

Revival Clinic Bangkok · Laboratory Results

Your Annual Health Panel Results

Revival Hormone & Metabolic Health Panel

Name	SAMPLE PATIENT	HN	...
Sex	Female	Age	40 years
Blood drawn	2 Apr 2025, 08:30	Fasting	Yes

How to read this report

Each test shows your result, a short note on what the test measures, and a coloured bar. The black arrow marks where your result falls, and the numbers under the bar are the cut-offs our clinic uses. Under each bar you will find the normal range. For tests where our clinic aims for an optimal level, the optimal range is shown as well.

For hormones that change during the menstrual cycle, a graph shows the normal range for each day of the cycle and where your result falls.

Your doctor will go through every result with you at your results consultation and will send you a summary email. This report shows your results only; it does not give a diagnosis or advice.

Thyroid

The thyroid gland in your neck sets the speed of your metabolism: energy, body temperature, heart rate and weight.

TSH

... mIU/L

Signal from the pituitary gland that tells the thyroid how hard to work.



Normal range: ...-... mIU/L · Optimal range: ...-... mIU/L

Free T4

●●● ng/dL

The main hormone made by the thyroid.



Normal range: ●●–●● ng/dL

Free T3

●●● pg/mL

The active form of thyroid hormone used by your cells.



Normal range: ●●–●● pg/mL

Anti-TPO antibodies

●●● IU/mL

Shows whether the immune system is targeting the thyroid.



Normal range: ≤ ●● IU/mL

Adrenal glands

The adrenal glands sit on top of the kidneys and make stress and energy hormones.

Cortisol (morning)

●●● µg/dL

The main stress hormone; it is highest in the morning.



Normal range: Morning (6–10 a.m.) ●●–●● µg/dL

DHEA-S

●●● μg/dL

An adrenal hormone the body uses to make sex hormones; it falls with age.



Normal range: Women 35–44 years: ●●–●● μg/dL · **Optimal range: ●●–●● μg/dL**

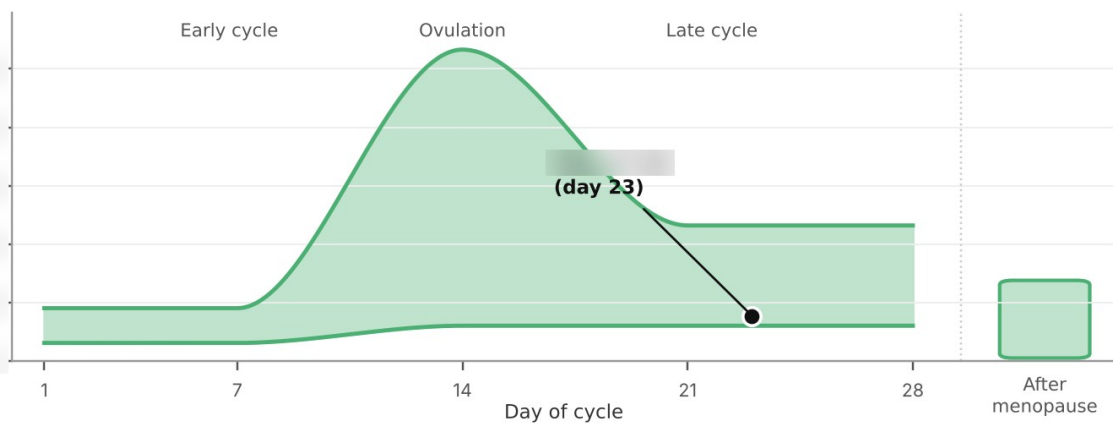
Female hormones and pituitary

Estrogen and progesterone are made mainly in the ovaries. The pituitary gland at the base of the brain controls them with two signals, FSH and LH. Their levels change during the menstrual cycle. Women also make a small amount of testosterone.

Estradiol (E2)

●●● pg/mL

The main estrogen, made mainly by the ovaries. Its level changes during the menstrual cycle.

