

Sample Report

Patient ID - 624195

Test Date

24/07/2022

Male
Sex

52 Yrs
Age

60kg
Weight

173cm
Height

CONSULTING PHYSICIAN



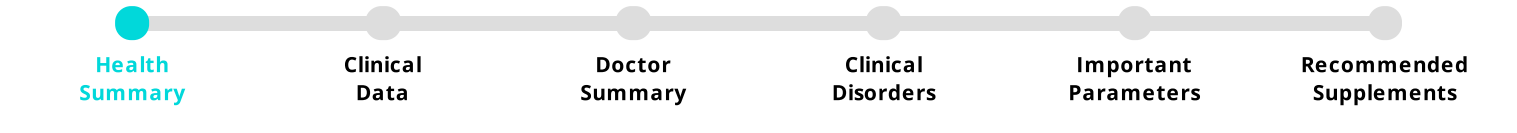
Dr. Radhakrishnan Kothandaraman

Next Assessment Date

22/10/2022

Your AIWO Smart Report is based on your lab test results and our database of clinical research. This analysis is recommended for you to feel your best today while supporting long-term health.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR HEALTH SUMMARY

AIWO SCORECARD

HbA1c 7	HS-CRP 0.9
TG/HDL 2.13	HOMA-IR 1.84

$$HOMA-IR = (FASTING\ INSULIN * FASTING\ BLOOD\ SUGAR) / 405$$

FATTY LIVER SCORE CARD

NAFLD SCORE	-3.61
Correlated Fibrosis Severity: F0 - F2	

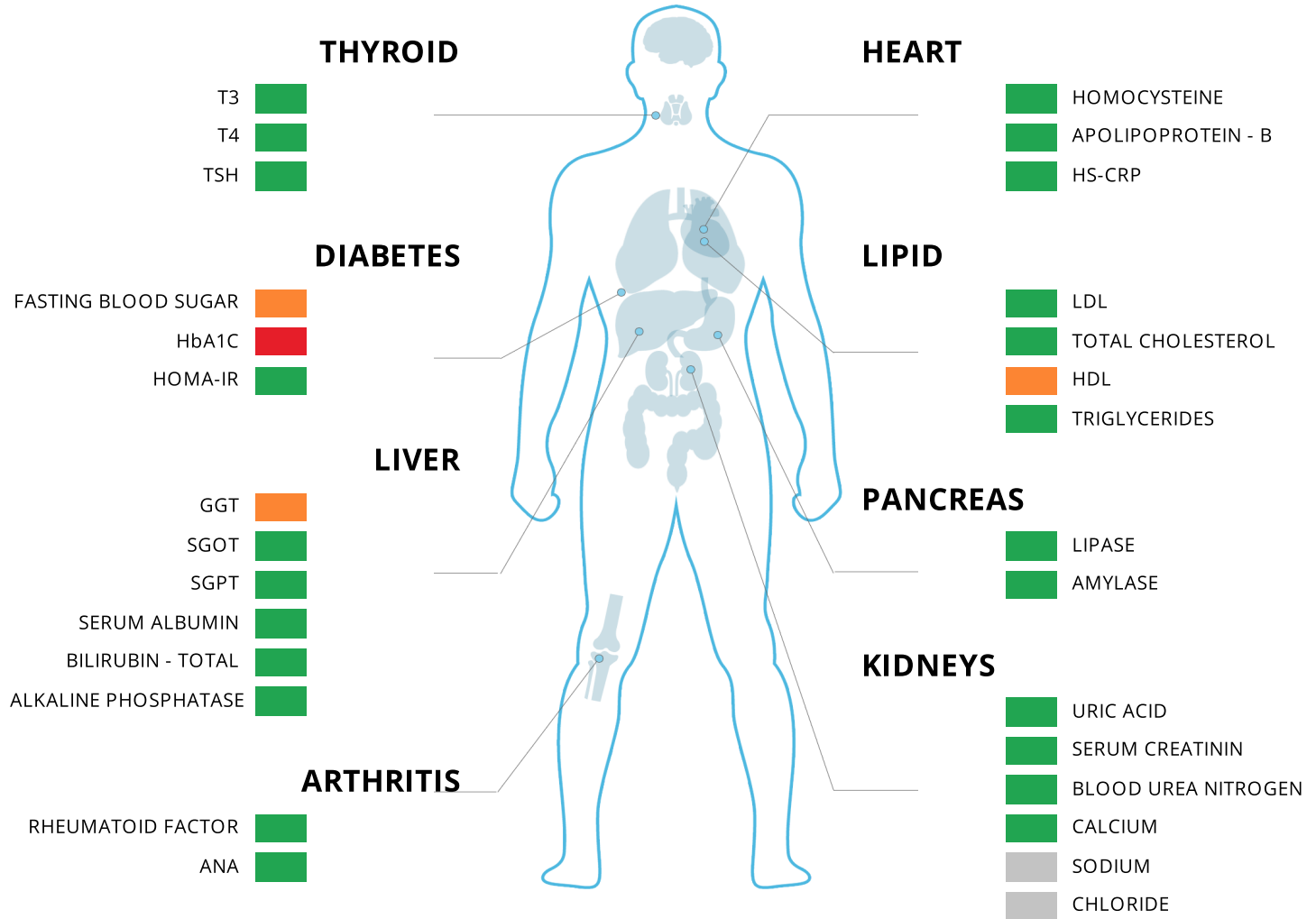
$$*NAFLD\ Score = -1.675 + (0.037 * age\ [years]) + (0.094 * BMI\ [kg/m^2]) + (1.13 * IFG/diabetes\ [yes = 1, no = 0]) + (0.99 * AST/ALT\ ratio) - (0.013 * platelet\ count\ [x10^9/L]) - (0.66 * albumin\ [g/dl])$$

NAFLD Score	Correlated Fibrosis Severity
< -1.455	F0-F2
-1.455 – 0.675	Intermediate score
> 0.675	F3-F4

Fibrosis Severity Scale

- F0 = No Fibrosis
- F1 = Mild Fibrosis
- F2 = Moderate Fibrosis
- F3 = Severe Fibrosis
- F4 = Cirrhosis

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

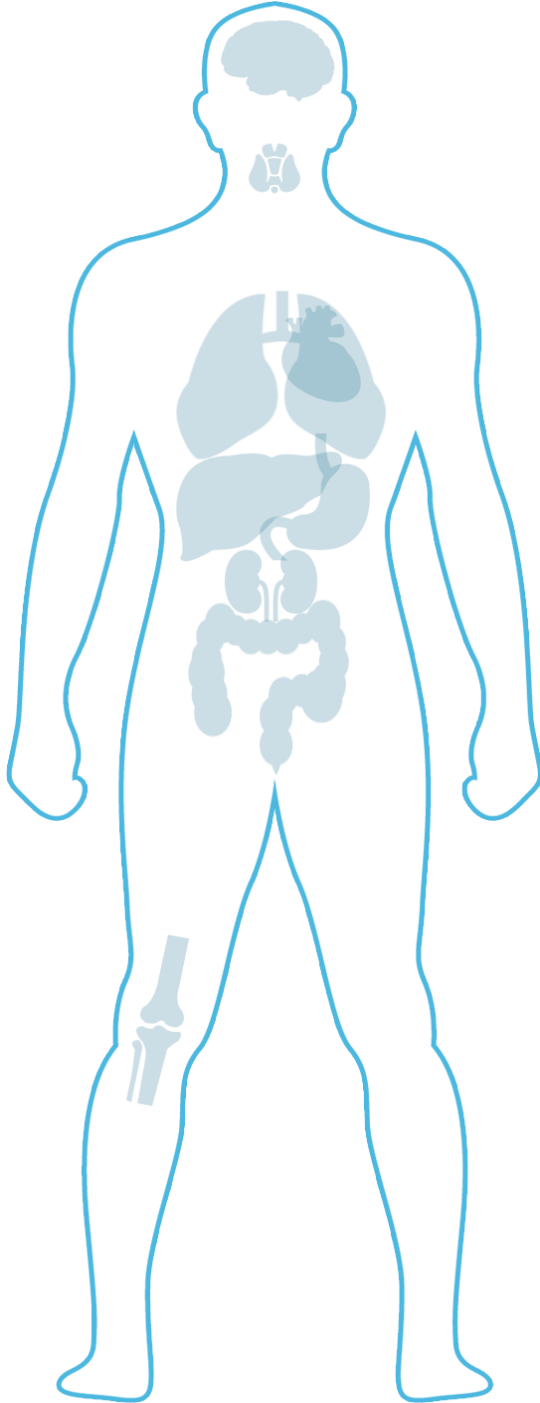


To be continued...

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR HEALTH SUMMARY



STEROIDS PANEL

- CORTISOL
- ESTRADIOL
- PROGESTERONE
- TESTOSTERONE

TUMOUR PANEL

- PSA
- FREE PSA
- ALPHA FETO PROTEIN
- CARCINO EMBRYONIC ANTIGEN

STD PANEL

- HbSAg
- VDRL

IRON

- SERUM FERRITIN
- SERUM IRON



YOUR CLINICAL DATA

Hematology

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Abs. Basophil	0.04	X 10 ³ /μL	0 - 0.20	█
Abs. Eosinophil	0.12	X 10 ³ /μL	0 - 0.50	█
Abs. Lymphocyte	2.13	X 10 ³ /μL	0.85 - 3.90	█
Abs. Monocyte	0.23	X 10 ³ /μL	0.20 - 0.95	█
Abs. Neutrophil	5.24	X 10 ³ /μL	1.50 - 7.80	█
Basophils	0.5	%	0 - 2.00	█
Eosinophils	1.5	%	0 - 8.00	█
Hemoglobin	13.5	g/dL	13.20 - 17.10	█
IMM. Granulocyte	0.02	X 10 ³ /μL	0 - 0.10	█
IMM. Granulocyte %	0.3	%	0 - 1.00	█
Leucocytes - Total	7.78	X 10 ³ /μL	3.80 - 10.50	█
Lymphocyte %	27.4	%	15.00 - 49.00	█
MCH	27.7	pq	27.00 - 33.00	█
MCHC	28.1	g/dL	32.00 - 36.00	█
MCV	98.8	fL	80.00 - 100.00	█
Monocytes	3	%	1.00 - 10.00	█
MPV	10.7	fL	7.00 - 12.00	█
Seg. Neutrophils	67.3	%	38.00 - 80.00	█
Nucleated RBC	0.01	X 10 ³ /μL	0 - 0.01	█
Nucleated RBC %	0.01	%	0 - 0.01	█
PCT	0.41	%	0.20 - 0.40	█
PCV	48.1	%	38.50 - 50.00	█
PDW	12.5	fL	9.60 - 15.20	█
PLCR	30.4	%	19.70 - 42.40	█
Platelet Count	384	X 10 ³ /μL	140.00 - 400.00	█
RBC Count	4.87	X 10 ⁶ /μL	4.20 - 5.80	█
RCDW-CV	14.4	%	11.00 - 15.00	█
RCDW-SD	53	fL	39.00 - 46.00	█
ESR	2	mm/hr	0 - 15.00	█

Glucose

TEST NAME	RESULT	UNIT	RANGE	LEVEL
HbA1C	7	%	4.00 - 5.70	█
Avg. Blood Glucose	154	mg/dL	68.00 - 114.00	█
Fasting Blood Sugar	116	mg/dL	65.00 - 100.00	█
Fructosamine	237.2	μmol/L	205.00 - 285.00	█
Blood Ketone	1.87	mg/dL	0 - 2.90	█
Insulin	6.43	μU/ml	0 - 19.60	█
C-Peptide	1.76	ng/mL	0.80 - 3.85	█

Liver Function

TEST NAME	RESULT	UNIT	RANGE	LEVEL
GGT	22.2	U/L	0 - 15.00	█
Alkaline Phosphatase	69.4	U/L	36.00 - 130.00	█
Bilirubin Total	0.54	mg/dL	0.20 - 1.20	█
Bilirubin Direct	0.14	mg/dL	0 - 0.20	█
Bilirubin Indirect	0.4	mg/dL	0.20 - 1.20	█
Total Protein	6.95	gm/dL	6.10 - 8.10	█
Serum Albumin	4.25	gm/dL	3.60 - 5.10	█
Serum Globulin	2.7	gm/dL	1.90 - 3.70	█
SGOT(AST)	20.7	U/L	10.00 - 40.00	█
SGPT(ALT)	22.1	U/L	9.00 - 46.00	█
A:G Ratio	1.57	ratio	1.00 - 2.50	█
LDH	176.95	U/L	100.00 - 220.00	█

Cholesterol

TEST NAME	RESULT	UNIT	RANGE	LEVEL
LDL	34	mg/dL	0 - 130.00	█
Total Cholesterol	81	mg/dL	0 - 200.00	█
HDL	31	mg/dL	40.00 - 90.00	█
Non-HDL	50.2	mg/dL	0 - 130.00	█
Triglycerides	66	mg/dL	0 - 200.00	█
VLDL	13.1	mg/dL	0 - 30.00	█
LDL/HDL Ratio	1.1	ratio	1.00 - 4.90	█
Tot. Choles/HDL	2.6	ratio	0 - 5.00	█

Name Gender Age Biomarkers Report Released On
 Sample Report Male 52 Yrs 181 24/07/2022



YOUR CLINICAL DATA

Markers for Cardiac Risk Assessment

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Lipoprotein(a)	73.9	mg/dL	0 - 30.00	
Apolipo A1	101	mg/dL	115.00 - 178.00	
Apolipoprotein-B	55	mg/dL	0 - 120.00	
HS-CRP	0.9	mg/L	0 - 1.00	
Apo B/Apo A1 Ratio	0.5	ratio	0 - 0.95	
Homocysteine	9.4	µmol/L	0 - 15.00	
LP-PLA2	94	U/L	0 - 200.00	

Kidney Profile

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Calcium	9.75	mg/dL	8.60 - 10.40	
Uric Acid	5.05	mg/dL	4.00 - 8.00	
Sodium				
Chloride				
Blood Urea Nitrogen	8.31	mg/dL	7.00 - 25.00	
Serum Creatinine	0.87	mg/dL	0.60 - 1.20	
BUN/ Crea. Ratio	9.55	ratio	6.00 - 22.00	
Cystatin C	1.01	mg/L	0.62 - 1.16	
eGFR	98	mL/min/1.73 m2	90.00 - 270.00	

