Hemoglobin (Hgb) Lab Values

Hemoglobin (Hgb) is a molecule that consist of iron (heme) and a protein called globulin. This molecule allows RBCs to carry oxygen to the tissues. The RBC value is not directly proportionate to the hemoglobin level, because some RBCs contain more hemoglobin than others.



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Men: 13 - 17 g/dL

Man with Friday the 13th Guy - (17) Seventeen-magazine

Men’s Hgb levels are set slightly higher than women and have a range from 13-17 g/dL.

Women: 12 - 16 g/dL

Woman with (12) Carton - Sweet (16)

Women’s Hgb levels are typically lower than men and range from 12-16 g/dL.

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