



## Liver & Kidney Assessment

When your medical doctor analyzes your labs, he/she is most often using conventional laboratory ranges that are designed to identify disease states and pathology. People who fall within the reference range are assumed to have no clinical signs and symptoms of any disease and are considered “normal”.

The following “Optimal” reference ranges give us data on how the physiology of your body is functioning. By looking for optimum function instead of just focusing on disease, we increase our ability to detect the dysfunctions that plague you long before disease manifests. This type of analysis allows us to be more prognostic and preventative, as well as pathology oriented.

**Instructions:** *For many labs that are out of range, you should be getting your labs drawn every three months. Not all labs need to be repeated, only those that are outside of the “Optimal Reference Ranges”. If you have any values that are out of range, you may want to join the Cleanbody Program or Complete Program, or schedule a Medical Evaluation with Dr. Fong to address these out of range values.*

**Name:** \_\_\_\_\_

**Date of Test:** \_\_\_\_\_

### **Assessment Notes:**

The lab values that are out of “Optimal” reference ranges are highlighted in red below, along with the clinical significance and information about what this means. This lab assessment is NOT intended to be a substitute for professional medical advice, and review of your lab results. If you have any concerns or questions about any of your labs or your health, you should schedule a Medical Evaluation with Dr. Fong or your local naturopathic doctor to review your labs. You can schedule a Medical Evaluation with Dr. Fong at <https://www.cleanbody.health/medicalevaluation>.



Test	Optimal Ref. Ranges	Your Test Result	Significance	More Information
<b>COMPREHENSIVE METABOLIC PANEL (KIDNEY &amp; LIVER)</b>				
Glucose	80-99 mg/dL		Blood Sugar Regulation	Glucose is obtained from our diets and provides the body with short term energy. Levels that are too high or too low the optimal level can indicate a variety of different health concerns. This can indicate higher risk of diabetes, cardiovascular disease, and kidney failure among others.
BUN	13-18 mg/dL		Kidney Function	BUN stands for Blood Urea Nitrogen. Urea is the end product of protein metabolism. Urea is made in the liver and is excreted by the kidneys. Elevated levels may be due to a serious infection and fever, heart failure, kidney disease, or renal disease.
Creatinine	0.7-1.1 mg/dL		Kidney Function	Creatine is made from the breaking down of creatine phosphate in muscles. Creatinine is filtered by the kidneys. Elevated levels may mean kidney dysfunction or renal dysfunction.
eGFR	>90 mL/min/BSA		Kidney Filtration	Provides information of the kidney's filtering capacity.
eGFR (Afr.Am)	>90 mL/min/BSA			Provides information of the kidney's filtering capacity.
BUN/Creatinine Ratio	10-16		Kidney Function	Elevated ratio may indicate in acute or chronic renal damage or urinary obstruction.
Sodium	135-140 mmol/L		Electrolyte Imbalance, Adrenal Function	Important in fluid balance and body functions. Sodium levels are influenced by the adrenal cortex hormones. Abnormal levels may mean renal dysfunction.

Potassium	4-4.5 mmol/L		Electrolyte Balance, Adrenal Sufficiency, Renal Function	Important in pH regulation and nerve conduction. Potassium levels are influenced by adrenal hormones. Abnormal levels may indicate renal failure, diabetic acidosis, or electrolyte imbalance.
Chloride	100-106 mmol/L		Hydration, osmotic pressure, electrolyte balance	Chloride helps maintain osmotic pressure and acid-base balance in the body. Abnormal levels may indicate cystic fibrosis, diabetic acidosis, or electrolyte imbalance.
Carbon Dioxide	25-30 mmpl/L		Acid-base Balance, Kidney Function.	Carbon Dioxide (CO2) is a waste product and affects the acid-base balance in our blood.
Calcium	8.6-10.2 mg/dL		Bone Health, Parathyroid Function	Measurements are helpful in diagnosing parathyroid disease, some bone disorders, and chronic renal disease. Low levels may result in muscle spasms.
Protein, Total	6.9-7.4 G/dL		Liver Function	Abnormal levels may indicate liver dysfunction.
Albumin	4-5 G/dL		Hydration, liver function, protein intake, amino acid absorption	High levels indicate dehydration. Low levels indicate liver dysfunction or damage, tissue damage or inflammation, or kidney damage.
Globulin	2.4-2.8 g/dL		Liver Function	High levels may indicate liver damage or infection, or heavy metal or chemical toxicity. Low levels may indicate digestive dysfunction or inflammation, or immune insufficiency.
Albumin/Globulin Ratio	1.5-2.0		Liver Function	High levels may indicate thyroid or adrenal hypofunction. Low levels may indicate liver dysfunction.