Iron

TEST NAME	RESULT	UNIT	RANGE	LEVEL
TIBC	330.8	ug/dl	250.00 - 425.00	
Serum Iron	48.3	µg/dL	50.00 - 180.00	
% Transferrin sat	14.6	%	20.00 - 48.00	
Serum Ferritin	22.9	ng/mL	38.00 - 380.00	

Thyroid Profile

TEST NAME	RESULT	UNIT	RANGE	LEVEL
T3	92	ng/dL	76.00 - 181.00	
T4	9.6	µg/dL	4.90 - 10.50	
TSH	2.53	µIU/mL	0.40 - 4.50	
Free T3	3.5	pg/mL	2.30 - 4.20	
Free T4	1.23	ng/dL	0.80 - 1.80	
ATG	0.9	IU/mL	0 - 1.00	

Pancreas

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Serum Amylase	94.4	U/L	21.00 - 101.00	
Serum Lipase	44.4	U/L	7.00 - 60.00	

Vitamins

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Vitamin A	903.95	ng/mL	380.00 - 980.00	
Vitamin D2	0.46	ng/mL	20.00 - 100.00	
Vitamin D3	45.6	ng/mL	30.00 - 100.00	
Vitamin D Total	46.06	ng/mL	20.00 - 100.00	
Vitamin E	10748.4	ng/mL	5900.00 - 19400.00	
Vitamin K	0.22	ng/mL	0.13 - 1.50	
Vitamin B1	1.24	ng/mL	0.50 - 4.00	
Vitamin B2	27.8	ng/mL	2.33 - 14.68	
Vitamin B3	0.94	ng/mL	0 - 5.00	
Vitamin B5	39.08	ng/mL	12.90 - 759.33	
Vitamin B6	12.34	ng/mL	2.10 - 21.70	
Vitamin B7	0.41	ng/mL	0.22 - 3.00	
Vitamin B9	4.66	ng/mL	0.20 - 20.00	
Vitamin B12	1259	pg/mL	200.00 - 1100.00	
Folate	24	ng/mL	5.41 - 20.00	

STD Panel

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Anti HCV Total	0.05	OD Ratio	0 - 0.90	
Anti HAV	3.97	OD Ratio	0 - 0.90	
Anti-Chlamydia IgG	0.24	OD Ratio	0 - 1.10	
Anti-Chlamydia IgM	0.14	OD Ratio	0 - 1.00	
HIV ELISA	0.13	OD Ratio	0 - 0.90	
HSV IgG	0.29	OD Ratio	0 - 0.90	
HSV IgM	0.52	OD Ratio	0 - 0.90	
HbSAg	0.17	OD Ratio	0 - 0.90	
TPAB	0.26	OD Ratio	0 - 1.00	
TPHA	10	-	0 - 20.00	
VDRL				

Name **Gender** **Age** **Biomarkers** **Report Released On**
 Sample Report Male 52 Yrs 181 24/07/2022



YOUR CLINICAL DATA

Elements

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Arsenic	1.87	µg/l	0 - 23.00	
Lead	65.65	µg/l	0 - 100.00	
Cadmium	0.19	µg/l	0 - 5.00	
Mercury	1.86	µg/l	0 - 10.00	
Chromium	3.57	µg/l	0 - 1.40	
Barium	2.41	µg/l	0 - 10.00	
Cobalt	0.22	µg/l	0 - 10.00	
Caesium	2.1	µg/l	0 - 5.00	
Selenium	169.85	µg/l	63.00 - 160.00	
Aluminium	10.01	µg/l	0 - 30.00	
Silver	0.6	µg/l	0 - 1.00	
Beryllium	0.02	µg/l	0 - 1.00	
Bismuth	0.16	µg/l	0 - 0.50	
Manganese	7.57	µg/l	4.20 - 16.50	
Molybdenum	1.53	µg/l	0 - 3.30	
Nickel	0.54	µg/l	0 - 11.00	
Antimony	10.19	µg/l	0 - 6.00	
Tin	0.24	µg/l	0 - 5.00	
Strontium	37.05	µg/l	10.00 - 45.00	
Thallium	0.04	µg/l	0 - 5.00	
Uranium	0.02	µg/l	0 - 1.00	
Vanadium	0.44	µg/l	0 - 2.00	

Arthritis Profile

TEST NAME	RESULT	UNIT	RANGE	LEVEL
ACCP	2.87	RU/ml	0 - 40.00	
ANA	2.94	AU/mL	0 - 25.00	
Anti Streptolysin-O	115	IU/mL	0 - 200.00	
Rheumatoid Factor	10	IU/mL	0 - 14.00	

Steroids Panel

TEST NAME	RESULT	UNIT	RANGE	LEVEL
17-Hydroxyprogesterone	45.2	ng/dL	42.00 - 196.00	
Aldosterone	5.99	ng/dL	3.00 - 30.00	
Androstenedione	44.42	ng/dL	40.00 - 190.00	
Cortisol	10.42	µg/dL	6.20 - 19.40	
Corticosterone	88.29	ng/dL	53.00 - 1560.00	
Deoxycortisol	29.29	ng/dL	10.00 - 79.00	
Dehydroepiandrosterone	716.78	µg/dL	31.00 - 701.00	
DHEA - Sulphate	141.83	µg/dL	106.00 - 464.00	
Estradiol	25	pg/mL	0 - 39.00	
Direct Renin	500	µIU/mL	4.40 - 46.10	
Progesterone	0.11	ng/mL	0 - 1.40	
Testosterone	348.99	ng/dL	250.00 - 1110.00	
Free Testosterone	19.63	pg/mL	8.70 - 25.10	
SHBG	27.3	nmol/L	10.00 - 50.00	

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR CLINICAL DATA

Allergy

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Total IgE	300.7	IU/mL	0 - 114.00	

Urinalysis

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Specific Gravity	1.01	-	1.00 - 1.03	
Appearance	Clear	-	CLEAR	
Bacteria	Absent	-	ABSENT	
Urinary Bilirubin	Absent	-	ABSENT	
Urine Blood	Negative	-	NEGATIVE	
Urobilinogen	0.2	mg/dL	0.20 - 1.00	
Bile Pigment	Absent	-	ABSENT	
Bile salt	Negative	-	NEGATIVE	
Casts	Absent	-	ABSENT	
Colour	Pale yellow	-	CLEAR, PALE YELLOW	
Crystals	Absent	-	ABSENT	
Epithelial Cells	1-2	/HPF	0 - 3.00	
Urinary Glucose	200	-	ABSENT	
Urine Ketone	Negative	-	NEGATIVE	
Urinary Leucocytes	Negative	-	NEGATIVE	
Nitrite	Absent	-	ABSENT	
PH	6.5	-	5.00 - 8.00	
Urinary Protein	Absent	-	ABSENT	

Trace Minerals

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Phosphorous	3.53	mg/dL	2.50 - 4.50	
Copper	108.12	µg/dL	70.00 - 175.00	
Zinc	70.71	µg/dL	60.00 - 130.00	
Magnesium	1.64	mg/dL	1.50 - 2.50	
Lithium	0.2	mmol/L	0.60 - 1.20	

Tumour Panel

TEST NAME	RESULT	UNIT	RANGE	LEVEL
AFP	1.22	IU/mL	0 - 6.10	
Beta HCG	1.2	mIU/ml	0 - 5.00	
CA 19.9	6.41	U/mL	0 - 34.00	
CEA	2.07	ng/mL	0 - 5.00	
PSA	0.46	ng/mL	0 - 4.00	
Free PSA	0.13	ng/mL	0 - 0.50	

Microalbuminuria

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Creatinine - Urine	34.1	mg/dL	20.00 - 320.00	
Uri. Albumin/Creatinine Ratio (UA/C)	17.2	µg/mg of Creatinine	0 - 30.00	
Urinary Microalbumin	5.87	µg/ml	0 - 20.00	



DOCTORS SUMMARY

Abnormal Profiles

Profile	Current Value (24/07/2022)	Past Value	Trend - up/down arrow	Range
STD PANEL				
ANTI HEPATITIS A VIRUS (HAV) - TOTAL	3.97	-	-	0 - 0.90
CARDIAC RISK MARKERS				
Lipoprotein (a) [Lp(a)]	73.9	-	-	0 - 30.00
FAT SOLUBLE VITAMINS				
VITAMIN D2	0.46	-	-	20.00 - 100.00
DIABETES PROFILE				
AVERAGE BLOOD GLUCOSE (ABG)	154	-	-	68.00 - 114.00
HbA1c	7	-	-	4.00 - 5.70
COMPLETE URINE ANALYSIS				
URINARY GLUCOSE	200	-	-	ABSENT

Borderline Profiles

Profile	Current Value (24/07/2022)	Past Value	Trend - up/down arrow	Range
VITAMINS B COMPLEX				
VITAMIN B2/RIBOFLAVIN	27.8	-	-	2.33 - 14.68
FOLATE	24	-	-	5.41 - 20.00
VITAMIN B-12	1259	-	-	200.00 - 1100.00
CARDIAC RISK MARKERS				
APOLIPOPROTEIN - A1 (APO-A1)	101	-	-	115.00 - 178.00
TRACE MINERALS				
LITHIUM	0.2	-	-	0.60 - 1.20
ALLERGY				
TOTAL IGE	300.7	-	-	0 - 114.00
IRON DEFICIENCY PROFILE				
FERRITIN	22.9	-	-	38.00 - 380.00
IRON	48.3	-	-	50.00 - 180.00
% TRANSFERRIN SATURATION	14.6	-	-	20.00 - 48.00
LIVER PROFILE				
GAMMA GLUTAMYL TRANSFERASE (GGT)	22.2	-	-	0 - 15.00
LIPID PROFILE				
HDL CHOLESTEROL - DIRECT	31	-	-	40.00 - 90.00
STERIODS PANEL				
DEHYDROEPIANDROSTERONE	716.78	-	-	31.00 - 701.00
DIRECT RENIN	500	-	-	4.40 - 46.10
COMPLETE HEMOGRAM				
PLATELET CRIT(PCT)	0.41	-	-	0.20 - 0.40
RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)	53	-	-	39.00 - 46.00
MEAN CORP.HEMO.CONC(MCHC)	28.1	-	-	32.00 - 36.00
ELEMENTS				
CHROMIUM	3.57	-	-	0 - 1.40
ANTIMONY	10.19	-	-	0 - 6.00
SELENIUM	169.85	-	-	63.00 - 160.00
DIABETES PROFILE				
FASTING BLOOD SUGAR	116	-	-	65.00 - 100.00

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

Clinical Disorders

The Clinical Disorders Report shows a list of likely Health Concerns that you may be suffering from based on an analysis of your biomarkers

Each Clinical Disorders that has a probability of dysfunction above 60% is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.

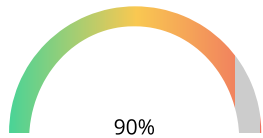
HEALTH CONCERNS

	Possible 50-70%	Likely 70-90%	Highly likely 90-100%
DIET-FAT DEFICIENT			

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

Clinical Disorders Details

This section contains detailed descriptions and explanations of the results presented in the Clinical Disorders report including all the biomarkers considered in the algorithmic analysis and the rationale behind the interpretation.



DIET-FAT DEFICIENT

The Fat Status score gives us an assessment of a fatty acid deficiency in your patient. This may be due to not only a deficiency of fat in the diet itself but also the ability of the body to handle the fats that are consumed in the diet. The Fat Index measures for deficiencies in blood fats as well as for key markers for gallbladder function. For many patients, a deficiency in Essential Fatty Acids (EFAs) is not due to deficiencies in the diet but rather a problem in the biliary tree making it harder for the body to handle the fats in the diet.

Rationale

TOTAL CHOLESTEROL ↓
TRIGLYCERIDES ↓

Biomarkers considered

TOTAL CHOLESTEROL
TRIGLYCERIDES

Patient result not available:



YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

■ NORMAL
 ■ BORDER LINE
 ■ ABNORMAL
 ■ UNTESTED



Eosinophils

VALUE **1.5**

RANGE
0 - 8.00

Hemoglobin

VALUE **13.5**

RANGE
13.20 - 17.10

Total Leucocytes

VALUE **7.78**

RANGE
3.80 - 10.50

Platelet Count

VALUE **384**

RANGE
140.00 - 400.00

RBC

VALUE **4.87**

RANGE
4.20 - 5.80



HbA1C

VALUE **7**

RANGE
4.00 - 5.70

Fasting Blood Sugar

VALUE **116**

RANGE
65.00 - 100.00

HOMA-IR

VALUE **1.84**

RANGE
0.5 - 1.49



GGT

VALUE **22.2**

RANGE
0 - 15.00

Alkaline Phosphatase

VALUE **69.4**

RANGE
36.00 - 130.00

Total Bilirubin

VALUE **0.54**

RANGE
0.20 - 1.20

Serum Albumin

VALUE **4.25**

RANGE
3.60 - 5.10

SGOT

VALUE **20.7**

RANGE
10.00 - 40.00

SGPT

VALUE **22.1**

RANGE
9.00 - 46.00



LDL

VALUE **34**

RANGE
0 - 130.00

Total Cholesterol

VALUE **81**

RANGE
0 - 200.00

HDL

VALUE **31**

RANGE
40.00 - 90.00

Triglycerides

VALUE **66**

RANGE
0 - 200.00



Apolipoprotein-B

VALUE **55**

RANGE
0 - 120.00

HS-CRP

VALUE **0.9**

RANGE
0 - 1.00

Homocysteine

VALUE **9.4**

RANGE
0 - 15.00



YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

■ NORMAL
 ■ BORDER LINE
 ■ ABNORMAL
 ■ UNTESTED



Calcium
VALUE 9.75
 RANGE 8.60 - 10.40

Uric Acid
VALUE 5.05
 RANGE 4.00 - 8.00

Blood Urea Nitrogen
VALUE 8.31
 RANGE 7.00 - 25.00

Serum Creatinine
VALUE 0.87
 RANGE 0.60 - 1.20

Sodium
VALUE
 RANGE

Chloride
VALUE
 RANGE



Serum Iron
VALUE 48.3
 RANGE 50.00 - 180.00

Serum Ferritin
VALUE 22.9
 RANGE 38.00 - 380.00



T3
VALUE 92
 RANGE 76.00 - 181.00

T4
VALUE 9.6
 RANGE 4.90 - 10.50

TSH
VALUE 2.53
 RANGE 0.40 - 4.50



Serum Amylase
VALUE 94.4
 RANGE 21.00 - 101.00

Serum Lipase
VALUE 44.4
 RANGE 7.00 - 60.00



ANA
VALUE 2.94
 RANGE 0 - 25.00

Rheumatoid Factor
VALUE 10
 RANGE 0 - 14.00

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

■ NORMAL
 ■ BORDER LINE
 ■ ABNORMAL
 ■ UNTESTED



STD PANEL

HbSAg

VALUE 0.17

RANGE
0 - 0.90



TUMOUR PANEL

PSA

VALUE 0.46

RANGE
0 - 4.00

FREE PSA

VALUE 0.13

RANGE
0 - 0.50

AFP

VALUE 1.22

RANGE
0 - 6.10

CEA

VALUE 2.07

RANGE
0 - 5.00



STEROIDS PANEL

Cortisol

VALUE 10.42

RANGE
6.20 - 19.40

Estradiol

VALUE 25

RANGE
0 - 39.00

Progesterone

VALUE 0.11

RANGE
0 - 1.40

Testosterone

VALUE 348.99

RANGE
250.00 - 1110.00



URINALYSIS

Bacteria

VALUE ABSENT

RANGE
ABSENT

Urinary Bilirubin

VALUE ABSENT

RANGE
ABSENT

Urinary Glucose

VALUE 200

RANGE
ABSENT

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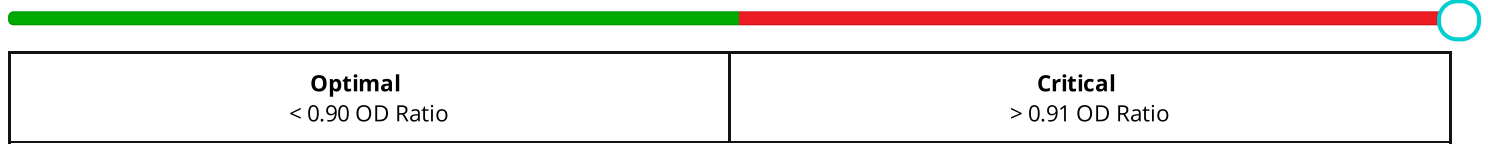


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

ANTI HEPATITIS A VIRUS (HAV) - TOTAL

YOUR RESULT

3.97 OD Ratio



About this parameter

This test can tell you if you've been exposed to the hepatitis A virus (HAV). Hepatitis A is a highly contagious infection that causes liver inflammation. This test detects antibodies against the hepatitis A virus that your body produces in response to the infection [R, R, R, R]. This test looks at both IgM and IgG antibodies. IgM antibodies can tell if you are experiencing a hepatitis A infection. They are the first antibodies that the body produces when infected and usually remain in the blood for 3-6 months. They can also form shortly after receiving a hepatitis A vaccine [R, R]. IgG is produced a couple of weeks after IgM antibodies and they persist long-term, for up to 25 years [R].

Health Effects

Your result is positive. That means you've likely been exposed to the hepatitis A virus. However, this test can't differentiate between a current and a past infection or vaccination.

Symptoms of HAV infection are nonspecific and variable and can include [R, R, R]:

Nausea, Vomiting, Poor appetite/anorexia, Diarrhea, Fatigue, Fever, Malaise, Abdominal pain, Muscle pain, Jaundice, Dark urine, Clay-colored stools

In very rare cases, there can be prolonged or relapsing disease, and effects can spread to pancreas kidneys, lungs, gallbladder, and the brain [R].

Lifestyle Suggestions

If this test is positive due to previous vaccination or a bout of disease from the past, that's normal and you don't need any recommendations here.

If you are experiencing hepatitis-A-related symptoms, work with your doctor to address the infection.

In most cases, hepatitis A will resolve on its own. All that's needed is rest, plenty of liquids, and proper nutrition [R]. However, in some cases, you may need additional treatment.

As you may be highly contagious, you need to maintain proper hygiene and isolate until the fever and jaundice have resolved [R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

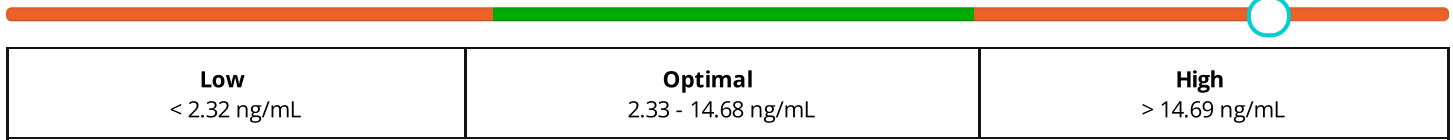


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN B2/RIBOFLAVIN

YOUR RESULT

27.8 ng/mL



About this parameter

This test measures the amount of riboflavin (vitamin B2) in your blood. Riboflavin is a water-soluble vitamin that helps convert fats, protein, and carbs into energy. In addition to boosting energy, riboflavin is an antioxidant and is needed for the proper function of the immune system, for making hemoglobin, and for healthy skin and hair. We need riboflavin to activate other vitamins, such as vitamins B6 and B3 [R, R, R, R, R, R]. Riboflavin deficiency can cause anemia, mitochondrial dysfunction, cataracts, migraines, and thyroid and skin disorders [R, R]. Intakes of riboflavin in excess of your body's requirements are excreted in the urine [R].

Health Effects

Your riboflavin (vitamin B2) levels are higher than normal. Higher B2 intake usually doesn't cause adverse health effects because excessive levels get excreted in the urine [R]. However, repeated intake of very high doses (>100 mg) may cause oxidative damage, especially in parts that are exposed to light, such as the lens and retina [R].

Lifestyle Suggestions

Discuss the dosage of riboflavin (vitamin B2) supplements, if you're taking them, with your doctor. If needed your doctor may adjust the dosage.

LITHIUM

YOUR RESULT

0.2 mmol/L



About this parameter

This test measures the amount of lithium (Li) in the blood. Lithium is a light natural alkali metal found at very low levels in the body. Some considered an essential micronutrient. Sources of dietary lithium include fruits, vegetables, grains (oats), and seafood (shrimp, scallops). In some areas, lithium is also found at significant levels in drinking water. Prescription lithium has a narrow therapeutic window, meaning its blood concentrations need to be within an extremely tight range for it to be effective and safe. Even slightly higher levels can cause side effects. On the other hand, if lithium levels dip too low then bipolar symptoms may reemerge. This is why anyone taking lithium medications requires regular testing [R, R, R]. This test is not used in people who aren't taking prescription lithium unless lithium toxicity is suspected.

Health Effects

Your lithium levels are below the therapeutic range. This means that lithium therapy is likely not working and the dosage needs adjustment unless your doctor says otherwise.

Lifestyle Suggestions

Work with your doctor to adjust your lithium dosage. Remember, the following can help keep lithium levels stable [R]: Drinking 8 to 10 glasses of water every day [R], Keeping your salt and caffeine intake about the same each day [R], Avoiding alcoholic beverages [R].

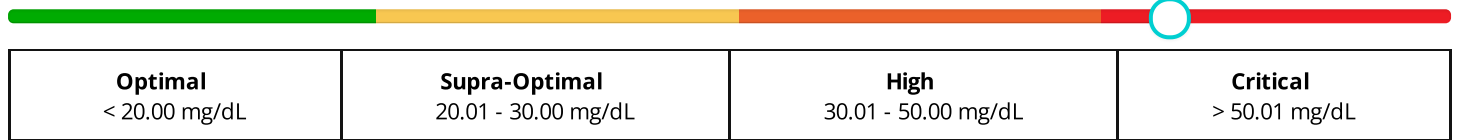
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

Lipoprotein (a) [Lp(a)]

YOUR RESULT

73.9 mg/dL



About this parameter

This test measures the amount of lipoprotein(a) in the blood.

Lipoproteins are tiny particles made of proteins and fats, that carry cholesterol in the blood. Lipoprotein (a) (Lp(a)) is similar to LDL and like LDL, is strongly associated with an increased risk of heart disease [R, R, R, R, R, R, R, R]. Along with HDL-C, LDL-C, and triglycerides, it is one of the four main risk factors for heart disease [R].

Health Effects

Your Lp(a) levels are above the normal range! These levels are in the critical range and require medical attention.

High Lp(a) levels increase the risk of:

Poor blood vessel function [R, R], Hardening (calcification) of arteries [R], Heart failure [R], Heart attack, stroke, or mortality after initial heart attack or stroke [R, R], Reduced kidney function (measured by eGFR) [R], Mortality after a stent procedure (used to open up blocked blood vessels) [R, R, R]

High Lp(a) levels are also associated with dementia [R].

The most common causes of high Lp(a) levels include:

Smoking [R], Poor thyroid function (hypothyroidism) [R], Low testosterone levels (hypogonadism) [R], Menopause [R], Polycystic ovary syndrome [R], Pre-eclampsia (a pregnancy complication characterized by high blood pressure levels) [R, R], *H. pylori* infection [R]

High Lp(a) levels are also encountered in:

Familial hypercholesterolemia (a genetic disorder that causes high cholesterol levels) [R], Acromegaly (excessive production of growth hormone) [R], Lupus [R], Rheumatoid arthritis [R], Kidney disease [R], Chronic thromboembolic pulmonary hypertension (high blood pressure caused by a blockage in the blood vessels that deliver blood to the lungs) [R], Kidney failure [R], Recent heart attack [R], Heart transplant [R], HIV [R]

Lp(a) levels are normally increased during pregnancy and return to baseline following delivery [R].

High Lp(a) levels do not cause symptoms directly and individuals will only show symptoms related to the cause of their high Lp(a) levels.

Lifestyle Suggestions

Seek medical attention!

Adopt a Mediterranean diet or a diet that is high in vegetables, fruit, and nuts [R,R]. A Mediterranean diet is high in:

Olive oil, Leafy greens, Legumes, Nuts, and fruits

Foods that are eaten in moderation include:

Fish, Meat, Dairy

Avoid low-fat, high-carbohydrate diets [R,R].

Eating pecans, almonds, and walnuts can help reduce your Lp(a) levels [R,R,R].

Daily high-intensity interval training (HIIT) can reduce Lp(a) levels [R]. HIIT involves short periods of intense exercise followed by short rest periods.

Walking for 30 minutes a day for at least 5 days/week has been shown to decrease Lp(a) [R].

Compounds in red wine called polyphenols can decrease Lp(a) levels [R].

Drinking unfiltered coffee, such as coffee brewed with a French press, has been shown to decrease Lp(a) [R].

Supplements that can help:

Vitamin B3 (niacin) [R,R,R], Vitamin B6, B7, and B12 in combination [R], Turmeric/curcumin [R,R], Vitamin E [R], Vitamin D and calcium (if deficient) [R,R], Phytosterols [R], Coenzyme Q10 [R,R], L-Carnitine (alone) [R,R], Mastic gum (*Pistacia lentiscus*) [R], Flaxseed [R], Inulin [R], Red Yeast Rice [R], Red clover [R]

*While aged garlic extract (AGE) is often used to lower blood pressure and cholesterol, it can actually increase Lp(a) levels, so you may want to avoid it if your Lp(a) levels are elevated [R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

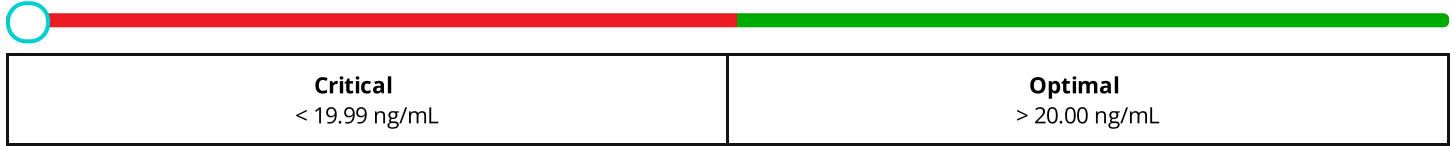


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN D2

YOUR RESULT

0.46 ng/mL



About this parameter

This test measures the amount of vitamin D2 in your blood. Known as the “sunshine vitamin” because we get a lot of it from sunlight, vitamin D is important for various processes in our bodies. It's vital for bone health, muscle strength, immune function, blood pressure, and insulin release [R, R, R, R, R]. Vitamin D2 and D3 get converted in the liver into the major circulating form of vitamin D (25-hydroxyvitamin D), which is further converted in the kidneys to the active form (1,25-dihydroxyvitamin D) as needed [R, R]. This disparity appears to be due to differences in dosing. Namely, D3 is more potent than D2 when given occasionally at higher doses, but both forms are equally beneficial when given daily at lower doses. This happens because D2 has a shorter life cycle in the body [R, R].

Health Effects

Your Vitamin D2 levels are low. Seek medical attention immediately!

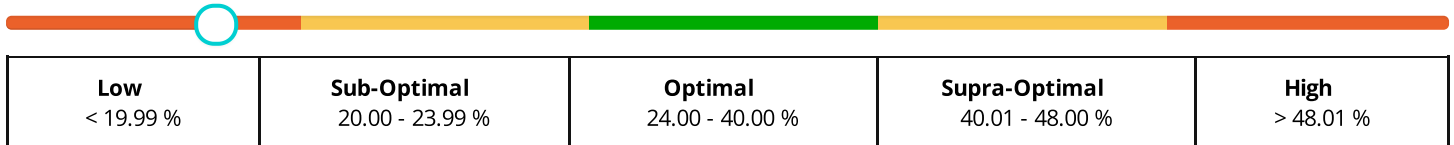
Lifestyle Suggestions

Seek medical attention as soon as possible!

