

# Portico's Take on Lab Report

2026-06-27T06:26:48Z | 20 MARKERS REVIEWED

This panel shows several markers outside the target ranges, highlighting areas to watch and address, especially testosterone levels and inflammation.

 **SAGE** - Metabolic

Metabolic markers show mild concerns that suggest early metabolic stress.

Albumin is 4.5 g/dL, below the target of greater than 5.5, which may indicate lower protein status or mild inflammation. Cystatin C at 0.8 mg/L is above the target of less than 0.6, suggesting some kidney function stress. Fasting glucose is 94.0 mg/dL, slightly above the target range of 70 to 85, indicating blood sugar is on the higher side. HbA1c at 5.5% is also above the target range of 4.8 to 5.2%, pointing to early changes in blood sugar control.

Albumin

4.5 g/dL

Your albumin level is 4.5 g/dL, which is below the target of greater than 5.5 g/dL, suggesting a need to monitor protein status or inflammation.

WATCH

Cystatin C

0.8 mg/L

Your cystatin C is 0.8 mg/L, above the target of less than 0.6 mg/L, indicating some kidney function stress.

WATCH

Fasting Glucose

94 mg/dL

Your fasting glucose is 94.0 mg/dL, slightly above the target range of 70 to 85 mg/dL, showing blood sugar is a bit elevated.

WATCH

HbA1c

WATCH

5.5 %

Your HbA1c is 5.5%, above the target range of 4.8 to 5.2%, suggesting early changes in blood sugar control.

## ● APEX - Cardiovascular

Testosterone levels are significantly below target, which may affect energy and vitality.

Free testosterone is 40.0 pg/mL, far below the target of greater than 240 pg/mL. Total testosterone is 265.0 ng/dL, also below the target of greater than 1000 ng/dL. These low levels can impact mood, muscle strength, and overall well-being.

Free Testosterone

FLAG

40 pg/mL

Your free testosterone is 40.0 pg/mL, well below the target of greater than 240 pg/mL, indicating low hormone levels.

Total Testosterone

FLAG

265 ng/dL

Your total testosterone is 265.0 ng/dL, below the target of greater than 1000 ng/dL, confirming low testosterone status.

## ● STILL - Inflammatory

Inflammation markers are elevated and vitamin D is low, suggesting immune and bone health support is needed.

hs-CRP is 1.9 mg/L, above the target of less than 0.5 mg/L, indicating increased inflammation. Vitamin D is 27.0 ng/mL, below the target of greater than 40 ng/mL, which may affect immune function and bone health.

hs-CRP

FLAG

1.9 mg/L

Your hs-CRP is 1.9 mg/L, above the target of less than 0.5 mg/L, showing increased inflammation.

Vitamin D

FLAG

27 ng/mL

Your vitamin D is 27.0 ng/mL, below the target of greater than 40 ng/mL, indicating a need for more vitamin D.



Your other 12 markers are all in target range.

