

Test Names	Ranges	2024-09-07	2024-10-02	2024-10-16	2025-03-10	2025-03-31	2025-04-17	2025-04-30	2025-05-22	2025-06-13	2025-07-17	2025-08-28	2025-09-29	2025-11-10	2025-11-25	2025-12-17
PHASES		1	1	1	1	2	2	3	3	4	4	4	4	4	4	5

LIVER FUNCTION

ALT	0-50 / IU/L		31	30	72	54	63	47	51	28	43	41	27	46	39	30
AST	15-59 / IU/L		35	44	74	66	64	44	41	25	120	60	30	35	26	25
GGT	0-65 / IU/L				30			12						14	13	12
ALP	47-123 / IU/L		52	4.6	54	64	0.2	54	41	46	47	49	51	65	65	73
Bilirubin (Total)	0.0-1.2 / mg/dL		0.4	6.4	0.5	1	0.7	0.6	0.5	0.50	0.50	0.80	0.6	0.5	0.4	0.6
Albumin	3.9-4.9 / g/dL		4.3	76	4.6	4.5	4.8	4.7	4.6	4.4	4.5	4.7	4.7	5.1	5.0	5.0
Platelets (10^3/μL)	150-450 / x10E3/uL				157				150			140	139	167	165	164
FIB-4 (derived)	<1.3 Low 1.3-2.67 Indeterminate >2.67 High				3.78				2.60			4.55	2.82	2.10	1.72	1.89

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LIPID METABOLISM

Total Cholesterol	100-199 / mg/dL	157	153	144	143	214	284	166	173	151	162	158	150	154	149	150
LDL-C	0-99 / mg/dL	67.2	93	86	72	136.4	205	102	109	97	97	87	81	78	78	77
HDL-C	>40 mg/dl	61	41	39	49	49	48	43	44	35	49	53	52	61	57	57
Triglycerides	<150mg/dl	144	103	105	121	143	155	119	112	101	86	97	89	79	68	86
ApoB	<90 / mg/dL		89				149		94	84	83	79	73	70	72	68
LDL-P	<1000 / nmol/L		1392		1056		2615		1871	1578	1344	1075	850	1054		977
Small LDL-P	<=527 / nmol/L		734		447		1235		988	873	617	452	206	536		628
LDL Size (nm)	>20.5 / nm		20.3		20.4		21.3		21.0	20.8	20.8	21.1	21.1	20.5		20.4
HDL-P (μmol/L)	>=30.5 / μmol/L		29.9		35.4		26.9		29.4	23.2	32.3	34.2	34.3	42		39.1
Lipoprotein (a) (nmol/L)	<75 Optimal 75-125 Moderate >125 High															36
Lp-PLA ₂ Activity (nmol/min/mL)	<=123 Optimal >123 High										139		103			93
Remnant Cholesterol (mg/dL) (derived)	<20 Optimal 20-30 Borderline >30 Elevated	28.8		19		28.6	31	21	20	19	16	18	17	15	14	17

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METABOLIC MARKERS

Glucose (fasting)	70-99 / mg/dL	91	82	74	88	105			103		85	84	90	93	91	89
Insulin (fasting)	2.6-24.9 / uIU/mL	8	3		9		3.9							8.7	5.3	4.9
LP-IR	<25 <i>Optimal</i> 25-45 <i>Mild</i> >45 <i>Insulin-resistant</i>		49		56		45		45	49	39	39	27	30		45
HOMA-IR (derived)	<1.5 = <i>Excellent</i> 1.5-2.9 = <i>Borderline</i> ≥3 = <i>Insulin resistant</i>	1.8	0.6		2.0									2.0	1.2	1.1
A1C	4.8-5.6 / %	5.3			4.8		4.9	4.9				5.2		4.9		
Uric Acid	3.8-8.4 / mg/dL		7.1		5.7		5.8							5.1		
Homocystine	0.0-17.2 / umol/L			19.6	19.4		11.6									13.3
hs-CRP	0.00 - 3.00 mg/L	4.46			2.69		2.31		1.92						1.25	1
CK	55.0 - 170.0 U/L 37								169							

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SUPPLEMENTAL/DERIVED MARKERS

Vitamin B12	239 - 931 pg/mL				1098				>1000							
Vitamin D3, 25-Hydroxy	30 - 80 ng/mL				81.3				62.8							
Zinc, Plasma or Serum	44-115 / ug/dL				88							106				
Copper, Plasma or Serum	69-132 / ug/dL				68							91				96
Ceruloplasmin	16.0-31.0 / mg/dL											19.4				
Magnesium, RBC	3.7 - 7.0 mg/dL				5.4											
AST/ALT Ratio	>1 = <i>Fibrosis risk</i> <1 = <i>Metabolic pattern</i>		1.1	1.5	1.0	1.2	1.0	0.9	0.8	0.9	2.8	1.5	1.1	0.8	0.7	0.8
Triglyceride/HDL Ratio	<2 = <i>Optimal</i> 2-3 = <i>Borderline</i> >3 = <i>High risk</i>	2.4	2.5	2.7	2.5	2.9	3.2	2.8	2.3	2.9	1.8	1.8	1.7	1.3	1.2	1.5

OTHER DETAILS	2024-09-07	2024-10-02	2024-10-16	2025-03-10	2025-03-31	2025-04-17	2025-04-30	2025-05-22	2025-06-13	2025-07-17	2025-08-28	2025-09-29	2025-11-10	2025-11-25	2025-12-17
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NOTES

Milestones		Pre-Diet Baseline	Carnivore Start 9/8/25		Keto Start March '25				Liver Scan 5/5/2025 Mediterr Start May '25	Pre-Zepbound (ZB) Baseline	Zepbound Start / DEXA #1 6/24/25 CAC Score 94 7/15/25			DEXA #2 10/3/25		Liver FibroScan 12/3/2025
Body Weight		252.7	238.5	238.5	225.1	224.2	220.6	221.6	218.5	220	217	210.2	204.6	197.2	197.8	198.2
Diet Types		Standard Diet	Carnivore	Carnivore	Keto	Keto	Keto	Keto	Mediterr.	Mediterr.	Mediterr.	Mediterr.	Mediterr.	Mediterr.	Mediterr.	Mediterr.
Alcohol Use		Wine/Beer	Spirits	Spirits	Spirits	Social Only	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol	No Alcohol
Supplement Use		General Supplmts	General Supplmts	General Supplmts	Added Fatty15 2/26/25	No Changes	Added Urolithin A 4/4/25	Stopped All Supplements 4/19/25	Started Multi/D3/ O3/B12/C 5/1/25	No Changes	Multi/D3/O3/ B12/C/Garlic	No Changes	Added Thianine 8/29/25	Added Phos Chol/ ALA/ALC 9/30/2025	Added Taurine 2K mg 11/11/25	No Changes
Lipid Medications		Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Stopped Fenofibrate	Ezetimibe 10mg	Ezetimibe 10mg	Ezetimibe 10mg	Ezetimibe 10mg	Ezetimibe 10mg	Ezetimibe 10mg	Ezetimibe 10mg
Coffee Type		Unfiltered	Unfiltered	Unfiltered	Unfiltered	Unfiltered	Unfiltered	Unfiltered	Unfiltered	Filtered	Filtered	Filtered	Filtered	Filtered	Filtered	Filtered
Zepbound Changes											2.5mg started 6/26	7.5 mg started 8/8	10mg started 9/21	10mg continued	7.5mg 11/11	7.5mg 12/15