

## APPENDIX 1. ADULT REFERENCE VALUES FOR HEMATOLOGIC INDICES

Hemoglobin	male: 130–180 g/L	female: 115–165 g/L
Mean corpuscular volume (MCV)	80–100 fL	
Reticulocyte Count	30–90 x 10 <sup>9</sup> /L	
Mean cell hemoglobin	27.6–32.2 pg/cell	
Mean cell hemoglobin concentration	33.3–35.5 g/L	
Red cell volume distribution width (RDW)	11.7% – 14.5%	
Red cell folate	360–1400 nmol/L	
Red cell count	male: 4.6–6.2 x 10 <sup>12</sup> /L	female: 4.2–5.4 x 10 <sup>12</sup> /L
Serum folate	7–45 nmol/L	
Serum ferritin	male: 30–300 µg/L	female: 15–200 µg/L
Serum B <sub>12</sub>	150–600 pmol/L	
Serum iron	9–32 mmol/L	
Total iron-binding capacity (TIBC or transferrin)	42–72 mmol/L	

**Note:** Consult local laboratory's reference ranges when interpreting lab values.

### Sources:

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