



Verisana LAB • Suite LP22190 • Lower Ground Floor •
145-157 St John Street • London • EC1V 4PW

Max Muster
Old Street
London

Surname, First name Muster, Max

DOB 03-08-1970

Sex male

Lab number 4-5838

Report date 04-10-2021

Laboratory report

Enclosed you will find the results of your laboratory examination. In addition to your results, you will also receive a summary of the correlating effects, regarding the tested parameters. These are compiled without any knowledge on the clinical background and as such, may only be used as an interpretation aid. In case of health problems, please consult a doctor or practitioner for medical treatment and accompaniment for making the best decisions for your health. We explicitly warn against beginning, suspending, or changing any medication or therapy without consulting your doctor or practitioner.

Test:

Sample material: Blood **Date collected:** 26-09-2021

Date received: 28-09-2021

Analyte	Result	Reference Range	Result
Iron Storage			
Ferritin	470 ng/ml	100-310 ng/ml	



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Ferritin

Your ferritin level is above the normal range and is slightly high. Therefore, your iron reserves are on the high side.

Iron is important for building cells, but most importantly for 'cell respiration'. That means it helps the oxygen we absorb through our lungs combined with red haemoglobin to be distributed throughout the body via the blood circulation system. Then, this is used by the cells for energy production.

Only about 0.17% of men suffer from anaemia due to too little iron. On the other hand, many men also have excessive iron reserves, which means they have too much iron in their blood.

Possible causes for excessive iron levels can include blood transfusions, liver disease or hereditary causes. In rare cases, excessive iron reserves can be caused by taking an iron supplement, thereby consuming too much iron.

Excess iron is stored in the body and increases the risk of diabetes and heart disease. Other possible symptoms of excessive iron include joint pain, tiredness, weakness and a low sex drive.

For those with elevated iron levels, a repeat test after a period of time is recommended. If ferritin levels are still too high, individuals should seek medical clarification as to the possible causes (e.g. an iron storage problem).

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