



A PLAIN-ENGLISH GUIDE

Your Blood Test Results, Explained

A calm, plain-English guide to 10 common lab markers: what they are, what high or low can mean, and what to ask your doctor.

Vitamin D

LDL cholesterol

HDL cholesterol

Triglycerides

Fasting glucose

Hemoglobin A1C

Ferritin

Vitamin B12

TSH

Hemoglobin

10

common lab markers

1

appointment worksheet

40

NIH & U.S. government sources

[START HERE](#)

How to read your lab report

Getting results back can feel stressful, especially when a number is marked high or low. Take a breath. Most reports follow the same simple pattern.

EXAMPLE FOR ILLUSTRATION ONLY, NOT REAL RESULTS

TEST	RESULT	FLAG	REFERENCE RANGE	UNITS
Glucose, fasting	104	H	70–99	mg/dL
Hemoglobin	13.4		12.1–15.1	g/dL

1

Reference range

The range considered normal, based on large groups of healthy people. Labs use different methods and ranges, so compare your result with the range on *your* report.

2

Flags: H and L

Lab systems often mark a result above the range with **H** (high) and below it with **L** (low). A flag isn't a diagnosis.

3

Units

Tests use units like mg/dL, ng/mL, pg/mL, g/dL, and %. Vitamin D of 20 ng/mL is the same as 50 nmol/L.

📌 **Context matters.** A result outside the range may or may not be a sign of a problem, and a normal result isn't a guarantee of good health. Food, fasting, medicines, supplements, hard exercise, and your period can all affect results. Results from different labs can't be compared, so use the same lab to track trends. Your doctor reads your numbers with your exam and your health history.

Sources 1, 2, 3

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Small numbers after “Sources” point to the numbered list on page 9. Each marker shows **possible causes, not a diagnosis**, and natural-first ideas to **discuss with your doctor**. Never start, stop, or change a medicine on your own; talk with your prescriber.

D

MARKER 1 OF 10

Vitamin D (25-hydroxy)

25(OH)D

What it is. Vitamin D helps your body absorb calcium for strong bones. The test measures 25-hydroxyvitamin D, or 25(OH)D. To convert units, 1 nmol/L = 0.4 ng/mL.

📊 Ranges from NIH sources

Below 12 ng/mL (30 nmol/L)	Too low; might weaken bones
12 to under 20 ng/mL (30 to under 50 nmol/L)	Some people may be at risk of inadequacy
20 ng/mL (50 nmol/L) or more	Adequate for most people (NIH)
Above 50 ng/mL (125 nmol/L)	Too high; might cause problems

Labs vary, so your lab's range may differ from these NIH cutoffs. Ask your doctor which cutoff they use.

🌱 Plant-based ideas to discuss with your doctor

- ✓ Fortified soy, almond, or oat milk, and UV-exposed mushrooms
- ✓ Need a supplement? Ask about vegan D3 from lichen, taken with a meal that has some fat

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Almost always from too much vitamin D in supplements
- Not from sunshine: your skin limits it

↓ If it's low

- Not enough from food or sunlight
- Trouble absorbing it (Crohn's or celiac disease)
- Kidney or liver disease, or some medicines

ⓘ **Safety:** The adult upper limit is 4,000 IU a day from all sources, unless your doctor prescribes more. Ask about interactions with statins, steroids, and thiazide diuretics.

💬 Ask your doctor

- ☐ Which cutoff do you use to read my number?
- ☐ Do I need a supplement, and when should I retest?

Sources 3, 4, 5

LDL

MARKER 2 OF 10

LDL cholesterol

The "bad" cholesterol

What it is. LDL is the main source of cholesterol buildup and blockages in the arteries, which raises the risk of heart attack and stroke.

📊 Ranges from NIH sources

Less than 100 mg/dL	Optimal
100 to 129	Near or above optimal
130 to 159	Borderline high
160 to 189	High
190 and above	Very high

Labs vary. If you have heart disease or a high risk for it, your doctor may set a different goal.

🌱 Plant-based ideas to discuss with your doctor

- ✓ Soluble fiber, 10 to 25 grams a day: oatmeal, apples, beans, lentils
- ✓ Plant sterols (about 2 grams a day) from whole grains, nuts, and legumes, plus 150 to 300 minutes of activity a week

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- A diet high in saturated fat; extra weight, low activity, or smoking
- Genes, such as familial hypercholesterolemia
- Some medicines, kidney disease, diabetes, or an underactive thyroid

↓ If it's low

For LDL, lower is generally better. Ask your doctor what goal is right for you.

ⓘ **Safety:** If you take a cholesterol medicine, keep taking it as prescribed and talk with your prescriber before any change.

