

Wellness Chem III Panel

Glucose: This is a measurement of blood glucose (sugar) and tests for diabetes. If your fasting value is elevated, it should be discussed with your physician.

Cholesterol: This is a building block used by the body for cell wall and hormone production. Increased levels of cholesterol can contribute to heart disease and stroke. Less than 200 is a desirable level.

Triglycerides: Triglycerides, as major components of very low density lipoprotein (VLDL) and chylomicrons, play an important role in metabolism as energy sources and transporters of dietary fat. Elevated triglycerides are associated with an increased risk of heart disease. Below 200 is desirable.

HDL (High Density Lipoprotein): HDL is the “Good cholesterol”. An abundance of HDL reduces your risk of heart disease. Levels above 40 are desirable.

LDL (Low Density Lipoprotein): LDL is the “Bad cholesterol”. An abundance of LDL increases your risk of heart disease. Levels below 130 are desirable.