

LIPID PROFILE TEST GUIDE

TEST	EXPECTED RANGE	UNITS	TEST GUIDE
Cholesterol Total	<170 (< 18 years old) 125-200 (> 18 years old)		Cholesterol is one of the major fats in the body. High levels indicate an increased risk for heart disease.
Triglycerides	<150	mg/dL	Triglycerides are fats that provide a reserve of energy.
VLDL Cholesterol	5-40	mg/dL	Major carrier of triglycerides. Breaks down into LDL
LDL Cholesterol	<100	mg/dL	Elevations of Low Density Lipoprotein (LDL) Cholesterol are associated with an increased risk of heart disease
HDL Cholesterol	>= 46	mg/dL	Elevated High Density Lipoprotein (HDL) Cholesterol is associated with decreased risk of heart disease.
Cholesterol/HDL Ratio	<= 5.0		A ratio of 5.0 or less is associated with a lower risk of heart disease.
LDL/HDL Ratio	Average risk 2.34-4.13		LDL/HDL Cholesterol Ratio is an indicator of heart disease risk. The lower the ratio, the lower the risk

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