## Range map

Lab Ranges

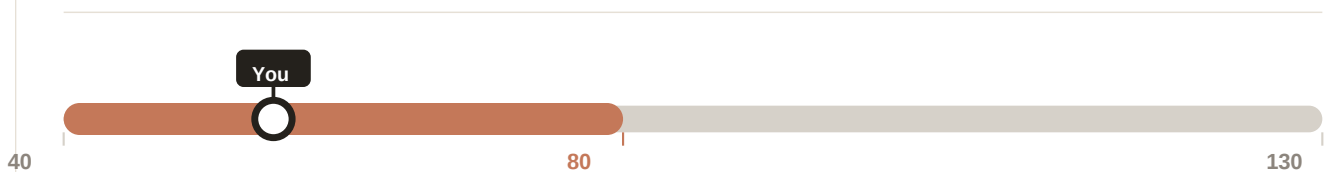
Portico Ranges



ApoB

You: 55 mg/dL

In target



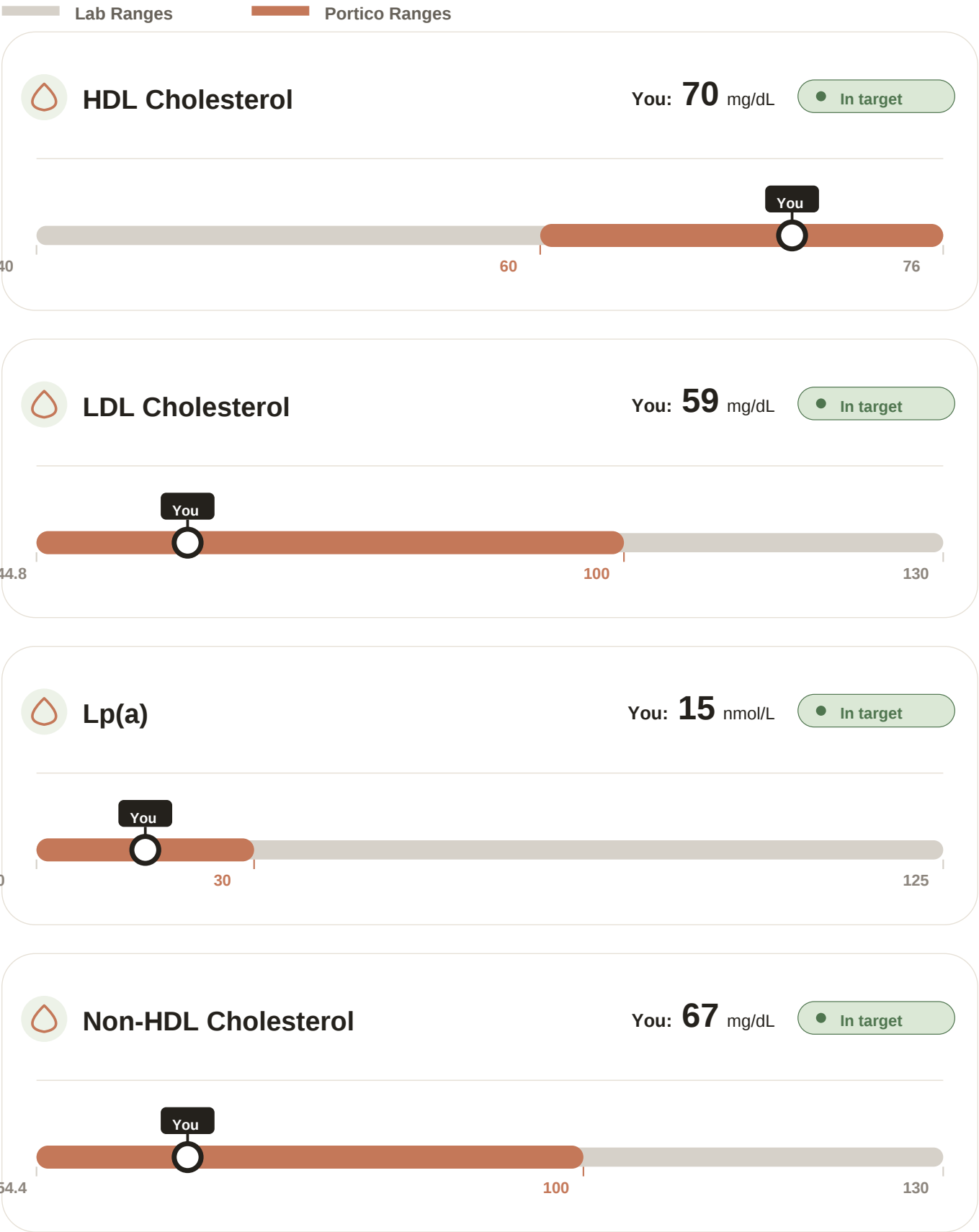
Free Testosterone

You: 40 pg/mL

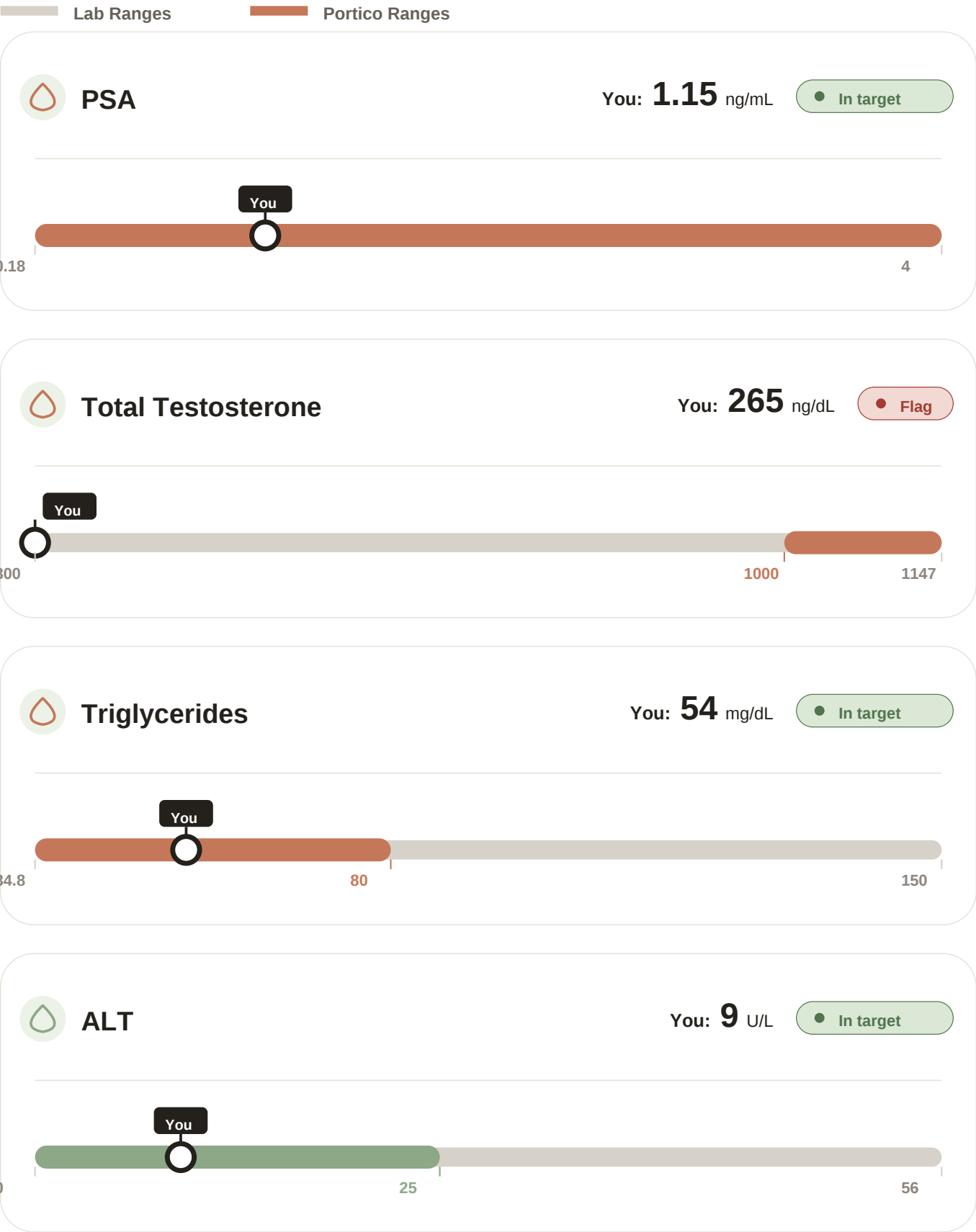