💬 Ask your doctor

- ☐ What LDL goal is right for me?
- ☐ Given my family history, should I have an Lp(a) test?

Sources 6, 7, 8, 9

MARKER 3 OF 10 HDL cholesterol

The “good” cholesterol

What it is. HDL carries cholesterol back to your liver, which removes it from your body. With HDL, higher is generally better.

▬ Ranges from NIH sources

Men, 20 or older	Under 40 mg/dL is low
Women, 20 or older	Under 50 mg/dL is low
Adults, 20 or older	60 mg/dL or higher is best
Age 19 or younger	More than 45 mg/dL is healthy

Labs vary. Your doctor reads HDL together with LDL and triglycerides.

🌱 Plant-based ideas to discuss with your doctor

- ✓ Swap saturated fats for avocado, olive oil, and nuts; eat more oatmeal and beans
- ✓ About 30 minutes of moderate-to-vigorous aerobic exercise on most days

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

Higher HDL is generally better.

↓ If it's low

- Extra weight, inactivity, or smoking
- Diabetes
- Some medicines (beta-blockers, anabolic steroids, progestins)

ⓘ **Safety:** If you take one of the medicines listed, don't stop it on your own. Ask your provider whether to continue.

🗨 Ask your doctor

- ☐ How does my HDL fit with my LDL and triglycerides?
- ☐ Could any of my medicines be lowering my HDL?

Sources 10, 11

MARKER 4 OF 10 TG Triglycerides

Part of a lipid panel

What it is. Triglycerides are the most common type of fat in your body. Extra calories are stored as triglycerides. You may need to fast 9 to 12 hours before the test.

▬ Ranges from NIH sources

Less than 150 mg/dL	Healthy
150 to 199	Borderline high
200 to 499	High
500 and higher	Very high; raises pancreatitis risk

Labs vary. Guidelines for children and teens are different.

🌱 Plant-based ideas to discuss with your doctor

- ✓ Limit added sugar and refined foods, and stay active
- ✓ Plant omega-3s from flax, chia, and walnuts. Algal oil is a vegetarian DHA source (some have EPA too); EPA and DHA lower triglycerides

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Lots of sugar and refined carbs, little exercise, or extra weight
- Heavy alcohol use or smoking
- Thyroid, kidney, or liver disease, or poorly controlled diabetes

↓ If it's low

Triglyceride levels that are too low are very uncommon.

ⓘ **Safety:** High doses of omega-3s may cause bleeding problems when taken with warfarin or other blood thinners.

🗨 Ask your doctor

- ☐ Was this a fasting test, and should we repeat it?
- ☐ Is an algal omega-3 supplement safe with my medicines?

Sources 12, 13, 14, 15

GLU MARKER 5 OF 10 Fasting glucose

Fasting blood sugar

What it is. Glucose is the sugar in your blood and your body's main energy source. A fasting test is done after at least 8 hours without food or drink, except sips of water.

▬ Ranges from NIH sources

99 mg/dL or below Normal (70 to 99)

100 to 125 Prediabetes

126 or above Diabetes range

Labs vary. Doctors usually confirm diabetes with a second test.

🌱 Plant-based ideas to discuss with your doctor

- ✓ Plate method: half nonstarchy vegetables, one-quarter high-fiber carbs like beans or whole grains; water instead of sweet drinks
- ✓ 150 minutes of activity a week. In an NIH-funded study, losing 5% to 7% of body weight lowered diabetes risk

⚠ **Safety:** Don't change your diabetes medicine dose on your own. Ask your team how to prevent low blood sugar.

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Prediabetes or diabetes (the most common causes)
- An overactive thyroid, pancreas problems, or stress from serious illness
- Certain medicines

↓ If it's low

- Uncommon without diabetes: liver or kidney disease, hormone gland problems, or certain medicines
- With diabetes: some diabetes medicines, or not eating enough

🗨 Ask your doctor

- ☐ Should we confirm this with another test, like an A1C?
- ☐ Would the National Diabetes Prevention Program help me?

Sources 16, 17, 18, 19, 20

A1C MARKER 6 OF 10 Hemoglobin A1C

HbA1c

What it is. The A1C test shows your average blood sugar over the past 2 to 3 months, as a percentage. You don't need to fast.

▬ Ranges from NIH sources

Below 5.7% Normal

5.7% to 6.4% Prediabetes

6.5% or higher Diabetes range

Labs vary. If you have diabetes, your doctor will set an A1C goal for you.

🌱 Plant-based ideas to discuss with your doctor

- ✓ The same plate method and activity steps as for fasting glucose
- ✓ Healthy sleep and weight management may help prevent or reverse prediabetes

⚠ **Safety:** Metformin might lower vitamin B12. Ask whether to check your B12, and don't stop or change metformin on your own.

