



Blood *Panel* Data.

The lab values your clinical team reads before your coach sees the file. Submitted directly to Dana Kantara (Cellular Health Expert) and Dr. Swet Chaudhari, MD (Chief Medical Officer). They review trends, screen for anything that needs medical follow-up, and translate what's relevant into your programming brief.

WHO READS THIS

Dana Kantara, MHS (cellular-health interpretation) and Dr. Swet Chaudhari, MD (medical screening). Your coach sees only the programming summary they pass forward.

WHAT WE DO NOT DO

Diagnose, treat, or prescribe. Anything outside reference range is routed back to your ordering physician with a member-facing note.

MEMBER IDENTIFICATION

FULL NAME		DATE OF BIRTH
EMAIL	PHONE	MEMBER ID

DRAW DETAILS

DATE OF DRAW	LAB / CLINIC NAME	FASTED?
ORDERING PHYSICIAN	REASON FOR DRAW	

COMPLETE BLOOD COUNT (CBC)

MARKER	REFERENCE	VALUE	UNITS	FLAG (H/L/N)
White blood cell count	4.0–11.0		×10 ⁹ /L	
Red blood cell count	4.5–5.9 (M) · 4.0–5.2 (F)		×10 ¹² /L	
Hemoglobin	13.5–17.5 (M) · 12.0–15.5 (F)		g/dL	
Hematocrit	41–53% (M) · 36–46% (F)		%	
Platelets	150–400		×10 ⁹ /L	

COMPREHENSIVE METABOLIC PANEL (CMP)

MARKER	REFERENCE	VALUE	UNITS	FLAG
<i>Glucose (fasting)</i>	70–99		mg/dL	
<i>BUN</i>	7–20		mg/dL	
<i>Creatinine</i>	0.7–1.3 (M) · 0.6–1.1 (F)		mg/dL	
<i>eGFR</i>	>60		mL/min/1.73m ²	
<i>Sodium · Potassium · Chloride</i>	standard		mmol/L	
<i>Calcium</i>	8.5–10.5		mg/dL	
<i>Total protein · Albumin</i>	standard		g/dL	
<i>ALT · AST · ALP · Bilirubin</i>	standard		U/L · mg/dL	

LIPID PANEL

MARKER	REFERENCE	VALUE	UNITS	FLAG
<i>Total cholesterol</i>	<200		mg/dL	
<i>LDL cholesterol</i>	<100		mg/dL	
<i>HDL cholesterol</i>	>40 (M) · >50 (F)		mg/dL	
<i>Triglycerides</i>	<150		mg/dL	
<i>ApoB · Lp(a) (if available)</i>	advanced lipid		mg/dL · nmol/L	

ENDOCRINE · THYROID · HORMONES

MARKER	REFERENCE	VALUE	UNITS	FLAG
<i>TSH</i>	0.4–4.0		mIU/L	
<i>Free T3 · Free T4</i>	standard		pg/mL · ng/dL	
<i>Cortisol (AM)</i>	6–23		µg/dL	
<i>DHEA-S</i>	age-adjusted		µg/dL	
<i>Total testosterone</i>	300–1000 (M) · 8–60 (F)		ng/dL	
<i>Free testosterone (if available)</i>	standard		pg/mL	
<i>Estradiol · SHBG (if available)</i>	standard		pg/mL · nmol/L	

PERFORMANCE + LONGEVITY MARKERS

MARKER	REFERENCE	VALUE	UNITS	FLAG
<i>Hemoglobin A1c</i>	<5.7		%	
<i>Fasting insulin</i>	2–20		µIU/mL	
<i>hs-CRP</i>	<1.0		mg/L	
<i>Vitamin D, 25-OH</i>	30–80		ng/mL	
<i>Vitamin B12 · Folate</i>	standard		pg/mL · ng/mL	
<i>Ferritin</i>	30–300 (M) · 15–200 (F)		ng/mL	
<i>Magnesium · Zinc (if available)</i>	standard		mg/dL · µg/dL	
<i>Homocysteine (if available)</i>	<10		µmol/L	

SYMPTOMS + CONCERNS

Brief notes on anything you want your coach to read alongside the numbers — sleep quality, energy curve, recovery, joint pain, recent illness, medications, supplements.

CONSENT + SIGNATURE

By signing below, I authorize Wellness Elite Fitness to share this lab summary with Dana Kantara, MHS (Cellular Health Expert) and Dr. Swet Chaudhari, MD (Chief Medical Officer) for review and to translate the relevant findings into a programming brief that my assigned coach can act on. I understand WEF is a wellness facility, not a medical provider, and that anything outside reference range will be routed back to my ordering physician. I may revoke this authorization at any time in writing to hello@mywellnesscorporation.com.

MEMBER SIGNATURE

DATE

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