Flag



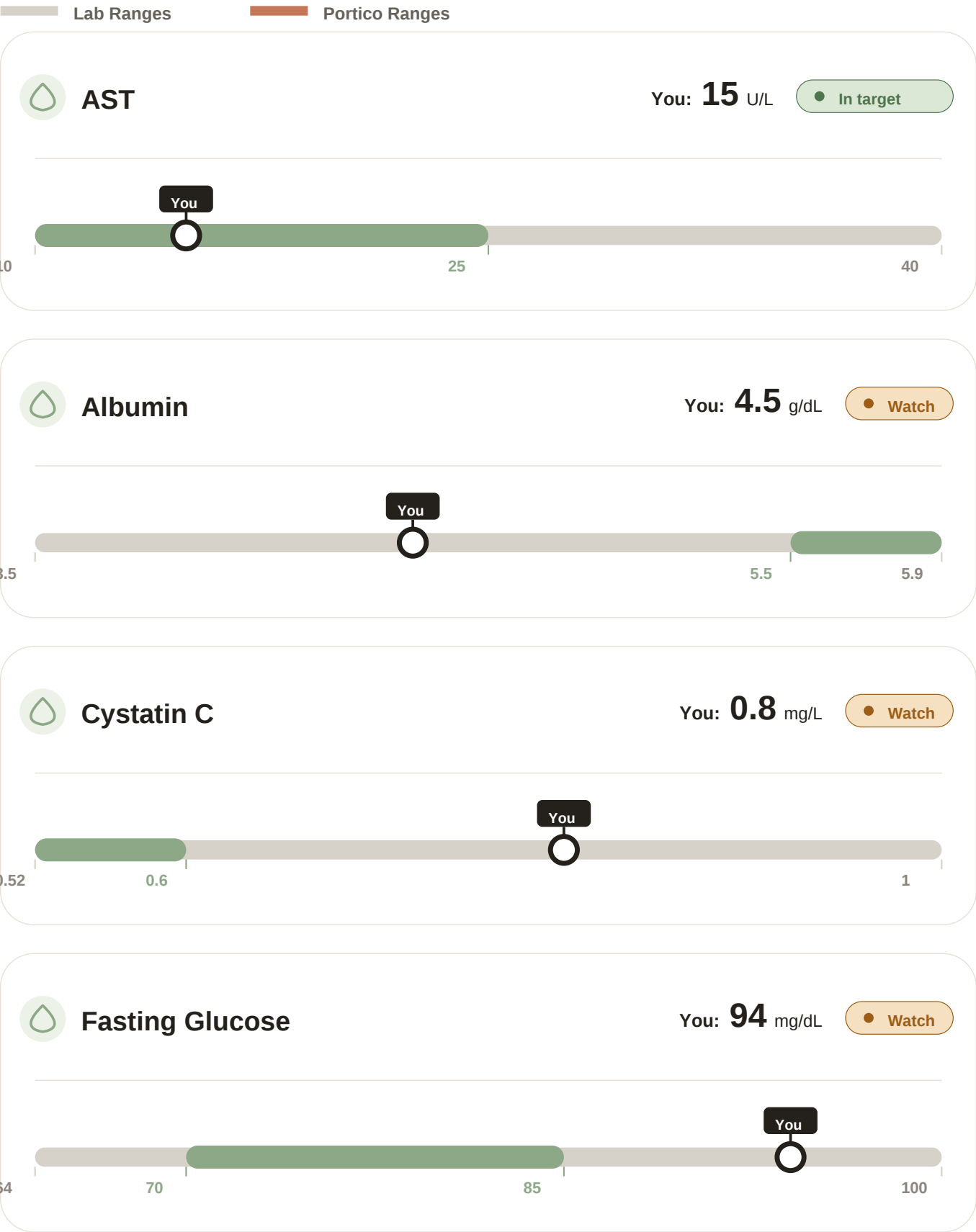
# Range map



# Range map