Bilirubin, Total	0.2-1.0 mg/dL		Gallbladder Function	Bilirubin is formed from the breakdown of hemoglobin in red blood cells and is processed by the liver to be excreted via bile from the gallbladder.
Alkaline Phosphatase	70-100 U/L		Liver, biliary tract cell, and bone health	An enzyme found mainly in the liver, biliary tract cells, and bone. Elevated levels may indicate injury to the liver or biliary tract cells or bone.
AST	11-29 U/L		Poor Liver function, Liver Congestion, Fatty Liver, Hepatitis	ALT is an enzyme that is present in a variety of tissues. The main source of ALT is the liver.
ALT	11-29 U/L			AST is an enzyme that is in hepatic, cardiac, muscle, and kidney tissues.

Test	Optimal Ref. Ranges	Your Test Result	Significance	More Information	Recommendations
LIPIDS					
Triglycerides	75-100 mg/dL		Cardiovascular, Metabolic Health	High levels of triglycerides are a secondary risk factor for cardiovascular disease.	Improve nutrition, increase exercise. consult your physician or Dr.Fong about LipoFlush supplement.
HDL	>55 mg/dL			Also known as the “good cholesterol.” Low levels of HDL are associated with increased risk of cardiovascular disease.	
LDL	<120 mg/dL			Often referred to as the “bad cholesterol.” High lab values for	



				LDL often indicate a higher risk for Cardiovascular complications.	
Lp (a)	<30 mg/dL			Elevated levels are associated with an increased risk for cardiovascular disease.	
Cholesterol/ HDL Ratio	Without CVD <4.0 With CVD <3.0			High levels indicate high cardiovascular disease risk.	
Non-HDL Cholesterol	Without CVD <130 With CVD <100			High levels indicate cardiovascular disease risk.	

Test	Optimal Ref. Ranges	Your Test Result	Significance	More Information	Recommendations
VITAMIN D					
Vitamin D 25-OH, Total	50-100 ng/mL		Assess Nutrient Level and Fatty Acid Metabolism	Low levels are associated with an increased risk for cardiovascular mortality and an increased risk for cardiovascular disease. High levels may indicate over supplementation or incidence of cardiovascular issues, cancer, or disease.	Truly Immune D-Fender. Consult with your physician for appropriate dosing.



**I understand that this lab assessment does not constitute medical diagnosis or advice and does not create a doctor-patient relationship between me and Cleanbody. I understand that this lab assessment tool from Cleanbody is purely educational and for informational purposes only.**

**I understand that this lab assessment is NOT intended to be a substitute for professional medical advice and review of my lab results, and I agree to not rely on this lab assessment as a substitute for, nor a replacement of, professional medical advice, diagnosis, or treatment.** If I have any concerns or questions about any of my labs or my health, I understand that I should always consult with a licensed health-care professional. I will not disregard, avoid or delay obtaining medical or health related advice from a licensed healthcare professional because of this educational lab assessment. The use of any information provided by the educational lab assessment tool is solely at my own risk.

Neither this educational lab assessment tool, nor any information provided to me is intended to suggest that I should not seek professional medical care, or that I should disregard professional medical advice. **Nothing stated or made available through the lab assessment tool provided by Cleanbody is intended to be, and must not be taken to be, the practice of medicine or the provision of health care treatment, instructions, diagnosis, prognosis or advice.**