VITALS VAULT

FREE GUIDE

Albumin
Reading Sheet

Albumin is a protein made in the liver. A low value can reflect stress on the body, so it is worth reading with other markers. This sheet shows what to ask.

WHAT ALBUMIN TELLS YOU

Albumin is made in the liver. Inflammation, illness and trauma lower it by reducing production or increasing breakdown and leakage, so a low value can signal stress on the body.

LINKED TO LOW ALBUMIN IN STUDIES (TICK)

- ☐ Muscle loss
- ☐ Malnutrition
- ☐ Cirrhosis
- ☐ Kidney disease
- ☐ Weaker immune response
- ☐ Smoking
- ☐ Heavy alcohol use
- ☐ Obesity

READ IT WITH THESE MARKERS

Marker	Why it helps
CRP	One study found it helps tell inflammation from poor nutrition as the cause.
Liver numbers	Albumin is made in the liver, so liver tests add context.
Kidney numbers	Low albumin is linked with kidney disease.
Weight and muscle	Low albumin is linked with muscle loss and malnutrition.

QUESTIONS TO ASK

- ☐ Is my albumin low or falling compared with my earlier results?
- ☐ Should CRP be checked to see if inflammation is involved?
- ☐ Could my nutrition, liver or kidneys explain it?
- ☐ Has my weight or muscle mass changed lately?

Sources: Wiedermann 2021; Mukai 2018. Associations only; the CRP point comes from kidney patients.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com