

A+ Dietitian Labs Quick Reference

Lab	What is it?	Reference Range	Low	High
Sodium (Na)	an electrolyte indicating total body water	135-145 mEq/L	overhydration SIADH	dehydration
Potassium (K)	an electrolyte involved in heart and muscle contraction	3.7 - 5.1 mEq/L	increased losses from diarrhea or kidneys refeeding syndrome diuretic use	poor kidney function certain cardiac drugs (angiotensin II receptor blockers, ACE inhibitors, beta blockers) hemolysis
Calcium (Ca)	an electrolyte involved in	8.8 - 10.2 mg/dL	low Mg and/or P	hypernatremia/hyperkalemia

Chem Panel Quick Reference

Bicarbonate	a key base in the body	22 - 30 mEq/L	metabolic acidosis (i.e. diabetic ketoacidosis) severe diarrhea	metabolic alkalosis (loss of acid from vomiting or suctioning, diuretics, hypokalemia)
BUN	a byproduct of protein turnover	6 - 24 mg/dL	usually not clinically significant	kidney dysfunction dehydration severe burns
Creatinine	a byproduct of muscle function	0.7 - 1.3 mg/dL for men 0.6 - 1.1 mg/dL for women	can be a sign of liver disease	kidney dysfunction
Albumin	a protein that can indicate total serum proteins	3.4 to 5.4 g/dL	inflammation	dehydration
C-Reactive Protein (CRP)	a protein produced during inflammation	<0.8 - 1 mg/dL	not clinically significant	inflammation

Sample Chem Panel Report

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