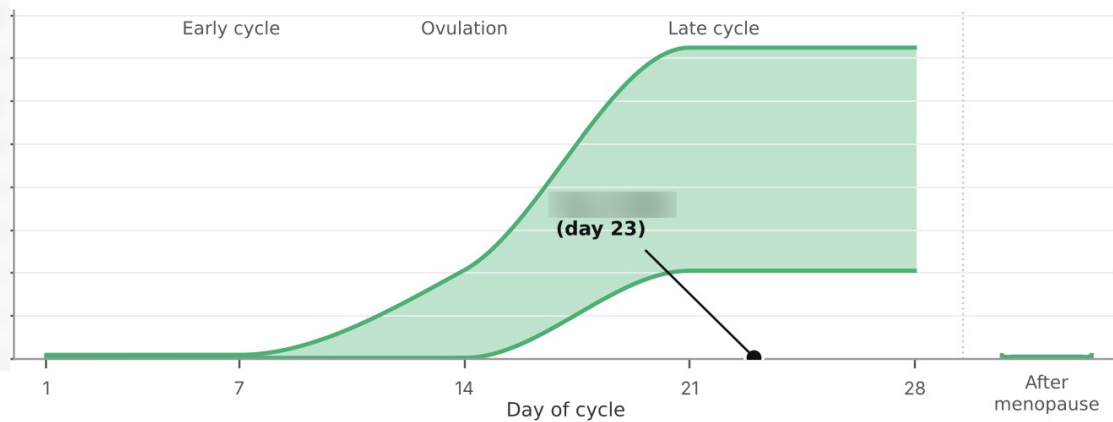


Normal range for the late part of the cycle (luteal phase, day 23 of a 28-day cycle): ●●–●● pg/mL

Progesterone

●●● ng/mL

Made by the ovaries after ovulation. Its level changes during the menstrual cycle.

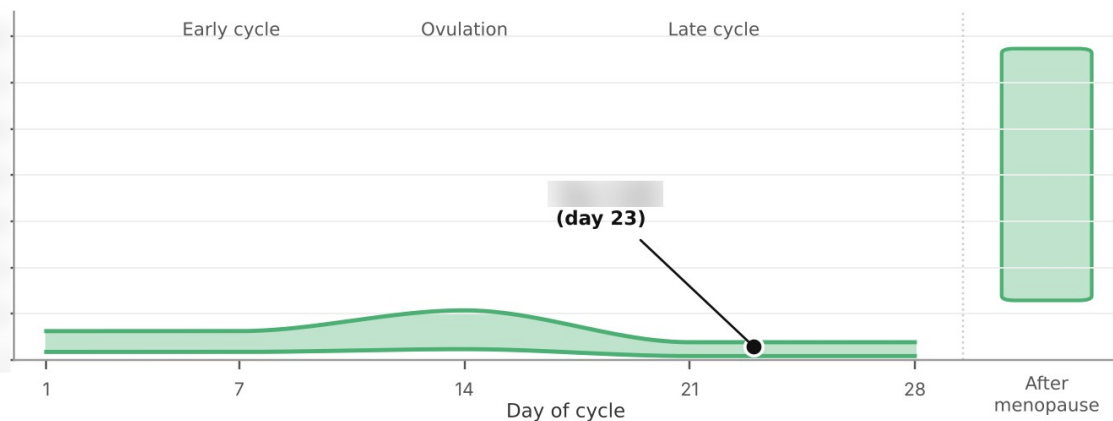


Normal range for the late part of the cycle (luteal phase, day 23 of a 28-day cycle): ●●–●● ng/mL

FSH

●●● mIU/mL

Pituitary signal that helps eggs develop in the ovaries.