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- High average blood sugar from prediabetes or diabetes
- People with prediabetes have a high chance of type 2 diabetes within 5 to 10 years, but steps can prevent or reverse it

↓ When the number may be off

- Anemia or another blood disorder
- Kidney failure, liver disease, or the 2nd or 3rd trimester of pregnancy

🗨 Ask your doctor

- ☐ What A1C goal is right for me?
- ☐ Could anemia or another condition affect my A1C?

Sources 21, 16, 20, 22

Fe MARKER 7 OF 10 Ferritin (iron stores)

Serum ferritin

What it is. Ferritin is a protein that stores iron. You need iron to make healthy red blood cells, which carry oxygen.

Ranges from NIH sources

Men	30 to 400 ng/mL
Women	13 to 150 ng/mL

Labs vary. The lower your ferritin, even within the normal range, the more likely your iron stores are low.

Plant-based ideas to discuss with your doctor

- ✓ Beans, lentils, spinach, peas, and iron-fortified cereals
- ✓ Pair them with vitamin C foods like citrus, peppers, or tomatoes. People who don't eat meat need almost twice as much iron

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Too much iron (hemochromatosis)
- Inflammation, such as from an infection
- Liver disease or alcohol use disorder

↓ If it's low

- Iron deficiency, or a diet low in iron
- Heavy periods or other blood loss
- Poor iron absorption

ⓘ Safety: Don't start iron pills without your doctor. The adult upper limit is 45 mg a day. Keep iron away from children.

Ask your doctor

- ☐ Could inflammation be affecting my ferritin?
- ☐ If I need iron, what dose and for how long?

Sources 23, 24, 25

B12 MARKER 8 OF 10 Vitamin B12

Cobalamin

What it is. B12 helps keep your nerves and blood cells healthy. Plant foods have no B12 unless they are fortified.

Ranges from NIH sources

299 to 1,054 pg/mL	Normal range (MedlinePlus)
Below 200 to 250 pg/mL	Low at most labs (NIH)

Labs vary. A borderline result may need a methylmalonic acid (MMA) test.

Plant-based ideas to discuss with your doctor

- ✓ Fortified breakfast cereals and nutritional yeast
- ✓ A vegan B12 supplement (adults need 2.4 mcg a day). After 50, get most B12 from fortified foods or supplements

ⓘ Safety: B12 hasn't been shown to cause harm, even at high doses, but the cause of a low level matters. Keep taking prescribed medicines and ask about checking B12.

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Uncommon; extra B12 is usually removed in urine
- Liver disease or certain blood disorders

↓ If it's low

- A vegan or vegetarian diet without fortified foods or supplements
- Absorption problems: older age, pernicious anemia, or stomach surgery
- Metformin or acid reducers

Ask your doctor

- ☐ Is my level borderline? Should I have an MMA test?
- ☐ Are supplements, fortified foods, or shots right for me?

Sources 26, 22, 27

MARKER 9 OF 10 TSH (thyroid)

Thyroid-stimulating hormone

What it is. TSH from your pituitary gland tells your thyroid how hard to work. A high TSH usually points to an underactive thyroid; a low TSH, to an overactive one.

Ranges from NIH sources

0.4 to 4.8 μU/mL	A common normal range
Older adults	Some labs go up to 7
Pregnancy	Uses a different range

Labs vary, and experts don't fully agree on the upper limit. TSH alone can't explain why a level is off.

Plant-based ideas to discuss with your doctor

- ✓ Iodized salt is a common iodine source (sea and kosher salt usually aren't iodized)
- ✓ Avoid large amounts of kelp or iodine supplements unless your doctor agrees. Biotin can skew thyroid tests, so mention it

ⓘ **Safety:** Don't change your thyroid medicine dose yourself. Iron can make levothyroxine work less well, so ask how to time it.

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Underactive thyroid, most often from Hashimoto's disease
- Can be higher in people over 80 with no thyroid problem

↓ If it's low

- Overactive thyroid, such as Graves' disease
- Too much iodine or thyroid hormone medicine
- Some medicines, serious illness, or early pregnancy

Ask your doctor

- ☐ Should we repeat my TSH or check free T4 or antibodies?
- ☐ Could my supplements affect my results?

Sources 28, 29, 30, 31, 32

MARKER 10 OF 10 Hb Hemoglobin (CBC)

Part of a complete blood count

What it is. Hemoglobin is the iron-rich protein in red blood cells that carries oxygen. It is not the same as the A1C test.

