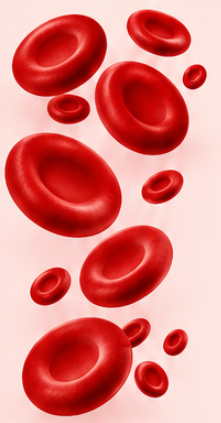


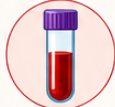


Complete Blood Count (CBC) Infographic

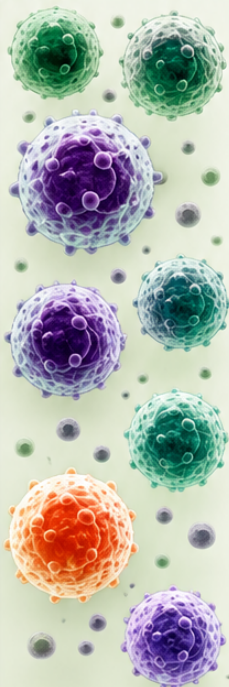
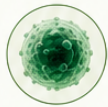
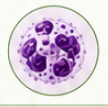
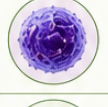
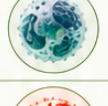
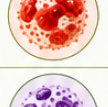

COMPLETE BLOOD COUNT (CBC)

A QUICK GUIDE TO YOUR BLOOD HEALTH

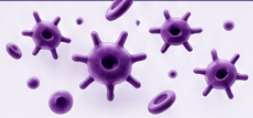

RED BLOOD CELL (RBC) COMPONENTS

	 RED BLOOD CELL COUNT Measures the number of RBCs.	↑ HIGH LEVELS <ul style="list-style-type: none"> Dehydration Heart disease Smoking 	↓ LOW LEVELS <ul style="list-style-type: none"> Anemia Blood loss
	 HEMOGLOBIN (HGB) Measures the oxygen-carrying protein in RBCs.	↑ HIGH LEVELS <ul style="list-style-type: none"> Lung disease Dehydration 	↓ LOW LEVELS <ul style="list-style-type: none"> Iron deficiency Chronic disease
	 HEMATOCRIT (HCT) The percentage of your blood made up of RBCs.	↑ HIGH LEVELS <ul style="list-style-type: none"> Dehydration High altitude 	↓ LOW LEVELS <ul style="list-style-type: none"> Anemia Vitamin deficiency

WHITE BLOOD CELL (WBC) COMPONENTS

	 TOTAL WHITE BLOOD CELL COUNT Measures all WBCs.	↑ HIGH LEVELS <ul style="list-style-type: none"> Infection Inflammation Stress 	↓ LOW LEVELS <ul style="list-style-type: none"> Immune system suppression Certain medications
	DIFFERENTIAL COUNTS		
	 NEUTROPHILS The first line of defense against infections.	↑ HIGH LEVELS <ul style="list-style-type: none"> Bacterial infections Stress 	↓ LOW LEVELS <ul style="list-style-type: none"> Severe infections Chemotherapy effects
	 LYMPHOCYTES Fight viral infections and create antibodies.	↑ HIGH LEVELS <ul style="list-style-type: none"> Viral infections Chronic inflammation 	↓ LOW LEVELS <ul style="list-style-type: none"> Immune suppression HIV
	 MONOCYTES Help remove damaged cells and fight infections.	↑ HIGH LEVELS <ul style="list-style-type: none"> Chronic infections Autoimmune diseases 	↓ LOW LEVELS <ul style="list-style-type: none"> (Rare) May indicate bone marrow issues
	 EOSINOPHILS Respond to allergens and parasitic infections.	↑ HIGH LEVELS <ul style="list-style-type: none"> Allergies Parasitic infections 	↓ LOW LEVELS <ul style="list-style-type: none"> (Rare) Not usually clinically significant
	 BASOPHILS Involved in allergic reactions and inflammation.	↑ HIGH LEVELS <ul style="list-style-type: none"> Chronic inflammation Certain cancers 	↓ LOW LEVELS <ul style="list-style-type: none"> (Rare) Not usually clinically significant

PLATELET COUNT

	 PLATELET COUNT Platelets help your blood clot and stop bleeding.	↑ HIGH LEVELS <ul style="list-style-type: none"> Risk of blood clots Inflammation 	↓ LOW LEVELS <ul style="list-style-type: none"> Risk of excessive bleeding Bone marrow issues
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IMPORTANT: Lab results should always be interpreted by a healthcare professional in the context of your overall health and symptoms.

just
SIMPLY
well