% TRANSFERRIN SATURATION

YOUR RESULT

14.6 %



About this parameter

This test measures how much iron has been bound by transferrin. Transferrin is a protein found in the blood that binds iron in order to transport it throughout the body. Therefore, having enough transferrin is important for making sure that your body can effectively use the iron you get from your diet. Transferrin saturation is considered an important marker of your iron status, which means that it can help diagnose iron deficiency or excess iron (iron overload) [R].

Health Effects

Your transferrin saturation is lower than normal. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results. Low transferrin saturation can be caused by: Lack of iron in the body [R, R, R], Inflammation [R], Viral infections, such as Hepatitis C, Epstein-Barr, chickenpox, etc. [R, R, R].

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low transferrin saturation and to treat any underlying conditions. If your iron is low: Eating a diet high in iron can help correct iron deficiency. Foods that contain a lot of iron include red meat, poultry, fish, tofu, tempeh, nuts, and seeds [R]. Refrain from drinks such as coffee, cocoa, green and herbal tea with your meals, as these decrease iron absorption from food [R, R, R, R, R]. Check your iron levels for more information.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

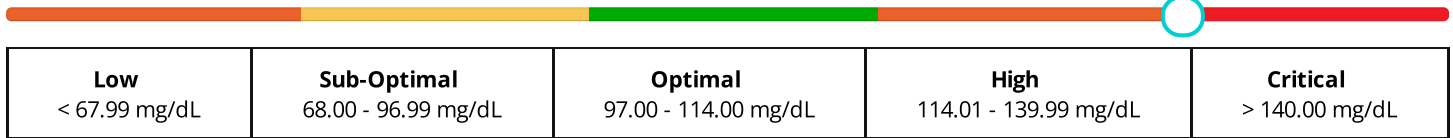


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

AVERAGE BLOOD GLUCOSE (ABG)

YOUR RESULT

154 mg/dL



About this parameter

Average blood glucose (ABG) is an estimated average of your blood sugar (glucose) levels over a period of 2 to 3 months. It is based on your A1C blood test results. This test helps you predict your blood sugar levels over time. It shows how well you are controlling your diabetes.

Health Effects

Your eAG, based on your HbA1c level, is high. It's in the range of diabetes [R].

Your doctor will interpret this test, taking into account your medical history and other tests results. If you're diabetic, it's important to regularly monitor your eAG/HbA1c levels and keep them under control!

In addition to diabetes, factors that can further increase HbA1c levels include:

Poor sleep quality or sleep deprivation [R, R, R, R, R], Sleep apnea [R, R], Smoking [R, R, R], Stress [R, R, R, R], Pollution [R, R, R, R, R], Some chronic conditions, such as *H. pylori* infection or periodontal (gum) disease [R, R, R], Drugs such as statins and opiates [R, R, R]

The causes shown here have been associated with high HbA1c levels. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high eAG/HbA1c levels and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes!

Lose weight if you are overweight [R, R]. This will improve the ability of your body to use and respond to glucose more efficiently [R, R].

Eat a healthy, balanced diet:

Avoid sugary foods and processed carbs [R, R], Increase your fiber intake. Fruits and vegetables are generally rich in fiber, and studies show they can help keep your blood sugar levels under control. Beans, chickpeas, broccoli, berries, pears, avocado, and nuts are all great fiber sources [R, R, R, R].

Engage in moderate to vigorous exercise most days of the week. Exercise is a great way to keep your blood sugar levels under control [R, R, R, R].

Quit smoking. Smoking impairs the ability of your body to control blood glucose [R, R, R].

Make sure you get enough sleep. Studies suggest that people who sleep better and longer (between 6 and 9 hours) have lower blood sugar [R, R, R, R].

Stress impacts many aspects of your body, including your blood sugar. Don't neglect your emotional health and find healthy ways to avoid or cope with stress [R, R, R, R, R].

Improve your oral hygiene.

Talk to your doctor about the following foods and supplements. Initial studies suggest they may help decrease blood sugar levels and HbA1c:

Aloe [R, R, R, R], Alpha-lipoic acid [R, R], Berberine [R, R, R, R], Caffeine/Coffee [R, R, R, R, R], Chromium [R, R], Curcumin [R, R, R, R], Dark chocolate [R, R, R], Fiber, such as glucomannan or beta-glucans [R, R, R, R, R], Garlic [R, R], Green tea [R, R, R], Milk thistle [R, R]

Remember, always speak to your doctor before taking any supplements, because they may interfere with your health condition or your treatment/medications!

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

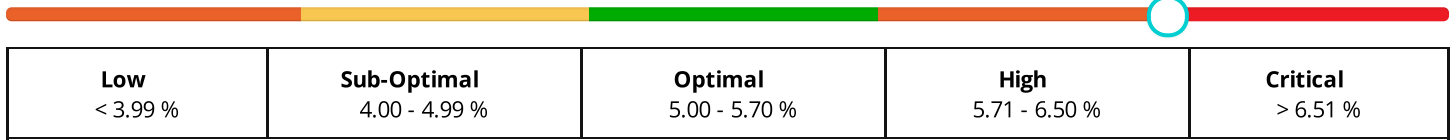


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HbA1c

YOUR RESULT

7%



About this parameter

HbA1c is a measure of your 3-month average blood sugar levels. When circulating in the blood, glucose (blood sugar) sticks to hemoglobin found inside red blood cells and forms glycated hemoglobin (HbA1c). HbA1c is an important test that can be used to both diagnose and monitor diabetes.

Health Effects

Your HbA1c is high. It's in the range of diabetes.

Your doctor will interpret this test, taking into account your medical history and other tests results. If you're diabetic, it's important to regularly monitor your HbA1c levels and keep them under control!

Poor sleep quality or sleep deprivation Sleep apnea, Smoking, Stress, Pollution, Some chronic conditions, such as H. pylori infection or periodontal (gum) disease Drugs such as statins and opiates

The causes shown here have been associated with high HbA1c levels. Work with your doctor or another health care professional to get an accurate diagnosis.

If you have diabetes, the American Diabetes Association recommends keeping your HbA1c levels under 7% (53 mmol/mol). Your doctor may recommend another range for you depending on your overall health, age, weight, and heart disease risk.

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high HbA1c levels and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes!

Lose weight if you are overweight [R, R]. This will improve the ability of your body to use and respond to glucose more efficiently [R, R]!

Eat a healthy, balanced diet:

Avoid sugary foods and processed carbs [R, R], Increase your fiber intake. Fruits and vegetables are generally rich in fiber, and studies show they can help keep your blood sugar levels under control. Beans, chickpeas, broccoli, berries, pears, avocado, and nuts are all great fiber sources [R, R, R, R].

Engage in moderate to vigorous exercise most days of the week. Exercise is a great way to keep your blood sugar and HbA1c levels under control [R, R, R, R, R].

Quit smoking. Smoking impairs the ability of your body to control blood glucose and increases HbA1c levels [R, R, R].

Make sure you get enough sleep. Studies suggest that people who sleep better and longer (between 6 and 9 hours) have lower blood sugar and HbA1c levels [R, R, R, R].

Stress impacts many aspects of your body, including your blood sugar and HbA1c. Don't neglect your emotional health and find healthy ways to avoid or cope with stress [R, R, R, R, R, R].

Talk to your doctor about the following foods and supplements. Initial studies suggest they may help decrease blood sugar levels and HbA1c:

Aloe [R, R, R, R], Alpha-lipoic acid [R, R], Berberine [R, R, R, R], Caffeine/Coffee [R, R, R, R, R], Chromium [R, R], Curcumin [R, R, R, R], Dark chocolate [R, R, R], Fiber, such as glucomannan or beta-glucans [R, R, R, R, R], Garlic [R, R], Green tea [R, R, R], Milk thistle [R, R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

URINARY GLUCOSE

YOUR RESULT

200

About this parameter

This test checks whether you have glucose in your urine.

Glucose is a sugar that our body uses to make energy. We get glucose by consuming foods rich in carbs, such as bread, pasta, cereals, fruits, and fruit juices. When we fast, our body releases glucose from internal stores or it can create glucose from fats, amino acids, and other available sources [\[R\]](#).

Under normal circumstances, your kidneys recycle all of the glucose from your blood - they send it back into blood because it's a valuable source of energy. But when there is either too much glucose in the blood, or your kidneys are not working as well as they should, glucose can appear in the urine.

A blood glucose test is more accurate and easier to use. However, urine glucose may be ordered if blood glucose testing is difficult or not possible. Diabetics can use the urine glucose test to monitor their blood sugar control [\[R\]](#).

Health Effects

You have glucose in your urine.

This can happen when the levels of glucose in the blood are too high and the kidneys can't recycle them properly. Alternatively, the kidneys may not be functioning well [\[R\]](#). Your doctor will interpret your results in conjunction with your medical history and other test results.

A positive urine glucose test can be caused by:

- Diabetes. Diabetes accounts for the majority of positive urine glucose tests [\[R\]](#), [\[R\]](#)
- Kidney damage/injury [\[R\]](#)
- Hyperthyroidism. Elevated thyroid hormones can decrease the reuptake of glucose in the kidneys [\[R\]](#), [\[R\]](#)
- Liver disease (cirrhosis) - this condition can increase the levels of sugar in the blood, that the kidneys then have difficulty processing [\[R\]](#)
- Extreme stress, such as injury, surgery, or heart attack. These all increase adrenaline, and adrenaline promotes the breakdown of sugars to create energy for the fight-or-flight response [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Renal glycosuria - a rare genetic condition in which the kidneys allow sugar to pass into the urine even when blood sugar levels are low. This is a normal finding in people with this condition, and it isn't of great concern [\[R\]](#)
- Some drugs, such as dapagliflozin, a drug used to treat diabetes by actually increasing the release of glucose into the urine [\[R\]](#)

Pregnant women tend to have higher urine glucose levels [\[R\]](#).

Causes shown here are commonly associated with glucose in urine. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing glucose to appear in your urine and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes!

If you have diabetes, monitor your diet and make sure you lead a healthy and active lifestyle.

These can help decrease blood glucose, and as a result, will also decrease urine glucose levels:

- A good, balanced diet [\[R\]](#), [\[R\]](#)
- Exercise [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Losing weight if overweight [\[R\]](#)
- Getting enough sleep [\[R\]](#), [\[R\]](#), [\[R\]](#)
- Managing stress. Stress can increase blood sugar levels, by increasing hormones such as cortisol and inflammatory molecules in your body [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

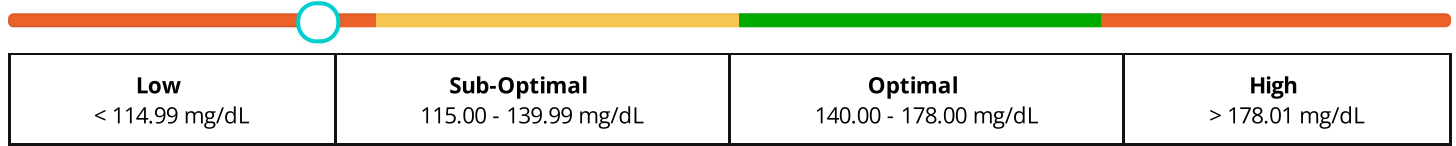


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

APOLIPOPROTEIN - A1 (APO-A1)

YOUR RESULT

101 mg/dL



About this parameter

This test measures the amount of apolipoprotein A1 in the blood. Apolipoproteins are proteins that bind fats and cholesterols in order to create lipoproteins, such as high-density lipoprotein (HDL) and low-density lipoprotein (LDL). ApoA1 levels are closely correlated to HDL-C levels. Research has found that low apoA1 is as strong a risk factor for heart attack as low HDL-C and may actually be a stronger predictor of heart disease and mortality due to heart disease than HDL-C and LDL-C [R, R, R].

Health Effects

Your apoA1 levels are below the normal range. Low apoA1 levels increase the risk of: Type 2 diabetes [R], Prostate cancer [R], Heart disease [R, R, R], Mortality from heart disease [R, R]. Low apoA1 levels are associated with: Low vitamin D levels [R], Dementia [R], Worse outcomes in cancer patients [R, R]. Low apoA1 levels do not cause symptoms directly and instead individuals will only experience symptoms of related diseases or conditions.

Lifestyle Suggestions

Both regular, moderate-intensity aerobic (running, cycling, and swimming) and strength training exercises increase apoA1 [R,R], High-intensity yoga can also increase your apoA1 levels [R], Lose weight if you are overweight [R], Stop smoking [R], Incorporating almonds and walnuts in your diet will increase your apoA1 [R,R], Avoid low-fat diets (<20% of calories from fat) as they lead to decreased apoA1 levels. Try to incorporate healthy fats such as extra virgin olive oil and virgin argan oil in your diet [R,R,R,R], Moderate alcohol consumption increases both HDL-C and apoA1 levels. Supplements that can help: Omega 3's (EPA and DHA) [R,R], Chromium [R], Nicotinic acid (vitamin B3, extended-release) [R], Pycnogenol [R], Theobromine [R], Phosphatidylcholine [R], Phosphatidylinositol [R], Vitamin E [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

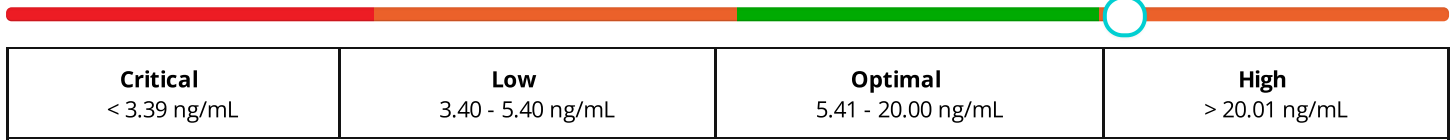


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

FOLATE

YOUR RESULT

24 ng/mL



About this parameter

This test measures the amount of vitamin B9 in your blood. Vitamin B9, also known as “folate” or “folic acid”, is a water-soluble vitamin that is involved in a variety of metabolic functions [R, R, R]. Folate cannot be created in the body, and must be acquired from dietary sources or vitamin supplements [R, R]. Vitamin B9 that comes from food sources is generally referred to as “folate,” while “folic acid” is the synthetic form that is most commonly found in supplements [R, R]. Folate intake and supplementation have many beneficial effects: • Getting the recommended daily dietary intake of folate is associated with reduced risk of cancer among healthy populations [R, R, R, R, R, R]. • Folate levels are also correlated with lower blood pressure [R, R], reduced risk of stroke [R, R], and better overall heart and blood vessel health [R, R, R, R, R]. • Folate improves glucose levels in those with type 2 diabetes [R]. • When combined with zinc, folic acid supplementation may help increase sperm count [R, R]. It has been estimated that the prevalence of folate deficiency among women may be as high as 86% [R].

