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Blood Test Menu
November 2026

Core Health Panel - Men

HEART HEALTH - 8 Biomarkers

Lipid Panel

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesterol/HDL Ratio

Additional Biomarkers

- **Apolipoprotein B (ApoB)**
- **Lipoprotein(a) [Lp(a)]**
- **C-Reactive Protein, Wide Range**

77
TOTAL BIOMARKERS

Heart Health	8
Metabolic & Organ Health	52
Hormone Health	11
Nutrition Health	6

METABOLIC & ORGAN HEALTH - 52 Biomarkers

Complete Blood Count (CBC) with Differential

RED BLOOD CELLS
- Red Blood Cell Count (RBC)
- Hemoglobin (HGB)
- Hematocrit (HCT)
- Mean Corpuscular Volume (MCV)
- Mean Corpuscular Hemoglobin (MCH)
- Mean Corpuscular Hemoglobin Concentration (MCHC)
- Red Cell Distribution Width (RDW)

PLATELETS
- Platelet Count (PLT)
- Mean Platelet Volume (MPV)

WHITE BLOOD CELLS
- White Blood Cell Count (WBC)
- Neutrophils (Absolute Count)
- Neutrophils (%)
- Lymphocytes (Absolute Count)
- Lymphocytes (%)
- Monocytes (Absolute Count)
- Monocytes (%)
- Eosinophils (Absolute Count)
- Eosinophils (%)
- Basophils (Absolute Count)
- Basophils (%)
- Immature Granulocytes (Absolute Count)
- Immature Granulocytes (%)

ADDITIONAL MEASURES
- Nucleated Red Blood Cells (NRBC)
- Nucleated Red Blood Cells per 100 White Blood Cells (NRBC/100 WBC)
- Reticulocyte Count
- Reticulocytes (%)
- Immature Reticulocyte Fraction (IRF)
- Reticulocyte Hemoglobin Content (CHr)
- Reticulated Platelets (%)

Comprehensive Metabolic Panel (CMP)

- Sodium
- Potassium
- Chloride
- Carbon Dioxide (CO_2/ Bicarbonate)
- Anion Gap
- Glucose
- Blood Urea Nitrogen (BUN)
- Creatinine
- Estimated GFR (eGFR)
- BUN/Creatinine Ratio
- Calcium
- Total Protein
- Albumin
- Globulin
- Albumin/Globulin (A/G) Ratio
- Total Bilirubin
- Alkaline Phosphatase (ALP)
- AST (Aspartate Aminotransferase)
- ALT (Alanine Aminotransferase)

Additional Biomarkers

- **Hemoglobin A1c (HbA1c)**
- **Insulin**
- **Uric Acid**
- **Urinalysis with Reflex to Microscopy**

HORMONE HEALTH - 11 Biomarkers

Thyroid Panel

- Thyroid Stimulating Hormone (TSH)
- Free T4 (Thyroxine)
- Free T3 (Triiodothyronine)

Additional Biomarkers

- **Testosterone, Total**
- **Testosterone, Free**
- **Sex Hormone Binding Globulin (SHBG)**
- **Follicle Stimulating Hormone (FSH)**
- **Luteinizing Hormone (LH)**
- **Estradiol**
- **Cortisol**
- **Prostate-Specific Antigen (PSA)**

NUTRITION HEALTH - 6 Biomarkers

- **Iron**
- **Ferritin**
- **Vitamin B12**
- **Folate (Vitamin B9)**
- **Vitamin D (25-Hydroxy)**
- **Magnesium**

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Blood Test Menu
November 2026

Core Health Panel - Women

HEART HEALTH - 8 Biomarkers

Lipid Panel

- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Cholesteral/HDL Ratio

Additional Biomarkers

- **Apolipoprotein B (ApoB)**
- **Lipoprotein(a) [Lp(a)]**
- **C-Reactive Protein, Wide Range**

78
TOTAL BIOMARKERS

Heart Health	8
Metabolic & Organ Health	52
Hormone Health	12
Nutrition Health	6

METABOLIC & ORGAN HEALTH - 52 Biomarkers

Complete Blood Count (CBC) with Differential

RED BLOOD CELLS
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ADDITIONAL MEASURES
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Comprehensive Metabolic Panel (CMP)

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- Total Bilirubin
- Alkaline Phosphatase (ALP)
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- ALT (Alanine Aminotransferase)

Additional Biomarkers

- **Hemoglobin A1c (HbA1c)**
- **Insulin**
- **Uric Acid**
- **Urinalysis with Reflex to Microscopy**

HORMONE HEALTH - 12 Biomarkers

Thyroid Panel

- Thyroid Stimulating Hormone (TSH)
- Free T4 (Thyroxine)
- Free T3 (Triiodothyronine)

Additional Biomarkers

- **Estradiol**
- **Progesterone**
- **Follicle Stimulating Hormone (FSH)**
- **Luteinizing Hormone (LH)**
- **Testosterone, Total**
- **Testosterone, Free**
- **Sex Hormone Binding Globulin (SHBG)**
- **DHEA Sulfate (DHEA-S)**
- **Cortisol**

NUTRITION HEALTH - 6 Biomarkers

- **Iron**
- **Ferritin**
- **Vitamin B12**
- **Folate (Vitamin B9)**
- **Vitamin D (25-Hydroxy)**
- **Magnesium**

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