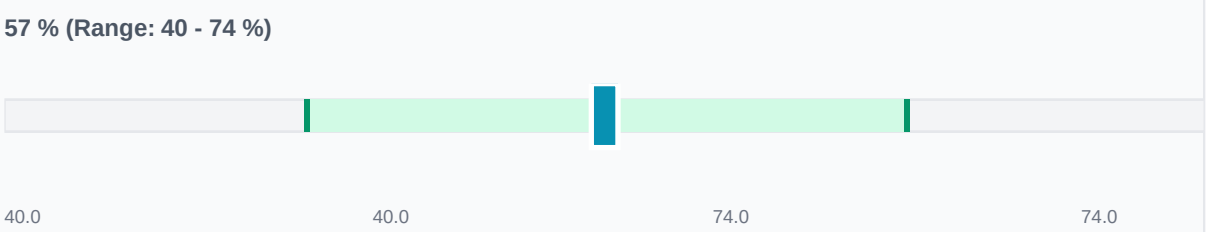
Historical Trend



Neut%

NORMAL

Value: 57 %



Plain English

Your NEUT% is within the normal range.

What it means

The NEUT% test measures the percentage of neutrophils, a type of white blood cell, in your blood. Neutrophils play a key role in your immune system by helping to fight off infections. This test helps to give an idea of how well your body is responding to potential threats.

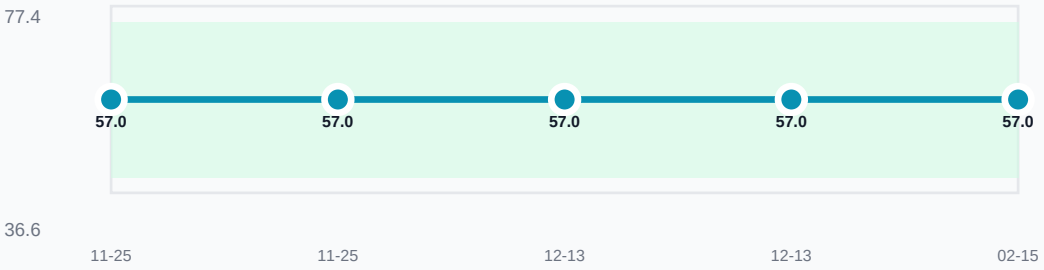
What can influence it

A balanced diet rich in vitamins can support immune function. Regular exercise may also help maintain healthy white blood cell levels.

Your result in context

The current value of 57.0% is stable and falls within the reference range, indicating no immediate concerns.

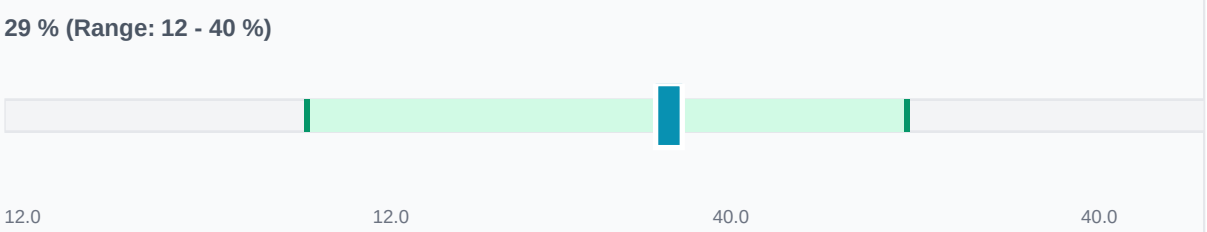
Historical Trend



Lymph%

NORMAL

Value: 29 %



Plain English

Your lymphocyte percentage is within the normal range.

What it means

The LYMPH% test measures the percentage of lymphocytes, a type of white blood cell, in your blood. Lymphocytes play a key role in your immune system, helping your body fight off infections and diseases. This test helps to understand how well your immune system is functioning.

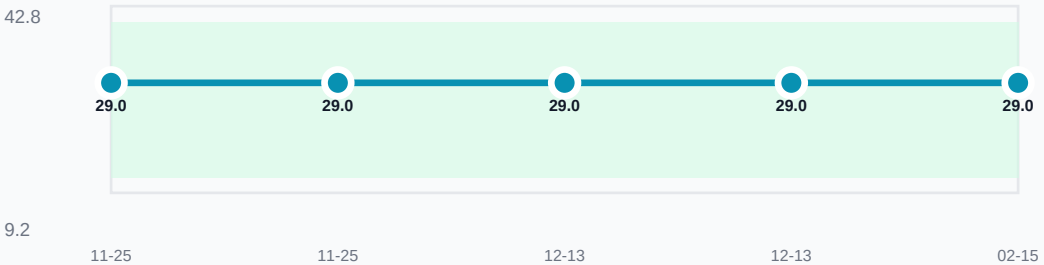
What can influence it

Regular exercise can support immune health. A balanced diet rich in fruits and vegetables may also be beneficial.

Your result in context

The current value of 29.0% is stable and falls within the reference range, indicating no immediate concerns.

Historical Trend



Mono%

NORMAL

Value: 10.3 %

Plain English

Your MONO% level is within the normal range.

What it means

The MONO% test measures the percentage of monocytes, a type of white blood cell, in your blood. Monocytes help your body fight infections and respond to inflammation. This test helps to understand how your immune system is functioning.

