

Pre-N=1 Blood Test Results

Note: Rows comprising no biomarker data are retained to show the absence of data that is later tracked during the N=1 phase
Derived numbers below were calculated elsewhere and pasted into this sheet as numbers. These calculations were not performed during the pre-N=1 period.

Test Names	Ranges	2010-01-12	2015-04-08	2018-03-10	2019-02-25	2019-08-30	2020-02-26	2020-03-03	2020-09-05	2021-03-23	2021-06-03	2021-08-11	2022-10-04	2022-12-30	2023-04-14	2023-08-22	2023-10-17	2023-12-29	2024-04-16
LIVER FUNCTION																			
ALT	0-50 / IU/L	32	38	35	24	35	27		26	29	27	30	35			49			
AST	15-59 / IU/L	27	24	26	27	42	31		32	27	28	42	37			51			
GGT	0-65 / IU/L	27																	
ALP	47-123 / IU/L																		
Bilirubin (Total)	0.0-1.2 / mg/dL																		
Albumin	3.9-4.9 / g/dL																		
Platelets (10^3/μL)	150-450 / x10E3/uL	178		141		127	108	164	121	135	122	150	141		191	153	151	191	
FIB-4 (derived)	<1.3 Low >2.67 High	1.82		2.12		3.80	3.76		3.53	2.53	3.00	3.48	3.02			3.24			
LIPID METABOLISM																			
Total Cholesterol	100-199 / mg/dL	177		199	191	175			226	226		194	190	201		176			194
LDL-C	0-99 / mg/dL	98		112	89	93			118	136		114	99.2	110		76.6			89.8
HDL-C	>40 mg/dl	40		65	74	63			58	58		48	55	54		56			67
Triglycerides	<150mg/dl	196		111	181	95			102	184		160	179	242		217			186
ApoB	<90 / mg/dL																		
LDL-P	<1000 / nmol/L																		
Small LDL-P	<=527 / nmol/L																		
LDL Size (nm)	>20.5 / nm																		
HDL-P (μmol/L)	>=30.5 / μmol/L																		
Remnant Cholesterol (mg/dL) (derived)	<20 Optimal 20–30 Brdline >30 Elevated	39		22	28	19			50	32		32	35.8	37		43.4			37.2
METABOLIC MARKERS																			
Glucose (fasting)	70-99 / mg/dL	110	94	100	95	94			97	106	101	109	106	92		93			
Insulin (fasting)	2.6-24.9 / uIU/mL																		
LP-IR	<25 Optimal 25–45 Mild >45 Insulin-																		
HOMA-IR (derived)	<1.5 = Excellent 1.5–2.9 = Brdline ≥3 = IR																		
A1C	4.8-5.6 / %			5.2									5	5.1					
Uric Acid	3.8-8.4 / mg/dL																		
Homocystine	0.0-17.2 / umol/L	8.2																	
hs-CRP	0.00 - 3.00 mg/L	5.09		2															
CK	55.0 - 170.0 U/L 37			203												554			231
SUPPLEMENTAL/DERIVED MARKERS																			
Vitamin B12	239 - 931 pg/mL			674												848			832
Vitamin D3, 25-Hydroxy	30 - 80 ng/mL			29	28					31						40.7			
Zinc, Plasma or Serum	44-115 / ug/dL																		
Copper, Plasma or Serum	69-132 / ug/dL																		
Ceruloplasmin	16.0-31.0 / mg/dL																		
Magnesium, RBC	3.7 - 7.0 mg/dL																		
AST/ALT Ratio (derived)	>1 = Fibrosis risk <1 = Metabolic pattern	0.8	0.6	0.7	1.1	1.2	1.1		1.2	0.9	1.0	1.4	1.1			1.0			
Triglyceride/HDL Ratio (derived)	<2 = Optimal 2–3 = Brdline >3 = High risk	4.9		1.7	2.4	1.5			1.8	3.2		3.3	3.3	4.5		3.9			2.8
NOTES																			
Milestones		Test Showed Low T (271) HRT Started After		Normal Liver Scan 2/2/18		CAC Score 3 7/8/19	Hep B/C Test - Platelets 2/27/20		Early Fatty Liver - Scan Result 8/17/20		Platelet Test Deep Dive - 6/3/21			Vein Doppler Scan - 11/1/22	Carotid Artery Scan (no avail results)				
Lipid Medications											Ezetimibe 10mg / Fenofibrate 48mg	Ezetimibe 10mg / Fenofibrate 48mg	Ezetimibe 10mg / Fenofibrate 48mg	Ezetimibe 10mg / Fenofibrate 48mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg	Ezetimibe 10mg / Fenofibrate 52mg
Body Weight (averages)					243.6	237.1	235	235	235		240.9	240.9	246.4		248.2				250.3