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Cruxpoint Health Breakthrough, Inc.

Fasting Insulin Levels and Weight Gain

Typical Reference Ranges

Optimal (metabolically healthy): 2–6 µIU/mL (or mIU/L, same units)

Borderline elevated: 7–9 µIU/mL — often indicates early insulin resistance, even if glucose is still normal.

Elevated / concerning: ≥10 µIU/mL — typically considered hyperinsulinemia and associated with increased risk of fat storage, difficulty losing weight, and eventual glucose dysregulation.

Why It Matters

Even mild elevations in fasting insulin reflect that your body needs to secrete more insulin to maintain normal glucose levels. Chronically high insulin levels:

- Promote fat storage, especially in the abdomen
- Inhibit lipolysis (fat breakdown)
- Increase hunger and cravings via leptin and ghrelin signaling
- Often precede measurable changes in fasting glucose or HbA1c

Ideal Targets

For weight control and metabolic health, aim for:

- Fasting insulin <5 µIU/mL, ideally closer to 3 if achievable without hypoglycemia
- HOMA-IR (fasting glucose × insulin / 405) <1.0 indicates strong insulin sensitivity