

# RECOMMENDED BLOOD TESTS

ReCODE Blood tests: by Dr. Bredesen

- **Albumin/Globulin Ratio (A:G Ratio)**
  - $\geq 1.8$
  - $>4.5$  (albumin)
- **Alpha-MSH**
  - 35–81 pg/ml
  -
- **Arsenic**
  - $<7$  mcg/L
- **Cadmium**
  - $<2.5$  mcg/L
- **Calcium**
  - 8.5-10.5 mg/dl
- **Cholesterol**
  - 150
- **Complement C4a**
  - $< 2830$  ng/ml
- **Copper**
  - 90-110 mcg/dL
- **Copper:Zinc Ratio** (also look at ceruloplasmin  $\leq 30$ )
  - 0.8-1.2
- **Cortisol** (morning)
  - 10-18 mcg/dL
- **DHEA**
  - 350-430 (women) mcg/dL
  - 400-500 (men) mcg/dL
- **Estradiol** (Estrogen)
  - 50-250 pg/ml

- **Folate**
  - 10-25 ng/ml
- **Glucose (fasting)**
  - 70-90 mg/dL
- **Glutathione**
  - 5-5.5 micromolar
- **HbA1C**
  - ≤5.6%
- **HDL**
  - >50
- **HLA-DR/DQ**
  - negative
- **Hs-CRP**
  - ≤0.9ng/dL
- **Il-6**
  - ≤3pg/ml
- **Insulin (fasting)**
  - ≤4.5 microIU/ml
- **LDL-p**
  - 700-1000
- **Lead**
  - <2 mcg/dL
- **Leptin**
  - 0.5-13.8 ng/mL (male)
  - 1.1-27.5 ng/mL (female)
- **Mercury**
  - <5 mcg/L
- **MMP9**

- 85-332 ng/mL
- **Omega 6:3 Ratio**
- 0.5-3.0
- **Osmolality**
- 280-300 mosmol
- **Oxidized LDL**
- <60 U/l
- **Pregnenolone**
- 50-100 ng/dL
- **Progesterone**
- 1-20 ng/ml
- **Potassium**
- 4.5-5.5 mEq/L
- **RBC Magnesium**
- 5.2-6.5 mg/dL
- **RBC Thiamine Pyrophosphate**
- 100-150 ng/ml
- **sdLDL**
- <20 mg/dL
- **Selenium**
- 110-150 ng/ml
- **T3**
- 3.2-4.2 pg/ml (free)
- <20 ng/dL(reverse)
- **T4**
- 1.3-1.8 ng/dL (free)
- **TSH**
- <2 microlU/ml

- **Testosterone**
  - 500-1000 ng/dL (total)
  - 6.5-15 ng/dL (free)
- **TGF-β1**
  - < 2380 pg/ml
- **TNF-alpha**
  - ≤6pg/ml
- **Triglycerides**
  - <150
- **Vasopressin**
  - 1.0-13.3 pg/ml
- **VEGF**
  - 31-86 pg/mL
- **VIP**
  - 23-63 pg/mL
- **Vitamin B6**
  - 60-100 mcg/L
- **Vitamin B12 (MMA test can complement, but isn't a replacement)**
  - 500-1500 pg/ml
- **Vitamin C**
  - 1.3-2.5 mg/dL
- **Vitamin D**
  - 50-80 ng/ml
- **Vitamin E (as Alpha-Tocopherol)**
  - 12–20 mcg/ml
- **Zinc**
  - 90-110 mcg/mL

It's also a good idea to test for **leaky gut, leaky brain, and food sensitivities:**