

Blood test results chart: adult reference ranges, and why labs differ

The rule that decides everything

When this chart and your report disagree, your report wins. Its range was set for the machine that measured your blood.

Complete blood count

Hemoglobin men		13.0 – 17.0 g/dL
Hemoglobin women		12.0 – 15.5 g/dL
MCV red cell size		80 – 100 fL
White cells total count		4.0 – 11.0 ×10 ⁹ /L
Platelets		150 – 400 ×10 ⁹ /L

Chemistry, liver, kidney

TEST	USUAL RANGE	NOTES
Fasting glucose	70 – 100 mg/dL · 3.9 – 5.5 mmol/L	Fasting only. 100–125 is the pre-diabetic band.
HbA1c	< 5.7 %	Three-month average. No fasting needed.
Creatinine	0.7 – 1.3 mg/dL (m) · 0.6 – 1.1 (f)	Depends on muscle mass. Read with eGFR.
eGFR	> 90 mL/min/1.73 m ²	An estimate from a formula, not a measurement.
ALT	10 – 45 U/L	Read with AST and GGT, never alone.
TSH	0.4 – 4.0 mIU/L	Follows a daily rhythm. Prefer a morning draw.
Ferritin	30 – 400 µg/L (m) · 15 – 200 (f)	Rises with inflammation, which can mask a deficiency.
LDL cholesterol	target, not a range	Below 3.0 mmol/L for low risk; lower targets apply above it.