

**Anthropometric Panel**

CM Vitals

- Fat Mass Percent
- Waist Circumference
- Waist to Hip Ratio

**13**  
**F**

**Inflammatory Panel**

CM Vitals

- C-Reactive Protein: High Sensitivity
- Oxidized LDL

**65**  
**D**

**Insulin Panel**

CM Vitals

- Fasting Glucose
- Fasting Insulin
- Gamma-Glutamyl Transferase (GGT)
- HbA1c

**75**  
**C**

**Lipid Panel**

CM Vitals

- Apolipoprotein B (ApoB)
- HDL
- LDL
- LDL Particle Number
- Small Dense LDL
- Total Cholesterol

**68**  
**D+**

**Nutrient Panel**

CM Vitals

- Homocysteine
- Magnesium
- Triglyceride/HDL Ratio
- Triglycerides
- Vitamin D

**62**  
**D-**

**Vascular Panel**

CM Vitals

- Lp-PLA2
- Micro Albumin/Creatine Ratio
- MPO

**97**  
**A**

**Wellness Score**

**63**  
**D**

Age: 42y 07m 06d		Gender: M	
Parameters	Target Range	Data	Rating
Fat Mass Percent	17.6 to <20.6%	<b>31 %</b>	<b>10</b>
Waist to Hip Ratio	0.85 to <0.92 waist/hip	<b>1.12 waist/hip</b>	<b>0</b>
Waist Circumference	0 to 36 inches	<b>55 inches</b>	<b>30</b>
Fasting Insulin	5 to <15 µIU/mL	<b>18 µIU/mL</b>	<b>70</b>
Fasting Glucose	60 to <105 mg/dl	<b>107 mg/dl</b>	<b>70</b>
HbA1c	5.4 to <5.81% of total	<b>6.1 % of total</b>	<b>60</b>
Gamma-Glutamyl Transferase (GGT)	0 to 65 U/L	<b>32 U/L</b>	<b>100</b>
C-Reactive Protein: High Sensitivity	0 to 2.21 mg/L	<b>2.4 mg/L</b>	<b>70</b>
Oxidized LDL	0 to 65 U/L	<b>72 U/L</b>	<b>60</b>
Lp-PLA2	195 to <210 np/mL	<b>100 np/mL</b>	<b>100</b>
Micro Albumin/Creatine Ratio	1 to <3 mg/g	<b>2.1 mg/g</b>	<b>90</b>
MPO	462 to <484 pmol/L	<b>375 pmol/L</b>	<b>100</b>
Total Cholesterol	0 to 200 mg/dl	<b>210 mg/dl</b>	<b>70</b>
LDL	0 to 130 mg/dl	<b>134 mg/dl</b>	<b>70</b>
HDL	≥56 mg/dl	<b>30 mg/dl</b>	<b>50</b>
Apolipoprotein B (ApoB)	40 to <100 mg/dl	<b>98 mg/dl</b>	<b>80</b>
LDL Particle Number	0 to 1400 mg of LDL partic	<b>13000000 mg of LDL partic</b>	<b>40</b>
Small Dense LDL	0 to 20 mb/dl	<b>15 mb/dl</b>	<b>100</b>
Homocysteine	1 to <9 µmol/L	<b>4 µmol/L</b>	<b>100</b>
Magnesium	1.5 to 2.5 mg/dL	<b>1.5 mg/dL</b>	<b>90</b>
Vitamin D	≥40 ng/ml	<b>35 ng/ml</b>	<b>60</b>
Triglyceride/HDL Ratio	1.99 to <2.41 : 1	<b>6.3 : 1</b>	<b>0</b>
Triglycerides	0 to 150 mg/dl	<b>189 mg/dl</b>	<b>60</b>

**Anthropometric Panel**

CM Vitals

- Fat Mass Percent
- Waist Circumference
- Waist to Hip Ratio

**13**  
**F**

**Inflammatory Panel**

CM Vitals

- C-Reactive Protein: High Sensitivity
- Oxidized LDL

**65**  
**D**

**Insulin Panel**

CM Vitals

- Fasting Glucose
- Fasting Insulin
- Gamma-Glutamyl Transferase (GGT)
- HbA1c

**75**  
**C**

**Lipid Panel**

CM Vitals

- Apolipoprotein B (ApoB)
- HDL
- LDL
- LDL Particle Number
- Small Dense LDL
- Total Cholesterol

**68**  
**D+**

**Nutrient Panel**

CM Vitals

- Homocysteine
- Magnesium
- Triglyceride/HDL Ratio
- Triglycerides
- Vitamin D

**62**  
**D-**

**Vascular Panel**

CM Vitals

- Lp-PLA2
- Micro Albumin/Creatine Ratio
- MPO

**97**  
**A**

**Wellness Score**

**63**  
**D**

## The Wellness Score®

### Anthropometric Panel



### Inflammatory Panel



### Insulin Panel



### Lipid Panel



### Nutrient Panel



### Vascular Panel



### Your Overall Score



<b>F</b> <b>Disease</b> 0 - 59	<b>D</b> <b>Poor Health</b> 60 - 69	<b>C</b> <b>Maintaining Health</b> 70 - 79	<b>B</b> <b>Good Health</b> 80 - 89	<b>A</b> <b>Optimal Health</b> 90 - 100
<ul style="list-style-type: none"><li>• Multiple Medications</li><li>• Poor Quality of Life</li><li>• Limited Potential</li><li>• Limited Body Function</li></ul>	<ul style="list-style-type: none"><li>• Symptoms</li><li>• Drug Therapy</li><li>• Surgery</li><li>• Losing Function</li></ul>	<ul style="list-style-type: none"><li>• No Symptoms</li><li>• Inconsistent Nutrition</li><li>• Sporadic Exercise</li><li>• Health is Low Priority</li></ul>	<ul style="list-style-type: none"><li>• Regular Exercise</li><li>• Good Nutrition</li><li>• Wellness Education</li><li>• Nerve Interference</li></ul>	<ul style="list-style-type: none"><li>• 100% Function</li><li>• Further Development</li><li>• Active Participation</li><li>• Wellness Lifestyle</li></ul>