

Rejuve: *Longevity* App Sample Data

Not ready to use your real medical data prior to HIPAA compliance? Don't have a lab report?
Don't know what most of or any of these mean? Not to worry 😊

We have provided you with a “cheat sheet” to allow you to more easily complete the Lab & Nutrition modules. If you are using real data for all other modules, select the profile that most closely matches you, or use this as a reference guide.

***Note that these profiles do not necessarily contain all of the data points, as resembling the real world where this may be the case**

Profile 1-Healthy Adult (18-50)

Biochemistry Profile

Lab Test	Results	Normal Range
Alanine aminotransferase (ALT)	35 IU/L	Males: 7 to 55 IU/L Females: 7-45 IU/L
Alkaline phosphatase (ALP)	52 IU/L	Males: 40-129 IU/L Females: 35-104 IU/L
Aspartate aminotransferase (AST)	29 IU/L	Males: 8-48 IU/L Females: 8-43 IU/L
Blood urea nitrogen (BUN)	16 mg/dL	Males: 8-24 mg/dL Female: 6-21 mg/dL
Chloride	99 mmol/L	98-107 mmol/L
Creatine Phosphokinase (CPK)	75 IU/L	Males: 39-308 IU/L Females: 26-192 IU/L
Serum Creatinine	0.7 mg/dL	Males: 0.6-1.2 mg/dL Females: 0.5-1.1 mg/dL
Globulin	2.7 g/dL	2.0-3.9 g/dL

Serum glucose	90 mg/dL	70-140 mg/dL
Gamma Glutamyl Transferase (GGT)	26 IU/L	Males: 8-61 IU/L Females: 5-36 IU/L
Serum Iron	89 µg/dL	Males: 50-150 µg/dL Females: 35-145 µg/dL
Sodium	138 mmol/L	135-145 mmol/L
Total Bilirubin	0.6 mg/dL	≤ 1.2 mg/ dL
HDL	37 mg/dL	Males: ≤ 40 mg/dL Females: ≤ 50 mg/dL
Total Cholesterol	142 mg/dL	<200 mg/dL
Total protein	7.0 g/dL	6.3-7.9 g/dL
Serum triglycerides	107 mg/dL	<150 mg/dL
Uric acid	4.4 mg/dL	Males: 3.7-8.0 mg/dL Females: 2.7-6.1 mg/dL

Complete Blood Count (CBC)

Lab Test	Results	Normal Range
White blood cell (WBC) count	7.3 x 10 ³ cells/uL	4.5-10.0 x 10³ cells/uL
Lymphocyte percent	30%	20-40%
Segmented neutrophils percent	48%	40-60%
Eosinophils percent	1.5%	0-5%
Lymphocyte number	2.4 x 10 ³ cells/uL	1.0-4.8 x 10³ cells/uL
Segmented Neutrophils number	4.1 x 10 ³ cell/uL	2.5-6.0 x 10³ cells/uL
Hemoglobin	14 g/dL	Males: 13.2 to 16.6 Females: 11.6 to 15

Mean cell volume	89 fL	80-96 fL
Mean cell hemoglobin concentration	33.4 g/dL	32-36 g/dL
Red cell distribution width	13.2%	Males: 11.8-14.5% Females: 12.2 to 16.1%
Nucleated red blood cells	0/100 WBCs	0/100 WBCs
Monocyte percent		
Basophils percent		

Toxins & Heavy Metals

Lab Test	Results	Normal Range
Blood cadmium	0.5 µg/L	<5 µg/L
Blood lead	0.1 µg/dL	< 10 µg/dL or 0.48 µmol/
Blood mercury	1 µg/L	<10 µg/dL
Serum Cotinine	0 ng/mL	<3.0 ng/mL
Blood manganese	5.2 µg/L	4.7-18.3 µg/L
Blood selenium	190 µg/L	150-241 µg/L
Blood Chromium	0.4 µg/L	≤1.0 µg/L
Blood Cobalt	0.2 µg/L	≤1.0 µg/L

Other Longevity Biomarkers

Lab Test	Results	Normal Range
High-Sensitivity C-Reactive Protein	0 mg/L	<2.0 mg/L

(hs-CRP)		
Ferritin	205 µg/L	Males: 24-336 mcg/L Females: 11-307 mcg/L
Vitamin C	1.2 mg/dL	0.6-2.0 mg/dL
A1c Test	2.3%	< 5.7%
Fasting glucose level	85 mg/dL	80–130 mg/dl

Nutritional Profile

Nutrient	Total for Day	Recommended
Vitamin E	12 mg	15 mg
Vitamin B6	1.1 mg	1.3 mg
Vitamin B12	2.2 mcg	2.4 mcg
Vitamin C	250 mg	Males: 90 mg Females: 75 mg
Caffeine	65 mg	< 400mg
Calcium	800 mg	1,000 mg
Carbohydrate	275 gm	225-325 mg
Choline	400 mg	Males: 550 mg Females: 425 mg
Copper	0.7 mg	0.9 mg
Dietary Energy	2143 cal	Males: 2200-3000 cal Females: 1800-2400 cal
Fiber	28 gm	Males: 38 grams Females: 25 grams

Folate	350 mcg	400 mcg
Iron	mg	Males: 8 mg Females: 18 mg
Lutein	mcg	10 mg
Magnesium	300 mg	Males: 420 mg Females: 320
Potassium	2400 mg	Males: 3,400 mg Females: 2,600 mg
Retinol (Vitamin A)	850 mcg	Males: 900 mcg Females: 700 mcg
Riboflavin	1.0 mg	Males: 1.3 mg Females: 1.1 mg
Selenium	48 mcg	55 mcg
Sodium	mg	< 2,300 mg
Thiamin	0.9 mg	Males: 1.2 mg Females: 1.1 mg
Zinc	9 mg	Males: 11 mg Females: 8 mg

