

BLOOD TEST REFERENCE CHART

Standard Reference Ranges (Adult)

Template V.1.0

TEST / COMPONENT	REFERENCE RANGE	UNITS
Complete Blood Count (CBC)		
Hemoglobin (Male)	13.5 - 17.5	g/dL
Hemoglobin (Female)	12.0 - 15.5	g/dL
White Blood Cells (WBC)	4,500 - 11,000	cells/mcL
Platelets	150,000 - 450,000	mcL
Metabolic Panel		
Glucose (Fasting)	70 - 99	mg/dL

TEST / COMPONENT	REFERENCE RANGE	UNITS
Calcium	8.5 - 10.2	mg/dL
Sodium	135 - 145	mEq/L
Potassium	3.6 - 5.2	mmol/L
Creatinine	0.7 - 1.3	mg/dL

Lipid Panel (Cholesterol)

Total Cholesterol	< 200	mg/dL
LDL (Optimal)	< 100	mg/dL
HDL (High is better)	> 40 - 60	mg/dL
Triglycerides	< 150	mg/dL

Note: Reference ranges may vary between different laboratories. This document is for educational purposes only and does not constitute medical advice. Always consult with a healthcare professional to interpret your specific results.