Fasting Insulin Levels Chart

Name:	Sex:
Date of birth:	Age:

Fasting insulin level (µIU/mL)	Description
< 2.55	If fasting blood glucose is high, it may indicate underlying health issues.
2.55 - 18.4	Generally recommended range for healthy individuals.
18.4	May indicate insulin resistance, especially if fasting blood glucose is also high.

Note: This chart is for general reference only as fasting insulin level ranges can vary based on individual factors and the specific testing methods used.

Date of test	Fasting insulin level (µIU/mL)	Notes