Health Effects

Your levels of vitamin B9 are higher than normal. High levels are generally quite rare, because vitamin B9 is water-soluble, which means that the body can usually easily get rid of it through urine [R]. However, the body is limited in how much folic acid it can metabolize, which can sometimes lead to a build-up of unmetabolized folic acid circulating freely in the blood [R, R, R]. This can occur when daily intake exceeds 400 micrograms per day [R, R]. This means that folic acid can accumulate in the blood at high levels when someone with an already-healthy diet takes additional supplements at the same time [R, R, R, R]. Elevated levels are more likely from synthetic folic acid supplements than naturally-occurring folate in food [R, R].

Symptoms of excessive folic acid levels may include: Diarrhea [R, R], Rashes [R, R], Sleep problems [R, R]

Lifestyle Suggestions

Elevated folate levels are easily resolved by cutting back on any supplement use.

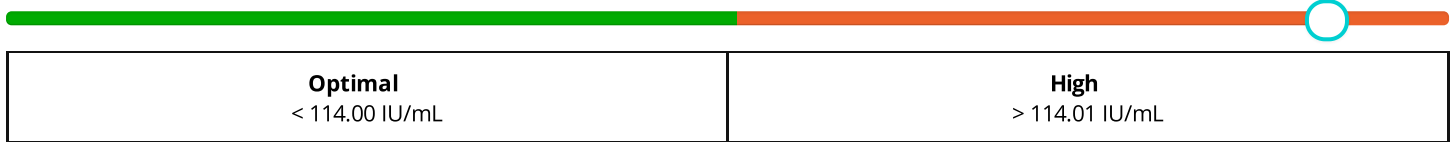
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

TOTAL IGE

YOUR RESULT

300.7 IU/mL



About this parameter

This test measures the amount of IgE antibodies in your blood.

Immunoglobulin E (IgE) is a type of antibody. Antibodies bind to and neutralize pathogens such as bacteria and viruses as well as parasites (worms and protozoa). It is produced by a type of immune cell called a plasma cell, mostly in response to allergies and infections. IgE has the lowest concentration out of all the other antibodies, around 50 ng/mL. If you do not have an infection, then your IgE levels will be very low [R].

People who are allergic to something produce IgE that is specific to that allergen (substance that causes an allergic reaction). The main role of IgE is to protect the body from infections, especially infections by parasitic worms [R].

You usually get an IgE test when you have recurring infections or to monitor immune disorders that cause abnormal immunoglobulin levels.

Health Effects

Your IgE levels are above normal! An increased IgE level mostly indicates exposure to allergens. If someone has an allergy, then exposure to the allergen will increase during exposure. Thus, it may only increase when someone eats a food they're allergic to, or it may be high constantly during a particular season with high levels of pollen [R]. However, people who live in the tropics or have African ancestry may have a normally elevated blood IgE [R, R].

High IgE levels may increase your risk of: • Atherosclerosis (plaque buildup in the arteries) [R] • Diabetes [R, R]

Having higher IgE levels may decrease your risk of glioma (tumor in the spinal cord and brain), chronic lymphocytic leukemia, and possibly multiple myeloma (blood cancers) [R]. The most common causes of high IgE include: • Allergies caused by dust mites, pollen, and animal allergens [R, R] • Food allergies [R], such as peanut, wheat, or red meat allergies • Asthma [R] • Atopic dermatitis and other skin allergies [R, R]

High IgE can also be caused by: Smoking [R], Alcohol intake and alcohol abuse [R], Inflammatory bowel disease [R], Inflammatory lung diseases [R], Parasitic infections [R], Viral infections [R], such as HIV [R], Lymphomas [R], Nephrotic syndrome (a type of kidney disorder) [R], Hyper IgE syndromes [R]

High IgE will mostly indicate an allergic response, which can cause the following symptoms [R]: Itching, Itchy eyes, Red skin, Coughing and sneezing, Nausea/vomiting, Difficulty breathing, Diarrhea, Low blood pressure

Lifestyle Suggestions

Avoid known allergens - If you are allergic to a particular food or animal, avoiding them will help prevent allergic reactions. You may also want to clean your house and/or office to prevent dust mite or mold accumulation [R,R]. Eating a diet high in vitamin E will help lower IgE and allergic reactions. Some of these foods include almond, spinach, sweet potato, and avocado [R]. Refrain from smoking. Smoking cigarettes may increase IgE levels [R]. Refrain from drinking. Moderate alcohol intake and alcohol abuse will increase IgE levels [R].

Supplements that can help: *Bifidobacterium longum* probiotic [R,R], Vitamin E [R], Fish oil [R], The flavonoids luteolin, apigenin and narirutin [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN B-12

YOUR RESULT

1259 pg/mL



Low < 199.99 pg/mL	Sub-Optimal 200.00 - 299.99 pg/mL	Optimal 300.00 - 800.00 pg/mL	Supra-Optimal 800.01 - 1100.00 pg/mL	High > 1100.01 pg/mL
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About this parameter

This test measures Vitamin B12 levels in your blood.

(Methyl)cobalamin, more commonly known as vitamin B12, is a vital dietary nutrient [R]. It's needed for: Making blood cells (*hematopoiesis*) [R, R], Creating, replicating, and repairing DNA [R, R, R], Healthy brain and nervous system function [R, R, R]. Our bodies can't make vitamin B12 and therefore it must come from dietary sources, mainly animal products such as meat and dairy [R, R]. The body uses vitamin B12 very efficiently, essentially recycling it as it is used. In fact, a healthy person can store up to 3-6 years' worth of vitamin B12 in their liver! For this reason, vitamin B12 deficiencies are quite rare, and indicate a very long-term shortage of this nutrient in the diet [R].

Health Effects

Your B12 levels are higher than normal. B12 levels can be elevated in people who are (or have recently been) taking vitamin B supplements [R]. This is usually not of concern as vitamin B12 is not considered toxic. However, elevated levels of vitamin B12 when not supplementing are important because they may indicate an underlying condition, such as: • Liver disease (e.g. cirrhosis or hepatitis) [R, R, R, R] • Diabetes [R] • Myeloproliferative disorders (diseases of the bone marrow and blood), such as hypereosinophilic syndrome, polycythemia vera, or leukemia [R, R, R] • Kidney failure [R] • Cancer [R]. In some cases, despite being elevated the body can't use vitamin B12 effectively, in which case people can experience functional vitamin B12 deficiency [R]. Causes shown here are commonly associated with high vitamin B12 levels. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

If your tests consistently show elevated levels of B12 even after stopping supplement use, work with your doctor to find out what's causing your high B12 levels and to treat any underlying conditions.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

FERRITIN

YOUR RESULT

22.9 ng/mL



Low < 37.99 ng/mL	Sub-Optimal 38.00 - 39.99 ng/mL	Optimal 40.00 - 200.00 ng/mL	Supra-Optimal 200.01 - 380.00 ng/mL	High > 380.01 ng/mL
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About this parameter

This test measures ferritin, a protein that stores and transport iron in the blood. Iron has many important roles in our bodies. For example, it's critical for making red blood cells and it's needed for muscle and heart cells to produce energy. However, iron by itself can be toxic, primarily because it produces free radicals that cause damage to cells and tissues. For this reason, the body uses special proteins like ferritin to safely store and transport iron to where it is needed [R]. Low ferritin levels signal that the body's iron stores are low. Higher levels, on the other hand, may indicate that you have a condition that causes the body to store too much iron [R]. However, ferritin also plays a role in the immune response, and increases in conditions such as chronic inflammation, infections, and cancer, irrespective of iron levels [R]. This test, therefore, serves as a measure of the total amount of iron stored in your body, but can also point to inflammatory conditions [R].

Health Effects

Your ferritin levels are lower than normal. Low ferritin levels can signal iron deficiency. When ferritin is low but iron levels are normal, that suggests that there is still enough iron to make red blood cells, but the iron stores are getting depleted and not properly replenished. As iron deficiency continues, iron levels in the blood eventually decrease resulting in iron deficiency anaemia. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results. These can decrease your ferritin levels: Dietary iron deficiency. People who follow a vegetarian diet are at a greater risk for having low blood ferritin [R, R, R], Underactive or impaired thyroid (hypothyroidism) [R], Vitamin C deficiency (rare) [R], Long-term use of drugs that cause gut bleeding or impair nutrient absorption, such as aspirin or proton pump inhibitors [R, R]. When your ferritin is low, you may experience symptoms of iron deficiency, such as: Fatigue [R], Headaches [R], Weakness [R], Shortness of breath [R], Hair loss [R, R, R, R]

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low ferritin and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! Make sure your diet is healthy and well balanced. Increase your intake of foods that are rich in iron to replenish your iron stores. These include red meat, poultry, fish, beans, lentils, tofu, tempeh, nuts, and seeds. An easy way to get more iron in your meals is to use cast iron utensils [R]. Refrain from drinking coffee, milk, cocoa, or green, black and herbal tea within an hour before or after a meal, as these decrease iron absorption from food. For example, a study suggests that compared to water, drinking cocoa can inhibit iron absorption by about 70%, while black tea can decrease iron absorption by as much as 80 to 90% [R, R, R, R, R].

Increase the amount of vitamin C-rich foods in your diet. Sprinkle some lemon juice on your steak and salads. Vitamin C increases the bioavailability of iron and its absorption in the gut [R]. Avoid aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen – they can cause gut injuries and increase the loss of blood and therefore iron [R, R]. If your iron levels are low and you are experiencing symptoms of iron deficiency, your doctor may suggest iron supplements or intravenous iron. Discuss the following supplement options with your doctor: Iron [R, R], Vitamin C [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

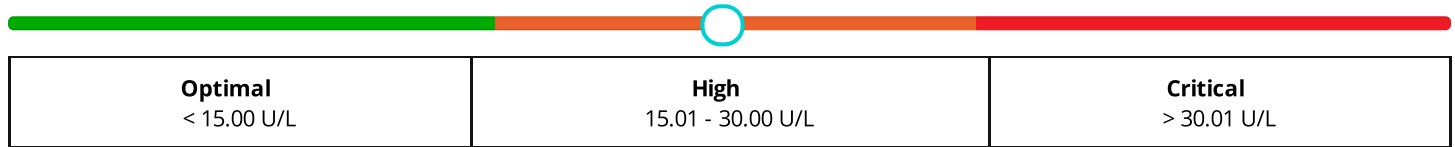


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

GAMMA GLUTAMYL TRANSFERASE (GGT)

YOUR RESULT

22.2 U/L



About this parameter

This test measures the amount of gamma-glutamyl transferase in the blood. GGT is an enzyme mainly found in the liver, gallbladder, kidneys, and pancreas. This enzyme helps break down proteins and also breaks down glutathione, a major antioxidant [R, R]. GGT levels are usually elevated in conditions that cause damage to the liver or bile duct, and to a lesser degree, the kidney and pancreas.

Health Effects

Your GGT levels are higher than normal.

A result that's higher than normal, doesn't necessarily mean that you have a health condition needing treatment. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results.

GGT levels can increase due to Liver diseases (e.g. hepatitis, scarring, liver cancer) [R], Gallstones and bile duct obstruction [R], Alcohol consumption [R, R], Smoking (in heavy drinkers) [R, R], High intake of dietary iron (fish and meat) [R], Environmental pollutants/toxins [R], Obesity [R], Anorexia [R], Heart failure [R, R]

Research has linked higher GGT levels with a potentially higher risk of: Metabolic syndrome (a cluster of 3 of the following conditions: high blood pressure, high blood sugar, excess body fat around the waist, and abnormal cholesterol or triglyceride levels) [R, R, R, R, R], Diabetes [R, R, R, R, R], Hardening of the arteries [R, R, R], Heart disease, including heart attack, heart failure, and stroke [R, R, R, R, R, R], Cancer [R, R, R, R], Less than optimal overall health [R, R, R, R, R, R]

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high GGT and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! Focusing on decreasing your GGT levels may not improve your overall health because GGT is not causing your health issues. However, adopting a healthier lifestyle that will improve your overall health will likely also decrease your GGT levels.

Healthy habits you can focus on include:

- Eating more fruits and vegetables. Studies have found a link between a diet rich in plant-based foods and lower GGT levels [R, R]. However, if you're thinking about replacing fruits and veggies with supplements, you may want to think twice. One study showed that vitamin supplements were associated with higher GGT levels [R].
- Limiting your intake of red meat -- a study suggests a link between red meat intake and slight increases in GGT [R]
- Limiting your alcohol intake. Alcohol abuse increases GGT levels [R, R]
- Losing weight if you are overweight [R]
- Regular exercise [R, R]

Coffee consumption can help reduce GGT levels [R, R]. In addition, research suggests that drinking moderate amounts of coffee on a regular basis may benefit liver health in general [R, R, R, R, R, R]. Discuss your coffee intake with your doctor. Finally, some drugs or supplements can damage the liver, leading to high GGT levels. Have a doctor or pharmacist review your medications to see if any of them might be causing harm to your liver. Discuss alternative options with your doctor.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

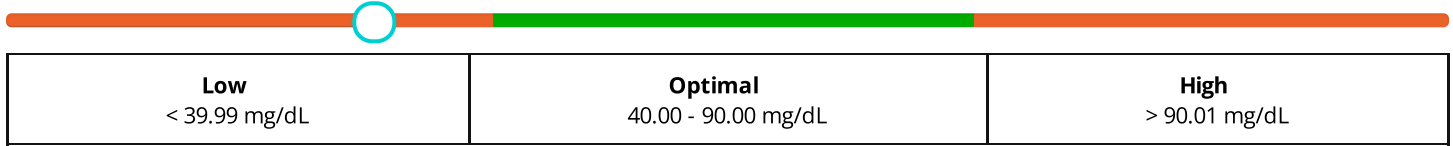


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HDL CHOLESTEROL - DIRECT

YOUR RESULT

31 mg/dL



About this parameter

This test measures the amount of HDL-cholesterol (HDL-C), also known as "good" cholesterol, in your blood. HDL-cholesterol is cholesterol bound to high-density lipoprotein (HDL) particles, which are made in the liver and consist of proteins and fats (lipids). They help remove excess cholesterol from the blood by [\[R, R, R\]](#):

- transporting it to the liver, where it becomes a part of bile and is excreted through feces
- taking it to adrenal glands, ovaries, and testes, where cholesterol is converted into steroid hormones (e.g. cortisol, estrogens, testosterone)

Cholesterol transported by HDL is known as "good" cholesterol because it is being removed from artery walls, which helps prevent, reduce, and even reverse hardening of the arteries (atherosclerosis) and heart disease [\[R\]](#).

