

LIPID PROFILE REFERENCE CHART

Standard Adult Ranges (mg/dL)

COMPONENT	OPTIMAL / DESIRABLE	BORDERLINE HIGH	HIGH / RISK
Total Cholesterol	Under 200	200 - 239	240+
LDL Cholesterol	Under 100	130 - 159	160+
HDL Cholesterol	60+ (Protective)	40 - 59	Under 40 (Low)
Triglycerides	Under 150	150 - 199	200+

Note: These values are for general reference only. Clinical significance should be determined by a healthcare professional considering individual risk factors such as age, smoking status, blood pressure, and existing cardiovascular conditions.

Measurements are typically taken after a 9-12 hour fast.