

“Normal” Means Not Sick. *Optimal Means Thriving.*

UNDERSTANDING THE HMI STANDARD

THE STANDARD LAB RANGE

What “Normal” Means

A lab’s “normal” range is simply where **95% of the average population** falls — and the average American today is **out of shape, overweight**, and trending toward chronic disease. Being “in range” only means **you are not yet diagnosably sick**. It sets the bar at *average*, not at *healthy*.

THE HMI STANDARD

What “Optimal” Means

Optimal ranges are the levels seen in people who **feel their best and age the slowest** — the most energy, sharpest focus, and lowest lifetime risk of heart disease, diabetes, and decline. We don’t treat you like the average patient. **We coach you to the top.**

Being “in range” means you are not sick — not that you are well. We hold you to the level where you truly feel and function at your best, not to the national average. Green is the goal; “normal” is only a passing grade.

Where the Bar Sits: Normal vs. HMI Optimal

Vitamin D

Immunity, bone, mood, hormones



Ferritin (Iron Stores)

Energy, focus, hair, recovery



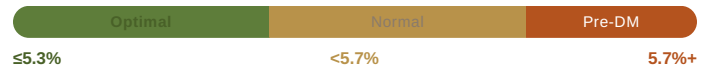
Omega-3 Index

Heart, brain, inflammation



Hemoglobin A1c

Long-term blood sugar



The HMI Optimal Standard at a Glance

MARKER	STANDARD “NORMAL”	HMI OPTIMAL TARGET	WHY WE AIM HIGHER
Vitamin D	≥30 ng/mL	50–70 ng/mL	Immune & bone resilience
Ferritin	16–154 ng/mL	50–100 ng/mL	Beats fatigue & hair loss
Omega-3 Index	≥5.5%	≥8%	Heart & brain protection
Hemoglobin A1c	<5.7%	≤5.3%	Prevents, not just detects
Fasting Insulin	≤18 uIU/mL	<5 uIU/mL	Earliest metabolic signal
Triglycerides	<150 mg/dL	<80 mg/dL	True insulin-resistance marker
ApoB	<90 mg/dL	<70 mg/dL	Best predictor of heart risk
hs-CRP	<3.0 mg/L	<0.5 mg/L	Lowers silent inflammation
Homocysteine	≤11 umol/L	<7.5 umol/L	Vascular & brain health
TSH (Thyroid)	0.4–4.5	1.0–2.0	Where energy feels best

Normal is the floor, not the finish line.

Ask your HMI provider about your personalized plan to reach every optimal target.