Health Effects

Your HDL-cholesterol (HDL-C) is lower than normal. Your doctor will interpret this test, taking into account your medical history, signs and symptoms, and other test results.

HDL-cholesterol levels can be decreased by: Smoking [\[R, R\]](#), Lack of physical activity [\[R\]](#), Bacterial, viral, and parasitic infections [\[R, R\]](#), Chronic inflammation [\[R\]](#), Obesity [\[R, R\]](#), Diabetes [\[R\]](#), Overactive thyroid (hyperthyroidism) [\[R\]](#), Liver diseases [\[R\]](#), Severe illness or injury [\[R\]](#), Cancer [\[R\]](#), Rare genetic disorders [\[R, R\]](#), Aging [\[R\]](#)

Causes shown here are commonly associated with low HDL cholesterol. Work with your doctor or another health care professional to get an accurate diagnosis. Low HDL-C levels have been associated with a higher risk of heart disease [\[R, R, R\]](#).

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low HDL cholesterol and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! Low HDL does not directly cause heart disease. We know this because studies trying to increase HDL levels directly failed in improving overall heart health [\[R, R, R\]](#). Therefore, a safe bet is to focus on lifestyle and dietary changes which will improve your overall heart health, regardless of whether those improve your HDL levels.

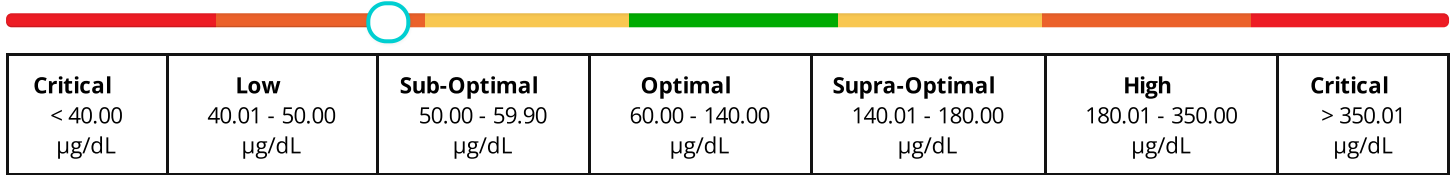
Healthy habits that will improve your heart health include: Exercising regularly [\[R\]](#), Not smoking [\[R, R, R\]](#), Losing weight if overweight [\[R, R, R\]](#), Eating a balanced, healthy diet, rich in fruits and vegetables [\[R, R, R, R\]](#), Adding nuts to your diet, including hazelnuts, almonds, pistachios, cashews, walnuts, and macadamia nuts [\[R, R, R, R, R, R, R, R\]](#)

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

IRON YOUR RESULT **48.3 µg/dL**



About this parameter

This test measures the amount of iron in your blood. Iron (Fe) is a metal that plays an essential role in the body [R, R, R, R, R]. However, blood iron alone is not a great measure of how much iron there is in the body because it fluctuates daily. For example, it can increase after you ingest iron-rich foods. It can also stay normal even when your body's iron reserves are seriously depleted [R, R]. Instead, ferritin, transferrin, and total iron-binding capacity (TIBC) measurements can be better indicators of your overall iron status [R, R].

Health Effects

Your iron levels are lower than normal. A low iron level, combined with low hemoglobin, low ferritin, low transferrin saturation, or a high TIBC suggests iron deficiency [R]. However, a result that's lower than normal, doesn't necessarily mean that you have a health condition needing treatment. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results.

Low iron can be caused by: Insufficient dietary intake, either due to malnutrition or a vegetarian or vegan diet lacking in heme iron [R, R], Eating a diet high in foods that inhibit iron absorption, such as phytates (whole grains and legumes) or polyphenols (tea, coffee, and wine) [R, R], Endurance exercise [R], Blood loss, including menstrual bleeding, childbirth, bleeding caused by hemorrhoids, and blood donation [R, R, R, R], Stomach and intestinal disorders, such as celiac disease, Crohn's disease, gastritis due to *H. pylori* infection, and small intestinal bacterial overgrowth syndrome (SIBO) [R, R, R, R].

When your iron is low, you may experience [R, R, R, R]: Tiredness, Headaches, Difficulty concentrating, Pale skin, Brittle nails, Hair loss, Chest pains, Pica (compulsive consumption of non-nutritious substances such as dirt or paint), Restless leg syndrome

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low iron and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! If you have iron deficiency anemia, your doctor may prescribe iron therapy [R]. Make sure your diet is healthy and well balanced. Increase your intake of foods that are rich in iron to replenish your iron stores. These include red meat, poultry, fish, beans, lentils, tofu, tempeh, nuts, and seeds. An easy way to get more iron in your meals is to use cast iron utensils [R]. Refrain from drinking coffee, milk, cocoa, or green, black and herbal tea within an hour before or after a meal, as these decrease iron absorption from food. For example, a study suggests that compared to water, drinking cocoa can inhibit iron absorption by about 70%, while black tea can decrease iron absorption by as much as 80 to 90% [R, R, R, R, R]. Phytates found in whole grains and legumes also decrease iron absorption. When you eat them, add foods rich in vitamin A and beta-carotene - research shows that they can increase iron absorption and can override the influence of phytates [R, R, R]. Foods rich in vitamin A and beta-carotene include carrots, sweet potatoes, fish, cantaloupe, bell peppers, squash, and grapefruit.

Increase the amount of vitamin C-rich foods in your diet. Sprinkle some lemon juice on your steak and salads. If you are taking iron supplements, you can take them with an orange juice. Vitamin C increases the bioavailability of iron and its absorption in the gut [R]. Avoid aspirin and nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen - they can cause gut injuries and increase the loss of blood and therefore iron [R, R]. Try not to take your iron-rich meals or iron supplements within 2 hours of antacids and heartburn medication [R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

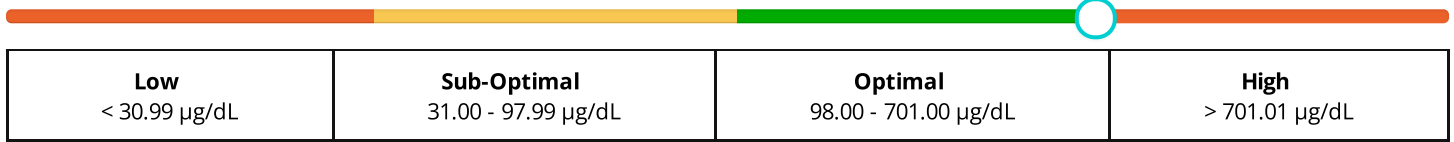


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

DEHYDROEPIANDROSTERONE

YOUR RESULT

716.78 µg/dL



About this parameter

This test measures the levels of DHEA sulfate (DHEAS) in your blood. DHEAS stands for dehydroepiandrosterone sulfate. DHEAS is a male sex hormone that is found in both men and women. DHEAS plays an important role in making the male sex hormone testosterone and the female sex hormone estrogen [\[R\]](#).

Health Effects

Your DHEA is high. A result that's higher than normal, doesn't necessarily mean that you have a health condition needing treatment. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results. A slightly higher DHEA may be beneficial, as DHEA may have anti-aging properties and has been associated with longevity [\[R\]](#), [\[R\]](#). Symptoms associated with high DHEA include: • Increased aggression and acne (similar to the symptoms of excessive testosterone levels) [\[R\]](#) • Itchy scalp [\[R\]](#) • Increased sweating [\[R\]](#)

Lifestyle Suggestions

Work with your doctor to find out what's causing your high DHEA and to treat any underlying conditions. Quit smoking. Habitual smoking is associated with higher DHEA. Levels decrease after smoking cessation [\[R\]](#), [\[R\]](#). If you're taking DHEA supplements, discuss reducing the dosage or pausing them with your doctor.

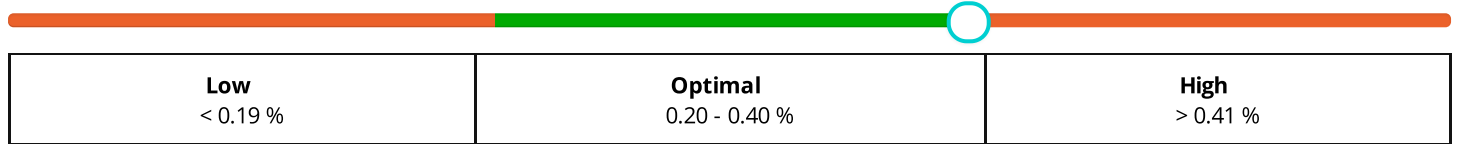
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

PLATELETCRIT(PCT)

YOUR RESULT

0.41 %



About this parameter

This test looks at your plateletcrit (PCT). Plateletcrit is the volume of your blood that is occupied by platelets. It is calculated based on your platelet count and mean platelet volume (MPV) [\[R\]](#) [\[R\]](#).

Health Effects

Your plateletcrit (PCT) is high.

This means that your body is producing more platelets or the platelets are getting activated, and therefore getting larger in volume. This usually happens in infections or inflammatory disorders [\[R\]](#).

Your doctor will interpret this test, taking into account your medical history, signs, symptoms, and other test results. A result that is slightly high may not be of medical significance, as this test often varies from day to day and from person to person.

Causes of a high plateletcrit, due to either high platelet count or larger platelets, include:

- Inflammatory conditions such as appendicitis (inflammation of the appendix), hepatitis A (liver inflammation), inflammatory bowel disease (Crohn's, ulcerative colitis), arthritis (juvenile idiopathic arthritis), and work-related bronchitis [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#)
- Infectious diseases, such as tuberculosis [\[R\]](#) [\[R\]](#)
- High intensity and resistance exercise [\[R\]](#) [\[R\]](#) [\[R\]](#)
- Obesity (high BMI) [\[R\]](#) [\[R\]](#)
- Diabetes [\[R\]](#) [\[R\]](#)
- Polycystic ovary syndrome (PCOS) [\[R\]](#)
- Gut bleeding [\[R\]](#)
- Endometriosis [\[R\]](#) [\[R\]](#)
- Lead exposure [\[R\]](#) [\[R\]](#)
- Cancer, such as ovarian, colorectal, lung, thyroid, and endometrial cancer [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#)
- Drugs such as isotretinoin, used to treat severe acne [\[R\]](#)
- Genetics [\[R\]](#) [\[R\]](#) [\[R\]](#)

Causes shown here have been associated with a high plateletcrit. Work with your doctor or another health care professional to get an accurate diagnosis.

Higher plateletcrit has been associated with a higher risk of heart disease and venous thrombosis [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

Lifestyle Suggestions

Work with your doctor to find out what's causing your high plateletcrit and to treat any underlying conditions!

Diabetes and obesity are associated with higher PCT levels, so implement a diet and exercise regime that will help you lose weight if overweight, and lower your blood sugar levels if needed [\[R\]](#) [\[R\]](#) [\[R\]](#) [\[R\]](#).

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

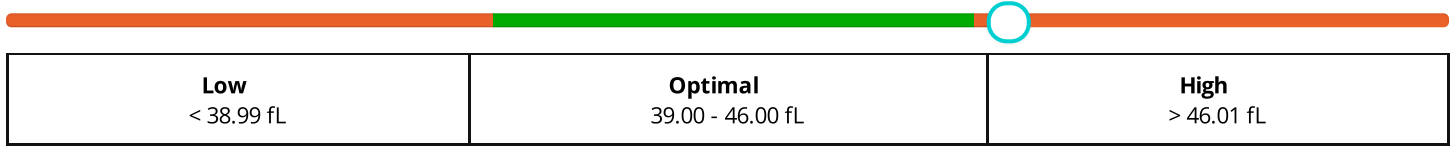


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)

YOUR RESULT

53 fL



About this parameter

This test measures how much your red blood cells vary in size. Red Blood Cell Distribution Width, expressed as standard deviation (RDW-SD), is normally a part of a complete blood count, which measures your hemoglobin, hematocrit, and red blood cell count [R]. Low values mean that your blood cells are roughly similar in size, whereas higher values indicate that there is more variety in how big each red blood cell is. Very high levels mean that your blood cells are very unequal in size -- a condition called anisocytosis [R, R].

Health Effects

Your RDW-SD is above normal. This means that your red blood cells are significantly unequal in size (a condition called anisocytosis) [R, R]. Your doctor will interpret this result, taking into account your medical history and other tests, such as RBC, hemoglobin, and other red blood cell indices. A result that is slightly higher may not be of medical significance, as this test often varies from day to day and from person to person. Causes of high RDW include: • Nutrient deficiencies, due to a lack of iron, folate, or vitamin B12 [R, R, R, R] • Alcoholism/alcohol abuse [R] • Liver disease [R] • Inflammation [R, R, R, R, R, R] • Blood transfusions (due to the differences in blood between the donor and the recipient) [R] • Injury/trauma [R, R, R] • Kidney disease [R, R] • Sleep disturbances and disorders [R, R, R] • Hereditary red blood cell disorders, such as sickle cell anemia, thalassemia, and spherocytosis [R, R, R] • Cancer [R, R, R, R]. Causes listed above are commonly associated with high RDW. Work with your doctor or another health care professional to get an accurate diagnosis. A high RDW is associated with increased inflammation and overall less than optimal health [R, R, R, R, R, R, R, R].

