



LONGEVITY PANEL

Identifies over 50 biomarkers for your overall health

Total Cholesterol: Overall Cholesterol Level

High-Density Lipoprotein (HDL) Cholesterol: Level of “good” cholesterol in the blood

Low-Density Lipoprotein (LDL) Cholesterol: Level of “bad” cholesterol in the blood

Triglycerides: A type of fat that can cause arteries to harden

LP(a): Measures the amount of lipoprotein (a) in your blood, which can determine your risk factors for heart disease and stroke.

apoB: Apolipoprotein B is a protein that helps regulate lipid metabolism. It is a biomarker for cardiovascular disease and is used as an indicator to assess myocardial infarction (heart attack) risk.

APOE (genotype): Apolipoprotein E genotyping is used to understand the genetic factors of cardiovascular disease. It evaluates DNA to determine what APOE forms are present in a person’s blood.

Homocysteine: Homocysteine is an amino acid used by the body to make protein. High levels can indicate that your body isn’t breaking down homocysteine properly which could indicate nutrient deficiencies.

Uric Acid: Measures the amount of uric acid in your bloodstream. High levels can indicate various health ailments, most commonly gout and kidney disease.

TSH: Measures thyroid stimulating hormone. It is used in the diagnosis of hypo/hyperthyroidism.

Free T3: Measures the level of triiodothyronine in the blood. It is used in the diagnosis of hypo/hyperthyroidism.

Free T4: Measures the amount of thyroxine in the blood. It is used in the diagnosis of hypo/hyperthyroidism.

Iron: Measures the amount of iron in your blood.

Ferritin: Measures the amount of iron your body stores in your body.

Red Blood Cells (RBC): Amount of RBCs in your blood. RBCs are responsible for carrying oxygen from your lungs to the rest of your body.

Homocysteine White Blood Cells (WBC): Amount of WBCs in your blood. WBCs fight infections and other diseases.

Hemoglobin: Amount of oxygen carrying protein in the blood.

Hematocrit: The percentage of your blood made up of red blood cells

Platelets: Amount of platelets in your blood. Platelets help your blood to clot.

MCV: Mean cell volume

MCH: Mean cell hemoglobin

MCHC: Mean cell hemoglobin concentration

RDW: Red cell distribution width

Platelet Distribution Width: A percentage measurement of the various in platelet size and volume in a blood sample

MPV: Mean platelet volume

Neutrophils: A type of white blood cell that indicates stress on the body.

Eosinophil: A type of white blood cell, may indicate a reaction or allergy could cause a high count.

Basophil: A type of white blood cell that is made by the bone marrow

Lymphocyte: A type of white blood cell, a high lymphocyte can point to an infection, cancer, or autoimmune disease.

Albumin: A protein produced in the liver and measured in this test

ALT: Alanine aminotransferase. An enzyme found in the liver and measured in this test.

ALP: Alkaline phosphatase, measures the amount of the ALP enzyme found in the body.

Bilirubin: A waste product that is produced from the breakdown of red blood cells.

Glucose: Blood sugar level measured in a blood sample.

Calcium: A mineral found in the body and measured by this test.

Chloride: An electrolyte found in the body and measured by this test.

Creatinine: A normal waste product, produced when muscles are used or break down and measured by this test.

Potassium: An electrolyte found in the body and measured by this test.

Sodium: An electrolyte found in the body and measured by this test.

Total Protein: Measures the total amount of protein (albumin and globulins) in your blood. These proteins are related to blood vessels and immune function.

BUN: Blood urea nitrogen. Measures how well your kidneys are working.

Carbon Dioxide: A waste product produced by the body that helps regulate the body’s acid-base balance.

Bicarbonate: An electrolyte found in the body and measured by this test.

A1C: Measures average blood sugar levels over the last three months.