



# LFT Quick Reference

Normal Ranges & What They Mean

Test	Normal Range	What It Measures	High Means
ALT	7-56 U/L	Liver cell damage	Hepatitis, fatty liver, medication toxicity
AST	10-40 U/L	Liver/muscle damage	Liver inflammation, alcohol damage
ALP	44-147 U/L	Bile duct function	Bile duct blockage, bone disease
GGT	9-48 U/L	Liver sensitivity	Alcohol use, bile duct problems
Bilirubin (Total)	0.1-1.2 mg/dL	Liver processing	Jaundice, liver failure, bile duct blockage
Albumin	3.5-5.5 g/dL	Liver function	Poor liver function, malnutrition
PT/INR	0.8-1.2	Blood clotting	Poor liver function, vitamin K deficiency

## Pattern Recognition:

### High ALT + AST, normal ALP:

Liver cell damage (hepatitis, fatty liver)

### High ALP + GGT, normal ALT/AST:

Bile duct problem (blockage, gallstones)

### AST much higher than ALT:

Possible alcohol-related liver damage

### Low albumin + high bilirubin + high INR:

Poor liver function (serious)

### ■ Remember:

- One abnormal result doesn't always mean serious disease
- Patterns matter more than single numbers
- Normal ranges can vary between laboratories
- Always discuss results with your doctor