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high RDW and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! Eat a healthy and nutritious diet in order to prevent nutrient deficiencies. It is important that your diet includes enough iron, folate, and vitamin B12 [R, R, R]. However, remember that nutrient deficiencies can also have non-dietary causes, such as gut issues (malabsorption), in which case they can't be corrected by simple dietary adjustments. Stop smoking. Smokers have higher RDW, and it increases with the number of cigarettes smoked per day and the duration of smoking [R]. Reduce your alcohol intake [R]. Get enough sleep, but don't overdo it. 7-8h of sleep per night is ideal [R]. Exercise more. Research suggests exercise, including light-intensity physical activity, improves RDW [R, R, R, R]. Discuss the following supplements with your doctor: Iron (if deficient) [R, R], Vitamin B12 (if deficient) [R], Folate (if deficient) [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

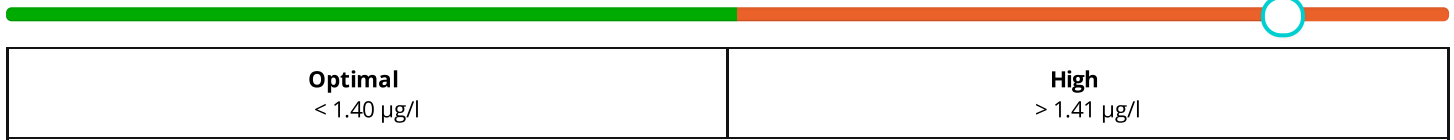


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

CHROMIUM

YOUR RESULT

3.57 µg/l



About this parameter

This test measures the amount of chromium in the blood. Chromium is an essential trace mineral. It is mainly found in two forms: trivalent chromium (3+), which is biologically active and found in food, and hexavalent chromium (6+), a toxic form that comes from industrial pollution [R]. Chromium enhances the function of insulin and helps metabolize and store carbohydrates, protein, and fat [R, R].

Health Effects

Your chromium levels are above the normal range! The risk of toxicity from food and supplements is low because ingested chromium is poorly absorbed, and most absorbed chromium is rapidly excreted in the urine [R]. Still, excess supplementation can in rare cases cause high blood chromium levels [R, R]. More often, however, high chromium is caused by environmental exposure. In the workplace, you may be exposed to a toxic form of chromium (Cr 6+) that can irritate the skin, nose cartilage, lungs, and gut, and may cause lung cancer [R]. Chromium in excess also causes liver and kidney damage [R, R].

This may happen if you work in the following industries [R]: Leather tanning, Electroplating, Steel manufacturing

High toxic chromium (6+) levels may also result from wearing metallic joint prosthesis [R].

Symptoms of high toxic chromium (6+) include: Coughing and wheezing, Severe gut pain or ulcers, Nausea, vomiting, and diarrhea, Fever, Vertigo, Muscle cramps

Lifestyle Suggestions

Refrain from taking chromium supplements.

If your workplace contains sources of chromium:

- Wear personal protective equipment (PPE) to protect your lungs, eyes, and skin.
- Maintain a clean work area that is dust-free
- Regularly shower and change clothes after work
- Avoid bringing home contaminated clothes from the work site
- Avoid eating, drinking, or smoking at the work site
- Wash hands with soap frequently
- Follow industrial safety regulations for heavy metal exposure. Supplements that can help: Selenium (if deficient) [R], Vitamin E (if deficient) [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

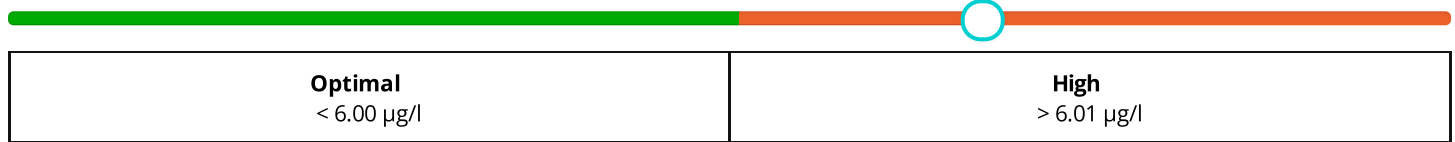


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

ANTIMONY

YOUR RESULT

10.19 µg/l



About this parameter

This test measures antimony levels in your blood. When antimony enters the body, it concentrates in the liver, lungs, intestines and spleen [R, R]. It leaves the body in approximately a week and is eliminated primarily by the kidneys [R].

Occupational exposure to antimony occurs mainly in workers involved in metal mining, smelting and refining, coal-fired power plants, refuse incineration, or those working in indoor firing ranges. Still, to be on the safe side, regular monitoring in people with work exposure is required [R].

When doing an antimony blood test, bear in mind that urine testing is more accurate and reliable [R, R]. Re-test doing a urine test if needed.

Health Effects

Your antimony levels are high. High levels in the blood or urine mean that you've been recently exposed to higher levels of antimony. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results.

Antimony levels mainly increase due to: • Occupational exposure [R, R, R] • Therapy, for the treatment of leishmaniasis and schistosomiasis [R, R, R] • Kidney dysfunction, when antimony elimination becomes less efficient [R] • Environmental exposure, through water or food (very rare).

Occupational exposure to antimony can cause [R, R]: Irritation of the nose, throat, skin, and mouth, Respiratory irritation, including chronic coughing, wheezing and upper airway inflammation, Lung fibrosis (pneumoconiosis), Chronic bronchitis, Eye irritation, Spots on the skin, Gut-related symptoms, such as pain, diarrhea, vomiting, and ulcers, Reproductive issues

Lifestyle Suggestions

The most important thing is to work with your doctor to decrease antimony levels in your body and to prevent any additional exposure to this metal. If you are exposed to antimony in your workplace, take steps to reduce exposure by following regulations, using the required safety equipment, and changing clothes after work. If you are using antimony-containing drugs, discuss alternatives with your doctor. Combining multiple drugs may be an option [R]. If you are neither taking antimony-containing drugs nor are exposed to antimony in your workplace, you may be exposed to this metal in your immediate environment. Check your tap or well water. Filter it if needed, or switch to bottled water.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

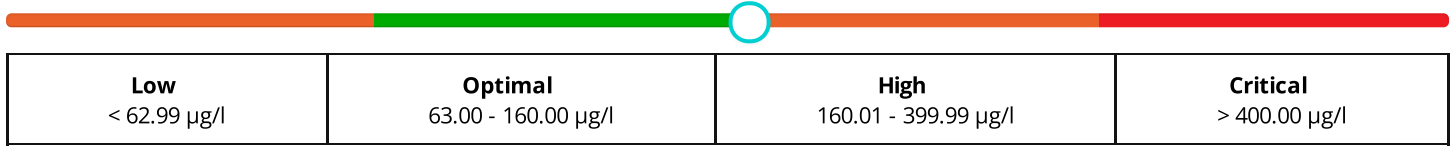


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

SELENIUM

YOUR RESULT

169.85 µg/l



About this parameter

This test measures the amount of selenium in your blood.

Selenium (Se) is an essential mineral found in poultry, fish, cereal, and eggs. Low selenium status is associated with an increased risk of poor immune function, heart disease, and mortality. Higher selenium status is crucial for reproduction and thyroid function. However, excess selenium supplementation can increase your risk of type 2 diabetes [R, R, R].

Health Effects

Your selenium levels are above normal. Causes of high selenium levels include: • Excess selenium supplementation [R, R, R] • Eating a diet high in selenium [R]. Elevated blood selenium levels are associated with increased blood levels of total, LDL, and HDL cholesterol, apo-B, and apo-A1 [R]. Having high selenium levels is associated with a higher risk of diabetes [R, R]. Additionally, selenium supplementation of 140+ µg/day in prostate cancer patients may increase their risk of prostate cancer mortality [R]. Symptoms of high selenium levels include [R, R]: Nausea, Vomiting, Diarrhea, Stomach pain, Dermatitis, Low blood pressure, Fast heartbeat (above 100 bpm). Selenium toxicity can cause [R]: Garlic-like breath, Metallic taste in mouth, Tremors, Muscle spasms, Confusion, Delirium, Coma. Chronic selenium poisoning also causes [R]: Fatigue, Skin lesions, Brittle nails, Hair loss

Lifestyle Suggestions

Stop taking selenium supplements. You should also make sure that your total selenium intake from any other supplements does not exceed the recommended daily intake dose [R,R,R].

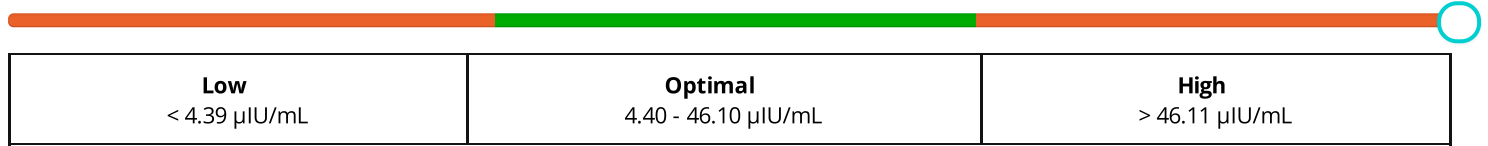
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

DIRECT RENIN

YOUR RESULT

500 µIU/mL



About this parameter

This test measures renin in your blood. Renin is an enzyme produced by the kidneys. It is involved in controlling blood pressure and fluid balance [R]. When your blood pressure drops too low or your sodium levels decrease, the kidneys release renin into the bloodstream. Renin then increases the levels of angiotensin II, which causes blood vessels to constrict and stimulates the production of aldosterone, a hormone that signals the kidneys to retain salt and water. Overall, this raises blood pressure and keeps sodium and potassium at normal levels [R, R]. However, if this process gets out of balance, your blood pressure can get too high. Plasma renin is typically measured in patients with high blood pressure to uncover problems with aldosterone production [R]. Low renin and high aldosterone suggest that adrenal glands aren't working well, while high levels of both renin and aldosterone can signal that there is an issue with your kidney function [R]. Renin levels differ depending on a multitude of factors, including your position, medications you take, menstrual cycle phase, and salt intake. The range given here is for renin measured in the upright position.

Health Effects

Your renin levels are high. Your doctor will interpret this test, taking into account your medical history, signs, symptoms, and other test results.

These can increase renin: Dehydration [R], Upright body posture [R], Pregnancy [R], Stress [R], Strenuous exercise [R], Bleeding (hemorrhage) [R], Low blood potassium [R], Overactive thyroid (hyperthyroidism) [R], Adrenal glands that do not make enough hormones (Addison's disease or other adrenal gland insufficiencies) [R], Heart failure [R], High blood pressure caused by narrowing of the kidney arteries (renal artery stenosis) [R], Chronic kidney failure [R], Nephrotic syndrome (a disorder that causes excess protein in the urine) [R], Sudden and very high blood pressure (malignant hypertension) [R], Reninoma (kidney tumors that produce renin) [R], Salt-wasting disorders (i.e. Bartter syndrome, Gitelman syndrome, and pseudohypoaldosteronism type I) [R]

Drugs that tend to increase plasma renin levels include [R, R, R]: Diuretics, Dihydropyridine calcium channel blockers, Hydralazine, Angiotensin-converting enzyme (ACE) inhibitors, Angiotensin receptor antagonists

Causes shown here are commonly associated with high renin. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high renin levels and to treat any underlying conditions!. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes!. Make sure you drink enough water and are well hydrated [R]. Avoid strenuous exercise [R] Manage your stress levels. Techniques that can help you reduce stress include [R, R, R, R, R, R, R]: Exercise, Yoga, Meditation, Talking with a friend, Enjoying nature, Laughter

If you have high blood pressure: • Lose weight if you are overweight. Obesity can increase the risk of high blood pressure [R, R]. • Avoid alcohol and caffeine. Both can raise blood pressure [R, R, R]. • Stop smoking [R]. • Eat a diet rich in fruits, vegetables, legumes, and low-fat dairy products. Limit your intake of snacks, sweets, meat, and saturated fat [R].

Get enough calcium, magnesium, and potassium in your diet. These minerals can lower your blood pressure. These can be found in prunes, apricots, sweet potatoes, lima beans, dark leafy green vegetables, unrefined grains, and legumes [R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

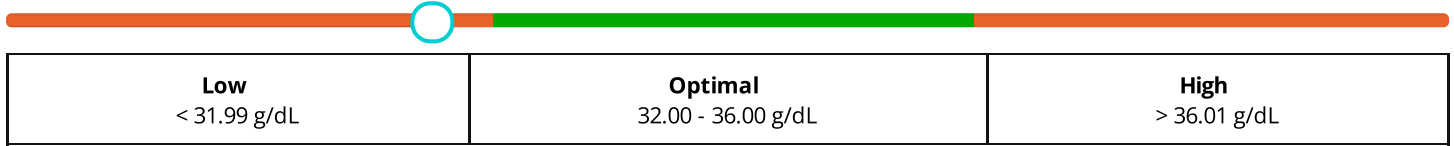


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

MEAN CORP.HEMO.CONC(MCHC)

YOUR RESULT

28.1 g/dL



About this parameter

This test measures the average amount of hemoglobin per red blood cell, relative to the size of the cell. In other words, it tells you what percentage of your blood cells are made up of hemoglobin, the protein that helps transport oxygen in the blood. Mean corpuscular hemoglobin concentration (MCHC) can be used to help diagnose different types of anemia [R].

Decreased MCHC causes hypochromia ("hypo-" = low, "chromia" = color), which makes the red blood cells paler. Meanwhile, increased MCHC causes red blood cells to become darker, also known as hyperchromia [R, R].

An MCHC test is usually done as a part of a complete blood count (CBC), that also looks at other properties of your red blood cells.

Health Effects

Your mean corpuscular hemoglobin concentration (MCHC) is below normal. This can cause hypochromia, or paler red blood cells [R]. Your doctor will interpret this result, taking into account your medical history and other tests, such as RBC, hemoglobin, and other red blood cell indices. A result that is slightly lower may not be of medical significance, as this test often varies from day to day and from person to person.