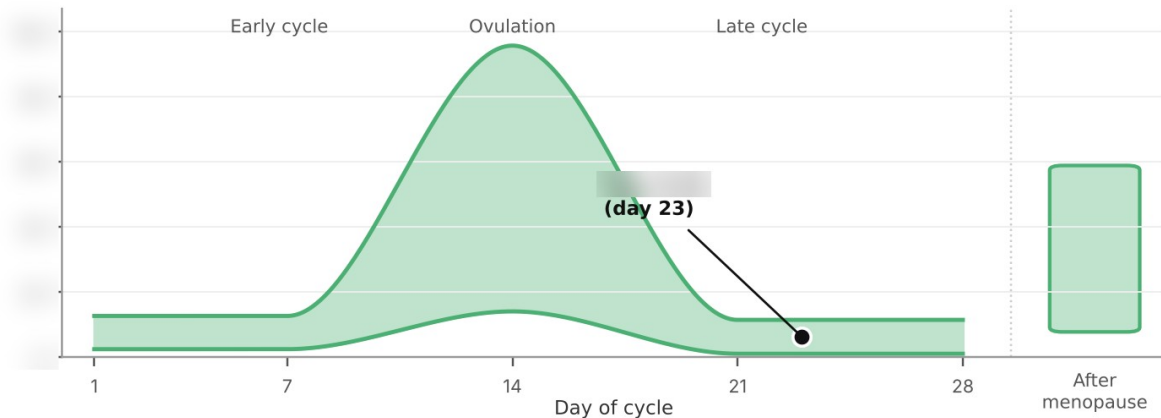


Normal range for the late part of the cycle (luteal phase, day 23 of a 28-day cycle): ●●–●● mIU/mL

LH

●●● mIU/mL

Pituitary signal that triggers ovulation.



Normal range for the late part of the cycle (luteal phase, day 23 of a 28-day cycle): ●●—●● mIU/mL

Total testosterone

●●● ng/dL

All the testosterone in your blood, free and bound.

Women make it in the ovaries and adrenal glands.



Normal range: Women 20–49 years: ●●—●● ng/dL · **Optimal range: ●●—●● ng/dL**

Free testosterone (calculated)

●●● pg/mL

The testosterone your tissues can actually use.

Calculated from total testosterone, SHBG and albumin.



Normal range: Women ●●—●● pg/mL · Same result in the other unit: ●● ng/dL · Uses your albumin result (see Liver)

SHBG

●●● nmol/L

A carrier protein that binds testosterone and holds it inactive.



Normal range: Women 20–49 years: ●●–●● nmol/L

Growth hormone

Growth hormone helps keep muscle, bone and skin. It is measured through IGF-1, which the liver makes in response to growth hormone.

IGF-1

●●● ng/mL

Reflects your growth hormone activity. The range depends on age and sex.



Normal range: Women age 40: ●●–●● ng/mL · **Optimal range: ●●–●● ng/mL**

Please discuss your hormone results with your doctor on your results day.

Vitamin D and calcium

Vitamin D helps your body absorb calcium for strong bones and supports muscles and immunity.

Vitamin D (25-OH, total)

●●● ng/mL

Your body's store of vitamin D.



Normal range: ●●–●● ng/mL · **Optimal range: ●●–●● ng/mL**

Calcium (total)

Not tested

A mineral for bones, muscles and nerves. Read together with vitamin D.

This test was not done on this sample.

Blood sugar and insulin

These tests show how well your body keeps blood sugar steady.

Fasting blood sugar (FBS)

●●● mg/dL

Your blood sugar after fasting overnight.



Normal range: Fasting ●●–●● mg/dL

HbA1c

●●● %

Your average blood sugar over about the last 3 months.



Normal range: ●●–●● % · Optimal range: ●●–●● %

Insulin (fasting)

●●● μIU/mL

Shows how hard your body works to keep blood sugar normal.



Normal range: ●●–●● μIU/mL

Cholesterol and blood fats

Blood fats are linked to the health of your heart and blood vessels.

Total cholesterol

●●● mg/dL

All the cholesterol in your blood.



Normal range: < ●● mg/dL

LDL cholesterol (direct)

●●● mg/dL

Carries cholesterol into the artery walls.



Normal range: < ●● mg/dL

HDL cholesterol

●●● mg/dL

Carries cholesterol away from the artery walls.



Normal range: < ●● major risk factor · ≥ ●● negative risk factor

Triglycerides

●●● mg/dL

Fat from food and from extra sugar in the diet.



Normal range: < ●● mg/dL

Inflammation

Low-grade inflammation is linked to heart and blood vessel health.

hs-CRP

●●● mg/L

A sensitive marker of inflammation in the body.



