



BIOCHEMISTRY

BLOOD - SERUM

	Result	Range	Units	
INSULIN (FASTING)	10.4	0.0 - 17.0	uIU/ml	
HOMA Score	2.5	0.0 - 2.5	RATIO	

Insulin Tolerance Test Comment

The HOMA score is a standard measure of insulin resistance, It is calculated as follows; (Blood Glucose X Fasting Insulin) / 22.5.

HOMA	Resistance Grade
<= 2.0	Normal
2.1 - 2.2	Mild
2.3 - 3.0	Moderate
>= 3.1	Severe

Suggested Treatment Options:

1. Diet - Low G.I. foods, reduce processed carbohydrates.
2. Reduce Stress.
3. Minerals - Magnesium, chromium, vanadium, Vitamin D3 (if deficient), alpha lipoic acid.
4. Herbs - Gymnema, cinnamon, fenugreek, mormodica
5. Prescriptive recommendations - metformin, glimeclamide upon practitioner's recommendation.

BLOOD - FL. OXA

GLUCOSE (FASTING)	5.5	3.5 - 6.0	mmol/L	
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