

Normal Vs Optimal Reference Ranges for Common Anaemia Associated Blood Markers

Marker	Normal Reference Range	Optimal Reference Range
RBC	Male 4.4-5.8 Female 3.95-5.15	Male 4.8-5.5 Female 4.4-4.8
Hb	Male 130-170 Female 115-155	Male 14.5-16 Female 13-14.5
Hct	Male 0.37-0.50 Female 0.33-0.45	Male 0.44-0.49 Female 0.39-0.45
MCV	80-99fL	84-90
MCH	26-33.5pg	28-32
MCHC	300-350g/L	330-350
RDW	11.5-15%	<13%
Reticulocyte Count	0.5-2.5%	0.6-2.6%
Serum Iron	6.6-26.0umol/l	14.32-17.9
Ferritin	Males 30-400 Females 13-150	Males & Post-Menopausal Females 168-337 Females 112.53-280.8
TIBC	41-77umol/l	Males 44.75-66.23 Females 44.75-56.38

*Adapted from Practitioner course material from Dr Bryan Walsh and Dr Dicken Weatherby