Normal range: < ●● mg/L

Kidneys

Your kidneys filter waste from the blood.

Creatinine

●●● mg/dL

A waste product from muscle, cleared by the kidneys.



Normal range: Women ●●–●● mg/dL

eGFR

●●● mL/min/1.73 m²

An estimate of how well your kidneys filter, calculated from creatinine, age and sex.



Normal range: > ●● mL/min/1.73 m²

Liver

Your liver processes nutrients, medicines and alcohol, and makes many blood proteins.

ALT

●●● U/L

A liver enzyme. It rises when liver cells are irritated.



Normal range: Women up to ●● U/L

AST

●●● U/L

An enzyme found in the liver and muscles.



Normal range: Women ●●–●● U/L

ALP

●●● U/L

An enzyme from the liver and bones.



Normal range: Women over 18 years: ●●–●● U/L

Bilirubin (total)

Not tested

A yellow pigment from old red blood cells, cleared by the liver.

This test was not done on this sample.

Bilirubin (direct)

Not tested

The part of bilirubin the liver has already processed.

This test was not done on this sample.

Total protein

●●● g/dL

All the protein in your blood.



Normal range: ●●–●● g/dL

Albumin

●●● g/dL

The main protein in your blood, made by the liver. It reflects your body's protein and nutrition status and liver function, and is also used to calculate free testosterone.



Normal range: Adults ●●–●● g/dL

Globulin

●●● g/dL

Blood proteins that include antibodies.



Normal range: ●●–●● g/dL

Blood count (CBC)

A complete blood count checks your red cells, white cells and platelets.

Hemoglobin (Hb)

●●● g/dL

The protein in red cells that carries oxygen.



Normal range: Women ●●—●● g/dL

Hematocrit (Hct)

●●● %

The share of your blood made up of red cells.



Normal range: Women ●●—●● %

Red blood cells

●●● $\times 10^6/\mu\text{L}$

The cells that carry oxygen.



Normal range: Women ●●—●● $\times 10^6/\mu\text{L}$

MCV

●●● fL

The average size of your red cells.



Normal range: ●●—●● fL

MCH

●●● pg

The average amount of hemoglobin in each red cell.



Normal range: ●—●● pg

MCHC

●●● g/dL

How concentrated hemoglobin is inside red cells.



Normal range: ●—●● g/dL

RDW-CV

●●● %

How much your red cells vary in size.



Normal range: ●—●● %

White blood cells

●●● $\times 10^3/\mu\text{L}$

Cells that fight infection.



Normal range: ●—●● $\times 10^3/\mu\text{L}$

Neutrophils

White cells that fight bacteria.

● ● ● %



Normal range: ● ● — ● ● %

Lymphocytes

White cells that fight viruses and make antibodies.

● ● ● %



Normal range: ● ● — ● ● %

Monocytes

White cells that clean up damaged cells.

● ● ● %



Normal range: ● ● — ● ● %

Eosinophils

White cells involved in allergy.

● ● ● %



Normal range: ● ● — ● ● %

Basophils

●●● %

White cells involved in allergy and inflammation.

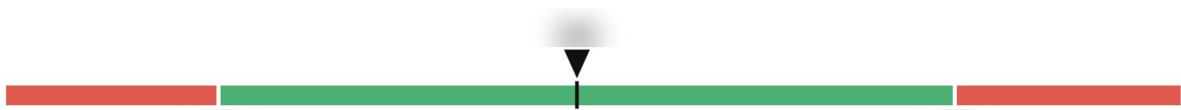


Normal range: ●●—●● %

Platelets

●●● ×10³/μL

Cells that help your blood clot.



Normal range: ●●—●● ×10³/μL

Laboratory comments: Platelets adequate. Red cell shape: no significant abnormality seen.

Your next step

Your doctor will explain these results at your results consultation and send you a summary email.

Reviewed by ●●●
(prescribing physician)

Date / /

Revival Clinic Bangkok

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Results apply only to the sample collected on the date above. This report does not replace a consultation with your doctor.