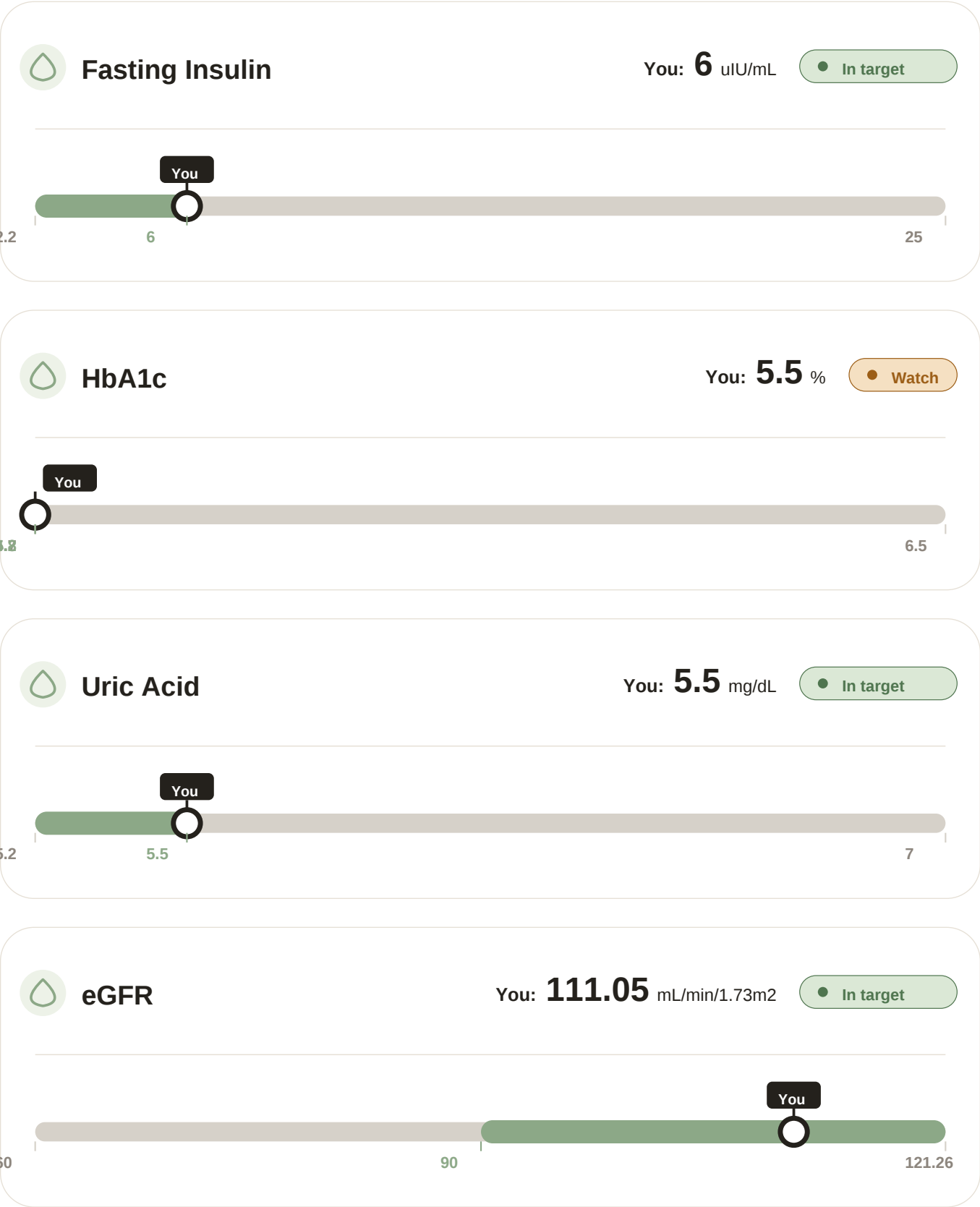


# Range map



# Range map

Lab Ranges      Portico Ranges



# Range map