Profile 2-Adult (18-50) at risk for chronic diseases of aging

Biochemistry Profile

Lab Test	Results	Normal Range
Alanine aminotransferase (ALT)	56 IU/L	Males: 7 to 55 IU/L Females: 7-45 IU/L
Alkaline phosphatase (ALP)	131 IU/L	Males: 40-129 IU/L Females: 35-104 IU/L
Aspartate aminotransferase (AST)	45 IU/L	Males: 8-48 IU/L

		Females: 8-43 IU/L
Blood urea nitrogen (BUN)	25 mg/dL	Males: 8-24 mg/dL Female: 6-21 mg/dL
Chloride	99 mmol/L	98-107 mmol/L
Creatine Phosphokinase (CPK)	75 IU/L	Males: 39-308 IU/L Females: 26-192 IU/L
Serum Creatinine	0.7 mg/dL	Males: 0.6-1.2 mg/dL Females: 0.5-1.1 mg/dL
Globulin	4.1 g/dL	2.0-3.9 g/dL
Serum glucose	141 mg/dL	70-140 mg/dL
Gamma Glutamyl Transferase (GGT)	26 IU/L	Males: 8-61 IU/L Females: 5-36 IU/L
Serum Iron	42 µg/dL	Males: 50-150 µg/dL Females: 35-145 µg/dL
Sodium	138 mmol/L	135-145 mmol/L
Total Bilirubin	1.1 mg/dL	≤ 1.2 mg/ dL
HDL	49 mg/dL	Males: ≤ 40 mg/dL Females: ≤ 50 mg/dL
Total Cholesterol	206 mg/dL	<200 mg/dL
Total protein	7.0 g/dL	6.3-7.9 g/dL
Serum triglycerides	107 mg/dL	<150 mg/dL
Uric acid	8.9 mg/dL	Males: 3.7-8.0 mg/dL Females: 2.7-6.1 mg/dL

Complete Blood Count (CBC)

Lab Test	Results	Normal Range
White blood cell (WBC) count	9.3 x 10 ³ cells/uL	4.5-10.0 x 10³ cells/uL

Lymphocyte percent	30%	20-40%
Segmented neutrophils percent	48%	40-60%
Eosinophils percent	1.5%	0-5%
Lymphocyte number	2.4 x 10 ³ cells/uL	1.0-4.8 x 10³ cells/uL
Segmented Neutrophils number	4.1 x 10 ³ cell/uL	2.5-6.0 x 10³ cells/uL
Hemoglobin	16.9 g/dL	Males: 13.2 to 16.6 Females: 11.6 to 15
Mean cell volume	89 fL	80-96 fL
Mean cell hemoglobin concentration	36.1 g/dL	32-36 g/dL
Red cell distribution width	13.2%	Males: 11.8-14.5% Females: 12.2 to 16.1%
Nucleated red blood cells	0/100 WBCs	0/100 WBCs

Blood Toxins

Lab Test	Result	Normal Range
Blood cadmium	0.5 µg/L	<5 µg/L
Blood lead	0.1 µg/dL	< 10 µg/dL or 0.48 µmol/L
Blood mercury	1 µg/L	<10 µg/dL
Serum Cotinine	0 ng/mL	<3.0 ng/mL

Other Longevity Biomarkers

Lab Test	Results	Normal Range
Blood manganese	5.2 µg/L	4.7 and 18.3 µg/L

Blood selenium	190 µg/L	150-241 µg/L
Chromium	0.4 µg/L	<1.0 µg/L
Cobalt	0.2 µg/L	<1.0 µg/L
High-Sensitivity C-Reactive Protein (hs-CRP)	0 mg/L	<2.0 mg/L
Ferritin	9 µg/L	Males: 24-336 mcg/L Females: 11-307 mcg/L
Vitamin C	1.2 mg/dL	0.6-2.0 mg/dL
A1c Test	6.8 %	< 5.7%
Fasting glucose level	135 mg/dL	80–130 mg/dl

Nutritional Profile

Nutrient	Total for Day	Recommended
Alpha-tocopherol (Vitamin E)	8 mg	15 mg
Vitamin B6	0.9 mg	1.3 mg
Vitamin B12	0.8 mcg	2.4 mcg
Vitamin C	62 mg	Males: 90 mg Females: 75 mg
Caffeine	600 mg	< 400mg
Calcium	500 mg	1,000 mg
Carbohydrate	400 gm	225-325 mg

Choline	400 mg	Males: 550 mg Females: 425 mg
Copper	0.7 mg	0.9 mg
Dietary Energy	4200 cal	Males: 2200-3000 cal Females: 1800-2400 cal
Fiber	13 gm	Males: 38 grams Females: 25 grams
Folate	250 mcg	400 mcg
Iron	5 mg	Males: 8 mg Females: 18 mg
Lutein	2 mcg	10 mg
Magnesium	300 mg	Males: 420 mg Females: 320
Potassium	2400 mg	Males: 3,400 mg Females: 2,600 mg
Retinol (Vitamin A)	850 mcg	Males: 900 mcg Females: 700 mcg
Riboflavin	1.0 mg	Males: 1.3 mg Females: 1.1 mg
Selenium	48 mcg	55 mcg
Sodium	3000 mg	< 2,300 mg
Thiamin	0.9 mg	Males: 1.2 mg Females: 1.1 mg
Zinc	9 mg	Males: 11 mg Females: 8 mg