



What do my lab values mean?

Here are 18 common labs and the normal ranges for an average healthy adult.

Glucose

64 to 100 mg per deciliter

Calcium

8.5 to 10.2 mg per deciliter

Blood Urea Nitrogen (BUN)

6 to 20 mg per deciliter

Creatinine

0.8 to 1.2 mg per deciliter

Sodium

135 and 145 milliequivalents per liter

Potassium

3.7 to 5.2 milliequivalents per liter

Chloride

96 to 106 millimoles per liter

Carbon dioxide

23 to 29 millimoles per liter

Iron

50 to 150 mg per deciliter for males;
35 to 145 mg per deciliter for females

Magnesium

1.7 to 2.2 mg per deciliter

Alkaline Phosphate

44 to 147 IU per liter

Total Protein

6.0 to 8.3 grams per deciliter or
60 to 83 grams per deciliter

LDL cholesterol

100 mg per deciliter or below

HDL cholesterol

60 mg per deciliter or above

Triglycerides

below 150 mg per deciliter

Hemoglobin

14 to 17.5 grams per deciliter for males;
12.3 to 15.3 grams per deciliter for females.

Red blood cells

4.5 to 5.9 million cells per microliter
for males; 4.1 to 5.1 million cells per
microliter for females.

White blood cells

4,500 to 11,000 cells per microliter



Your primary care provider will connect with you if your results show any concern and provide the best plan of action. These numbers are just a guideline. Talk to your provider to understand your personal lab results.