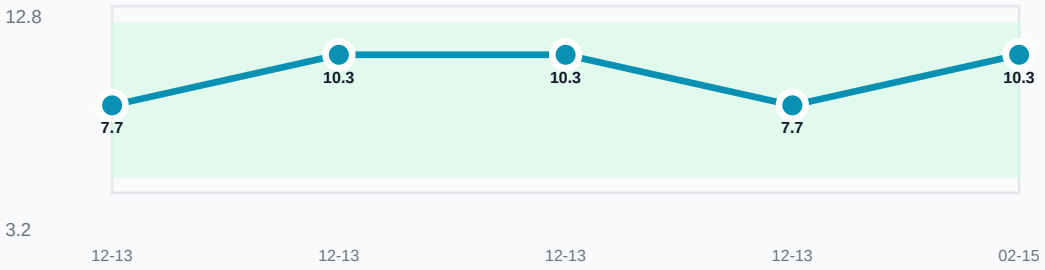
What can influence it

A balanced diet rich in fruits and vegetables can support immune health. Regular exercise may also contribute to healthy blood cell levels.

Your result in context

The current MONO% of 10.3% is within the reference range, indicating no immediate concerns.

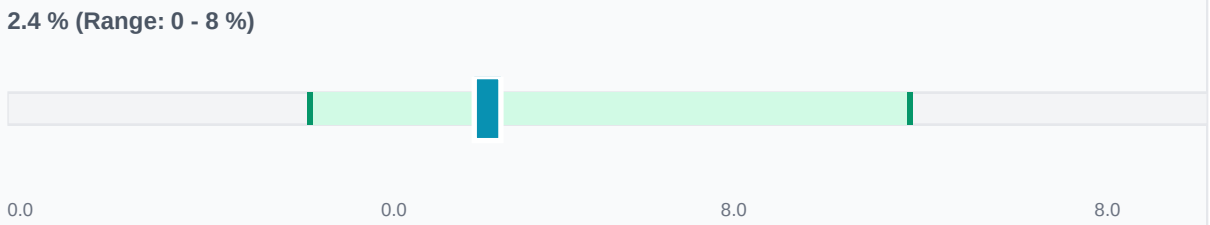
Historical Trend



Eosin%

NORMAL

Value: 2.4 %



Plain English

Eosinophil percentage is within the normal range.

What it means

The EOSIN% test measures the percentage of eosinophils, which are a type of white blood cell in your blood. Eosinophils play a role in your body's immune response, particularly in fighting off certain infections and responding to allergens. This test helps to understand how your immune system is functioning.

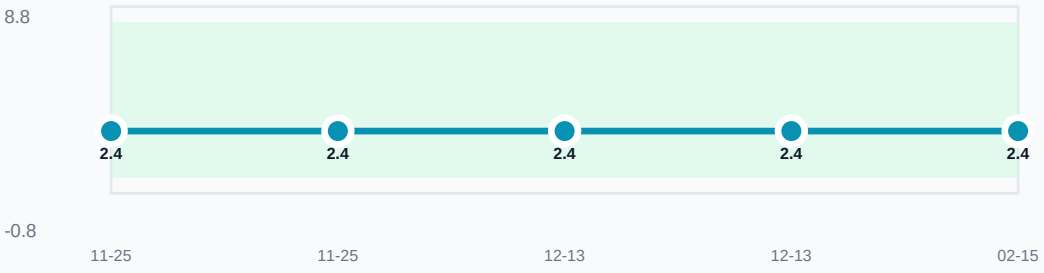
What can influence it

A balanced diet can support immune function. Avoiding allergens may help maintain eosinophil levels.

Your result in context

Your eosinophil percentage remains stable at 2.4%, which is well within the normal range.

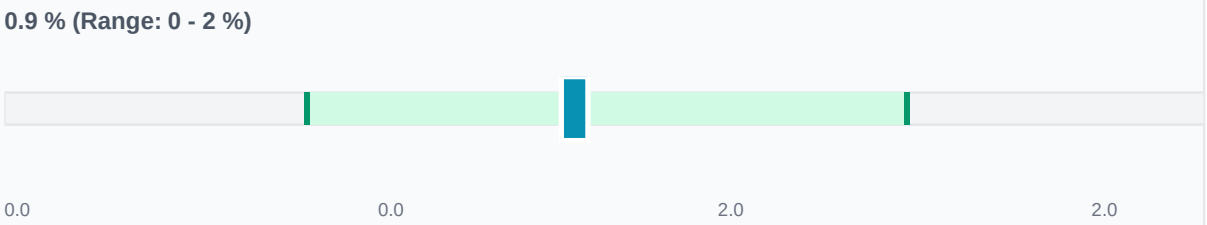
Historical Trend



Baso%

NORMAL

Value: 0.9 %



Plain English

Your BASO% is within the normal range.

What it means

The BASO% test measures the percentage of a specific type of white blood cell called basophils in your blood. Basophils play a role in your immune system and help respond to allergens and infections. This test helps provide information about your body's immune response.

What can influence it

A balanced diet can support overall immune function. Regular exercise may also contribute to healthy blood cell levels.

Your result in context

The current value of 0.9% is consistent with previous results and indicates stable basophil levels.

Historical Trend