

YOUR LAB RESULTS GUIDE

Essential blood panel — male

Everything you need to know about your lab panel — what we tested, why it matters, and what comes next.

PRICE: \$399

INCLUDES: Labs + Provider Review

MARKERS: 58

01 WHAT WE TEST

Every marker in your Essential panel

All 58 markers in your draw, grouped by the system each one reads, and what it

tells us. A standard physical checks a handful of these.

Hormones

5 markers

The core of a men's panel. Energy, drive, muscle, mood, and body shape all run through here.

Testosterone, Total

Your overall testosterone production.

Testosterone, Free

The portion actually available for your body to use.

SHBG

The protein that binds testosterone and holds it out of circulation.

Estradiol

Your primary estrogen.

PSA, Total

A prostate protein used for screening.

Thyroid

6 markers

Your body's thermostat. A slow thyroid looks just like being tired, gaining weight, and losing focus.

TSH

Your brain's signal telling the thyroid to work harder or ease off.

T4, Total

All the main thyroid hormone in your blood, bound and free together.

T4, Free

The unbound portion of T4, the part your cells can reach.

T3, Free

The active thyroid hormone, converted from T4.

T3, Reverse

An inactive mirror image of T3 that your body makes under stress.

TPO Antibodies

An immune antibody aimed at your own thyroid tissue.

Blood sugar & metabolism

3 markers

Where problems show up first, and where they are easiest to turn around.

Glucose

Your blood sugar at the moment of the draw.

HbA1c

Your average blood sugar over roughly the last three months.

Insulin, Fasting

How much insulin it takes to hold that sugar steady.

Heart & cholesterol

6 markers

Heart risk, measured instead of guessed at.

Total Cholesterol

All the cholesterol in your blood, in one number.

HDL Cholesterol

The fraction that carries cholesterol away from your arteries.

LDL Cholesterol

The fraction that deposits into artery walls.

Non-HDL Cholesterol

Every particle capable of building plaque, added together.

Triglycerides

Fat circulating in your blood.

Total/HDL Ratio

Your total cholesterol measured against the protective kind.

Adrenal & growth

1 marker

Your growth hormone read. Muscle, recovery, and how well you rebuild between hard efforts.

IGF-1

The steady read on your growth hormone.

Kidney function

3 markers

Your filters. They stay quiet when healthy, so we check instead of waiting.

BUN A protein waste product your kidneys clear.

Creatinine A muscle waste product your kidneys clear.

eGFR Your filtering rate, worked out from creatinine.

Electrolytes & minerals

5 markers

The balance that keeps your heart, nerves, and muscles firing right.

Sodium The mineral that governs your fluid balance.

Potassium The mineral your heart and muscles need to contract.

Chloride Sodium's partner in fluid and acid balance.

CO2 Your blood's acid to base balance.

Calcium The mineral behind bone, muscle contraction, and nerve signaling.

Liver function

4 markers

Your clean-up and fuel hub. It is where medicines, alcohol, and fatty liver show up.

AST (SGOT) An enzyme found in liver and in muscle.

ALT (SGPT) An enzyme found almost only in the liver.

Alkaline Phosphatase An enzyme from your bile ducts and your bones.

Bilirubin, Total The pigment left over when red blood cells break down.

Proteins

4 markers

The proteins in your blood. They show how well you eat, how much fluid you hold, and what your body is fighting.

Total Protein

All the protein circulating in your blood.

Albumin

The main carrier protein your liver makes.

Globulin

The protein group your immune system runs on.

A/G Ratio

The balance between those two.

Vitamins & nutrients

1 marker

The inputs your body cannot make. Cheap to check, and often the fastest thing to fix.

Vitamin D, 25-OH

The stored form of vitamin D, the one your body draws on.

Red blood cells

7 markers

How well your blood carries oxygen. When this is off, everything feels harder than it should.

RBC	How many red blood cells you are carrying.
Hemoglobin	The protein inside them that actually holds oxygen.
Hematocrit	The percentage of your blood made up of red cells.
MCV	The average size of your red blood cells.
MCH	The average amount of hemoglobin in each one.
MCHC	How concentrated that hemoglobin is.
RDW	How much your red cells vary in size from one another.

White blood cells

11 markers

Your immune system, split into five parts instead of one number.

WBC	Your total white blood cell count.
Neutrophils (% & absolute)	The white cells that answer bacterial infection first.
Lymphocytes (% & absolute)	The white cells that fight viruses and hold immune memory.
Monocytes (% & absolute)	The cleanup cells that clear debris and dead tissue.
Eosinophils (% & absolute)	The white cells tied to allergy and parasites.
Basophils (% & absolute)	The rarest white cells, part of the allergic response.

Platelets

2 markers

Clotting, checked both ways.

Platelet Count

How many platelets you have for clotting.

MPV

The average size of those platelets.

Ranges printed on a lab report are population averages, not targets. Your provider reads these against what is optimal for you.

02 WHAT'S INCLUDED

More than just lab work

Your panel includes a one-on-one visit with your provider to review every result.

Full Lab Panel

All biomarkers listed above drawn at our clinic. Results in 3-5 business days.

Provider Review

Your provider reviews every result with you, explains what it means in plain language, and discusses next steps based on your goals.

Your draw is booked for a separate morning

We schedule the draw rather than take it the day you decide, because it has to be done fasted: 10-12 hours with nothing but water, and black coffee or tea is fine with nothing added. Fasting is what makes your insulin, glucose and lipid results mean anything. We text you the full prep a few days ahead.

What makes this panel different

Most doctors check total testosterone and call it a day. We test free testosterone — what your body actually uses. We run a full thyroid panel including antibodies, not just TSH. We check fasting insulin to catch metabolic issues before they become diabetes. And we use optimal ranges — not just "normal" — because normal includes sick people.

Reported side effects

A blood draw is a low-risk procedure. Here is what a small number of patients experience.

- ✓ A brief sting or pinch when the needle goes in
- ✓ Bruising or tenderness at the draw site for a day or two
- ✓ Lightheadedness or feeling faint, more likely if you have been fasting
- ✓ A small lump or swelling at the site, uncommon

Tell your phlebotomist if you have ever felt faint during a draw. We will lay you down and take our time. Call us if the site becomes warm, red, or swollen over the following days.

Our services

Based on your results, your provider may recommend one or more of the following.

Hormone Optimization Program

Starting at \$299/mo when run alone



Medical Weight Loss Program

Starting at \$499/mo when run alone



IV Therapy

Starting at \$225



Peptide Optimization Program

Starting at \$399/mo when run alone



Vitamin Injections

\$35-\$75



NAD+ Therapy

\$0.50/mg



Hyperbaric Oxygen Therapy

Starting at \$185/session



Red Light Therapy

Starting at \$85/session



PRP Therapy

Starting at \$750



6-Week Cellular Reset

~~\$3,999~~ \$2,999



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Individual results vary. Lab results are reviewed and interpreted by licensed providers. These tests are not intended to diagnose, treat, cure, or prevent any disease without clinical context.

Questions? We're here.

Whether you want to discuss your results or explore treatment options, our team can help.

1901 Westcliff Dr. Suite 10, Newport Beach, CA 92660

RANGE



Range Medical

1901 Westcliff Dr Suite 9 & 10, Newport Beach, CA 92660

(949) 997-3988 · www.range-medical.com

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