Ranges from NIH sources

Men	13.8 to 17.2 g/dL
Women	12.1 to 15.1 g/dL

Labs vary, and ranges depend on age and sex. The test can't show the cause of an abnormal level.

Plant-based ideas to discuss with your doctor

- ✓ Iron-rich plant foods eaten with vitamin C foods
- ✓ Folate from leafy greens, beans, peas, and oranges; B12 from fortified foods or a vegan supplement

POSSIBLE CAUSES, NOT A DIAGNOSIS

↑ If it's high

- Lung or heart disease, or sleep apnea
- Smoking or dehydration
- Living at a high altitude

↓ If it's low

- Anemia, including from too little iron, B12, or folate
- Blood loss, such as heavy periods
- Chronic illness, including kidney or liver disease

ⓘ **Safety:** Anemia has many causes, and some are serious. Find the cause with your doctor before taking iron.

Ask your doctor

- ☐ What's causing my result, and what other CBC numbers matter?
- ☐ Do I need iron, B12, or folate tests?

Sources 33, 34, 35

KEEP THIS HANDY

When to call your doctor or 911

📞 Call 911 right away

- **Heart attack signs:** chest pressure, squeezing, or pain lasting more than a few minutes; shortness of breath; pain in the arms, back, neck, jaw, or upper stomach; a cold sweat. Call even if you aren't sure.
- **Stroke signs (F.A.S.T.):** sudden numbness or weakness of the face, arm, or leg; sudden confusion or trouble speaking or seeing; a sudden severe headache.
- **Severe low blood sugar** (losing consciousness or a seizure) is dangerous and needs treatment right away. People giving glucagon should call 911 right away.
- **Diabetic ketoacidosis:** if someone with diabetes has decreased consciousness, fruity breath, nausea and vomiting, or trouble breathing, go to the emergency room or call 911.

⚠️ Contact your provider

- **Intense, constant belly pain,** a possible sign of pancreatitis (very high triglycerides raise the risk).
- **Symptoms of diabetic ketoacidosis,** if you have diabetes.

Sources 36, 37, 38, 40, 39, 12. This guide can't tell you whether something is an emergency. If something feels wrong, get help.

WORKSHEET

Questions to bring to your next appointment

📅 Date: _____ With: _____

Test	My result	Lab's range	H / L?

📖 Good questions for any result

- ☐ What do these results mean for me?
- ☐ Should any result be repeated or confirmed?
- ☐ Could my medicines, supplements, or meals have affected them?
- ☐ What changes could help, and when should we recheck?

💊 Medicines & supplements I take

Include vitamins and supplements like vitamin D, iron, B12, biotin, or omega-3s.

REFERENCES

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Every number and health claim in this guide comes from these National Institutes of Health (NIH) and U.S. government pages, all accessed and checked on October 17, 2026. Health pages are updated over time, so check the source for the latest information.

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Your Health, Decoded.

Understand your results, then talk it through with your doctor

Healmatics is a plain-English lab-results explainer. It's designed to help you understand what your numbers mean and bring better questions to your next appointment, using information from trusted public health sources.

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Medical disclaimer

This guide is for general education only. It is not medical advice, and it does not diagnose, treat, or take the place of care from a licensed health professional. Lab ranges vary, and only your health care provider can tell you what your results mean for you. Never start, stop, or change a medicine or supplement without talking with your prescriber. If you think you may be having a medical emergency, call 911.

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NEXT STEP

Want the full picture? Get The Complete Blood Test Guide

This free guide covers 10 markers. The Complete Blood Test Guide goes further: 14 markers, explained in the same plain English, with more room for the questions that come up after you read your results.

39 pages	14 lab markers	\$12 one-time
MARKERS COVERED		
01 Vitamin D	02 Total & non-HDL cholesterol	
03 LDL cholesterol	04 HDL cholesterol	
05 Triglycerides	06 Fasting glucose	
07 Hemoglobin A1C	08 Kidney: creatinine & eGFR	
09 Liver: ALT & AST	10 Iron panel	
11 Vitamin B12	12 Folate	
13 TSH (thyroid)	14 Hemoglobin	

What's inside

- ✓ **A root-cause explorer for each marker.** Common reasons a number can run high or low, laid out side by side, so you can talk them through with your doctor.
- ✓ **Plant-based food lists and meal ideas.** Everyday foods and simple meal ideas connected to each marker, to discuss with your doctor or dietitian.
- ✓ **Questions for your doctor.** Ready-to-use questions for each marker, so you get more out of a short appointment.
- ✓ **Retest tracker.** A simple table to record your results over time and see the trend from the same lab.
- ✓ **Every number cited.** Each range and claim is cited to NIH and U.S. government health sources.

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