

Labs for Immune Health

ASK YOUR DOCTOR ABOUT THESE TESTS FOR A SNAPSHOT OF YOUR IMMUNE HEALTH.
THESE PARAMETERS ARE A STARTING POINT. FOR SOME PEOPLE, NARROWER RANGES MAY BE MORE APPROPRIATE.
ALWAYS CONSULT WITH A MEDICAL PROVIDER BEFORE STARTING ANY NEW HEALTH REGIMEN.

1. Complete Blood Count (CBC)

COMPONENT	TYPICAL RANGE	WHAT IT INDICATES
WBC	4.0–11.0 x 10 ⁹ /L	Total white blood cells; high or low counts can indicate infection or immune suppression.
Neutrophils	40–70%	Part of innate immunity; low levels may increase infection risk.
Lymphocytes	20–40%	Part of adaptive immunity; low levels may affect the body's ability to fight cancer

2. Inflammatory Markers

COMPONENT	TYPICAL RANGE	WHAT IT INDICATES
CRP	<3.0 mg/L	Elevated levels indicate inflammation.
Il-6	<5pg/ml	Higher levels can be associated with cancer progression
TNF-α	<8.1 pg/mL	Elevated levels may contribute to cancer-related symptoms.
TGF-β	1–10 ng/mL	High levels can suppress immune responses.

3. ADDITIONAL IMMUNE PROFILING

- Neutrophil-to-Lymphocyte Ratio (NLR): An NLR of 1–3 is considered optimal; higher ratios may be linked to poorer cancer outcomes.
- B and T Cell Counts: Provide detailed insight into adaptive immune function.



WHAT TO ASK YOUR DOCTOR

How is my immune system functioning?
Could any of these tests help guide my care?
Do my results suggest inflammation or immune suppression?



CancerChoices

Visit CancerChoices.org for more whole-person approaches to cancer

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READ ABOUT
IMMUNE HEALTH

