

**In-Common Laboratories**  
Head Office: 57 Gervais Drive  
North York, Ontario M3C 1Z2  
(416) 422-3000  
Toll Free: (888) 285-7817  
www.ICLabs.ca

Patient Name  
**LIFESTYLE,  
TESTING**

Sex  
**M**

Date of Birth (mm/dd/yyyy)  
**02/05/1995**

Client's File No.

Order ID  
**418149**

In-Common Laboratories-ICL  
57 Gervais Drive  
North York, ON M3C 1Z2  
Canada

Health Number

Report Printed  
**06/01/2018 2:08PM**

ICL Login Date (mm/dd/yyyy)  
**05/29/2018 10:32AM**

Authorized Requester  
**ICL, ICL**

**ILS Lifestyle Monitoring Panel**

Final - Approved 05/29/2018 10:56AM

Sample ID: MSH180529002  
Collection Date (mm/dd/yyyy)  
05/29/2018 10:06AM

TEST	RESULT	FLAG	NORMAL/THERAPEUTIC RANGE	UNITS	TEST SITE
Vitamin B12 Serum	200		145-569	pmol/L	MSH
Hours Since Last Meal	NOT PROVIDED			h	MSH
Cholesterol Serum	4.0		3.0-4.6	mmol/L	MSH
Triglycerides Serum	1.00		0.50-1.86	mmol/L	MSH
HDL Cholesterol Ser	1.50		0.80-1.60	mmol/L	MSH
LDL Chol Ser Calc	2.0		1.7-3.0	mmol/L	MSH
Ferritin	100		20-259	ug/L	MSH
C-Reactive Prot Ser	0.3			mg/L	MSH

Unequivocal inflammatory response >10 mg/L.  
Cardiovascular Risk Assessment (Circulation 2003; 107:499-511):  
Average 2 measurements at least 2 weeks apart (omit CRP >10)  
Risk: Low <1 mg/L, Average 1-2.9 mg/L, Higher 3-10 mg/L.

Thyrotropin (TSH)	3.00		0.40-3.80	mIU/L	MSH
Free Thyroxine (FT4)	15		12-21	pmol/L	MSH
Free T3 Serum (FT3)	5.0		4.0-6.8	pmol/L	MSH
Glycohemoglobin(HbA1c)	0.050		0.048-0.059		MSH
Insulin	50		21-118	pmol/L	MSH
25-OH-Vitamin D	75		75-225	nmol/L	MSH

25-Hydroxy-Vitamin D (Calcidiol) reference ranges:  
>600: Excess vitamin D, potential hypercalcemia  
<225: Physiologic exposure to ultraviolet light  
>75: Desirable optimal to prevent fractures  
>55: Normal paediatric (TARGet Kids)  
<40: Insufficient (expected elevated PTH)  
<25: Deficient (rickets or osteomalacia)  
Conversions: 1 nmol/L = 0.4 ng/mL; 1 ng/mL = 2.5 nmol/L

**Reporting Laboratories:**

(1) MSH, Mount Sinai Hospital (Supplier), 600 University Avenue, Toronto, ON M5G 1X5,

Patient Complete Name:  
LIFESTYLE, TESTING

Order ID: 418149

Current Page Number: 1

Total Pages Count: 1

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