Low MCHC can be caused by: Iron deficiency and iron deficiency anemia due to dietary deficiency, gut issues that decrease iron absorption (e.g. Celiac disease), or toxins that interfere with iron absorption (e.g. lead) [R, R, R]. Anemia of chronic disease, found in conditions such as HIV [R, R], Thalassemia (a blood disorder that causes abnormal hemoglobin production) [R], A rare genetic disorder called Inherited sideroblastic anemia [R]

Causes listed above are commonly associated with low MCHC. Work with your doctor or another health care professional to get an accurate diagnosis.

When your MCHC is low, you can experience symptoms of underlying conditions, chiefly anemia. They include [R]: Fatigue, Shortness of breath, Dizziness, Headache, Pale skin, Chest pain.

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low MCHC and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes! Make sure your diet is well balanced and contains enough nutrients, especially iron. This will prevent nutrition deficiencies that can cause problems with red blood cells [R, R]. However, remember that nutrient deficiencies can also have non-dietary causes, such as bleeding or gut issues (malabsorption), in which case they can't be corrected by simple dietary adjustments.

Discuss the following supplements with your doctor: Iron (if deficient) [R, R], Vitamin C (if deficient in iron) - it increases the absorption of iron [R]

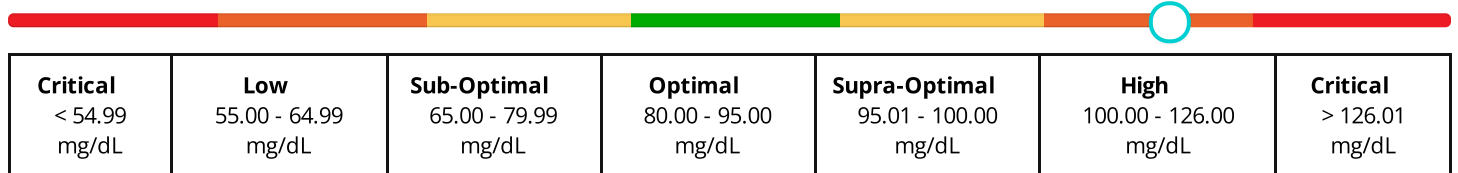
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

FASTING BLOOD SUGAR

YOUR RESULT

116 mg/dL



About this parameter

This test measures the level of glucose in your blood after at least 8 hours of fasting. It's therefore usually done in the morning. Glucose is a sugar that our body uses to make energy. We get glucose from carbs, such as bread, pasta, cereals, fruits, and fruit juices. When we fast, our body can release glucose from internal stores, or it can create glucose from fats, proteins, and other available sources [R]. Glucose levels are controlled by hormones such as [R]:

- Insulin, which helps move glucose from the blood into tissues
- Glucagon, which helps release glucose from tissues (mainly the liver) into blood

This test can tell you if you have trouble controlling your blood sugar levels.

Health Effects

Your sugar is higher than normal!

Elevated blood sugar is called hyperglycemia (hyper = high, glycemia = blood sugar).

Your value is in the range of prediabetes, which means you may have an increased risk of developing diabetes! Alternatively, if you have diabetes, your blood sugar is not under control.

Your doctor will interpret this test, taking into account your medical history and other tests results.

Some chronic conditions that can increase fasting glucose levels include:

- Insulin resistance [R, R]
- Obesity [R, R, R, R]
- Type 1 and 2 diabetes [R, R]
- Pregnancy and gestational diabetes [R, R]
- Fatty liver and other liver disease [R, R, R]
- Kidney disease [R]
- Overactive thyroid (hyperthyroidism) [R]
- Stress due to illness
- Injury, or surgery [R, R, R]
- Endocrine disorders, such as Cushing's syndrome (too much cortisol)
- pheochromocytoma (benign tumors of the adrenal gland), acromegaly (excess growth hormone) [R, R, R, R],
- Pancreatic inflammation (pancreatitis) or cancer [R]

The following factors can also increase blood sugar levels:

- Overeating [R]
- Acute and chronic stress [R, R, R]
- Poor sleep quality or not enough sleep [R, R, R]
- Smoking, but possibly also quitting smoking [R, R, R]
- Air pollution [R]
- Chronic exposure to toxins such as polychlorinated biphenyls (PCB) and organochlorine pesticides (OCP) [R]

High blood sugar increases inflammation, the accumulation of fat, and can damage the kidneys and other organs. Poor blood sugar control puts a lot of stress on the body, and has even been linked to dementia, Alzheimer's disease, and cancer [R].

Having a high fasting glucose level/prediabetes is associated with an increased risk of high blood pressure, heart disease, diabetes, and overall less than optimal health [R, R, R, R, R, R, R, R, R].

Prediabetes usually doesn't have any symptoms. But as blood sugar levels keep increasing, you may experience:

- Feeling very thirsty [R]
- Urinating often [R]

- Fatigue [\[R\]](#), Blurred vision [\[R\]](#)
- Slow-healing wounds and infections [\[R\]](#)

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high glucose levels and to treat any underlying conditions. The additional lifestyle changes listed below are other things you may want to discuss with your doctor.

None of these strategies should ever be done in place of what your doctor recommends or prescribes!

Lose some weight if overweight.

This will improve the ability of your body to use and respond to glucose more efficiently and reduce your risk of diabetes. Being obese is the number one risk factor for developing diabetes [\[R,R,R\]](#)!

Losing even a small amount of your body weight can be very beneficial.

Improve your diet. A healthy diet will help control your blood sugar levels:

- Include more vegetables, fruits, nuts, whole grains, fish, and olive oil [\[R,R,R\]](#)
- Avoid include red and processed meat, refined carbs and sweets, sugar-sweetened beverages, high-fat foods, and overeating in general [\[R,R\]](#)

Eat regularly, and especially take care not to skip breakfast. Starting your day without breakfast can lead to increased blood glucose [\[R\]](#). On the other hand, you may want to refrain from nighttime snacks. A study shows that these are associated with obesity and higher blood sugar levels [\[R\]](#).

Physical activity is a great way to manage your blood glucose levels. Muscle activity burns glucose for energy and makes cells more sensitive to insulin. Find something fun that you will enjoy doing regularly (over 3 times a week for over 30 minutes) [\[R,R,R,R,R\]](#). Drink plenty of water [\[R,R\]](#). It's especially beneficial if you replace sugary drinks with water.

Get adequate rest. Sleep deprivation and poor sleep quality decrease the ability of cells to react to insulin, and over time causes increases in blood sugar levels [\[R,R\]](#).

Manage stress. Stress can increase blood sugar levels, by increasing hormones such as cortisol and inflammatory molecules in your body [\[R,R,R,R\]](#). Studies show that moderate alcohol consumption (1 drink per day) can lower blood glucose levels and prevent diabetes and heart disease [\[R,R,R,R\]](#).

However, heavier consumption has a negative effect, and increases the risk of type 2 diabetes.

Discuss your alcohol intake with your doctor. Talk to your doctor about the following foods and supplements.

Initial studies suggest they may help decrease blood sugar levels or may be otherwise beneficial in prediabetes:

- Aloe [\[R,R,R,R\]](#), Alpha-lipoic acid [\[R,R\]](#), Berberine [\[R,R,R,R\]](#), Caffeine/Coffee [\[R,R,R,R,R\]](#), Chromium [\[R,R\]](#), Cinnamon [\[R,R\]](#), Fenugreek [\[R,R,R\]](#), Fiber, such as glucomannan or beta-glucans [\[R,R,R,R,R,R,R,R\]](#), Flaxseed [\[R,R,R,R\]](#), Garlic [\[R,R\]](#), Green tea [\[R,R,R\]](#), Magnesium [\[R,R\]](#), Milk thistle [\[R,R\]](#).

Look out for deficiencies in the following nutrients and work with your doctor on correcting them if present:

- Zinc [\[R,R,R,R,R\]](#),
- Vitamin D [\[R,R\]](#)

Remember, always speak to your doctor before taking any supplements, because they may interfere with your health condition or your treatment/medications!

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

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Health
Summary

Clinical
Data

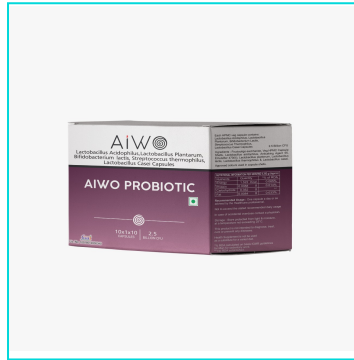
Doctor
Summary

Clinical
Disorders

Important
Parameters

Recommended
Supplements

Recommended Supplement



Name	Dosage
Probiotic	2.5 BILLION CFU - Probiotic

Recommended Usage

Post Breakfast 1

Benefits

Gut Health

Prebiotik-D Oligofructose with Inulin fibres can relieve the body from bowel discomforts.

Research

[View all Research](#)

Inulin, Oligofructose and Intestinal Function [\[R\]](#)



Name	Dosage
HealthyVit D3	60000IU - Vitamin D

Recommended Usage

Post Breakfast 1

Benefits

Vitamin D3 Deficiency

Vitamin D3 helps to manage Deficiency

Research

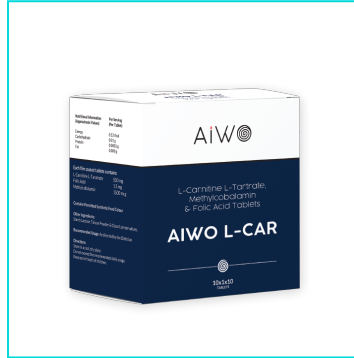
[View all Research](#)

Vitamin D: The "sunshine" vitamin [\[R\]](#)

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



Recommended Supplement



Name	Dosage
L CAR	500 mg - L- Carnitine L-Tartrate 1.5 mg - Folic Acid 1500 mcg - Methylcobalamin

Recommended Usage

Post Breakfast [1](#)

Benefits

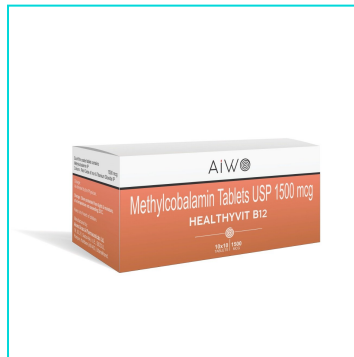
Hemoglobin

L carnitine helps support MCHC & MCV

Research

[View all Research](#)

The effects of L-carnitine on some hematological parameters in rats fed a cholesterol-rich diet [\[R\]](#)



Name	Dosage
HealthyVitB12	1500 mcg - Methylcobalamin IP

Recommended Usage

Post Breakfast [1](#)

Benefits

Blood health

Vitamin B12 plays an essential role in the production of our red blood cells and helps support MCHC & MCV

Research

[View all Research](#)

Vitamin B12 and Cognitive Function [\[R\]](#)

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022



LISTEN TO YOUR BREATH



Breathing Kit

AiWO Breathe easy is a breathing exercise kit, a CALIBRATED MEDICAL BREATHING DEVICE designed based on the Russian Breathing Technique for respiratory exercises as well as for inhaling essential oils or herbal decoctions. Oxygen is crucial, and it gives our cells the ability to break down food to get the energy we need to survive, calms our nerves, helps the heart to pump, cleanses the body of toxins, fights infection and boosts immunity. Breathing exercise with the AiWO Breathe Easy is the fastest and easiest method to increase body oxygenation. This medical device is used for the prevention of various diseases in adults as well as for children. (as young as 5.)

Recommended Usage

60 counts per day

Benefits

Respiratory Health

Breathing kit improves breathing capacity in Asthma, Wheezing and Controls Snoring.

Heart Health

Breathing exercise kit regulates Blood Pressure and it can improve your overall heart health.

Immune health

Breathing exercise kit improves Immunity and regenerate new cells in order to fight infection.

Brain Health

Breathing exercise kit improves Brain Focus and Meditation Enhancement.

Research

Respiratory Health

EFFECTS OF SLOW DEEP BREATHING ON SHORT-TERM CHANGES IN BLOOD PRESSURE, HEART RATE AND O2 SATURATION AT ALTITUDE DATA FROM AN EXPERIMENTAL SESSION AT THE ESH SUMMER SCHOOL 2018

https://journals.lww.com/jhypertension/Abstract/2019/07001/EFFECTS_OF_SLOW_DEEP_BREATHING_ON_SHORT_TERM.240.aspx

Heart Health

DEVICE-GUIDED SLOW BREATHING EFFECTS ON END TIDAL CO2 AND HEART RATE VARIABILITY <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4054864/>

Immune health

Revolutionary breathing device offers likely solution to COVID-19 pandemic <https://www.ptcommunity.com/wire/revolutionary-breathing-device-offers-likely-solution-covid-19-pandemic>

Brain Health

Oral appliance having hollow body <https://patents.google.com/patent/US5950624A/en>

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

Health Advisory

SUGGESTED NUTRITION

SUGGESTED NUTRITION

Do's

- Do eat leafy greens such as Spinach, Drumstick leaves, Coriander leaves, Curry leaves, Fenugreek leaves, Mint, Amaranth leaves, Agathi leaves.
- Vegetables to be included such as Broccoli, Cauliflower, Egg Plant, Cucumber, Green Beans, Red Peppers, Radish, Snow Peas, Turnip, Pumpkin & Onions, Drumstick, Okra (ladies finger), Plantain, Yam, Cluster beans, Ridge gourd, Amla, Tomato, Snake gourd, bottle gourd, cabbage, Brussels sprouts, Asparagus, Zucchini, Bell Peppers, Mushrooms.
- It is recommended to always have a high protein breakfast between 5 am to 10 am
- Use only Butter, Olive oil, Ghee, Coconut oil for cooking
- Take fruits such as Avocado, Olives, Blueberries Strawberries Blackberries, and Raspberries.
- Do increase your intake of Nuts and seeds such as Walnuts, Pecans, Almonds, Macadamia nuts, Flaxseeds, Chia seeds, Coconut, Pumpkin, and Sunflower Seeds.
- Fats and oils to be included such as Extra Virgin Olive oil, Virgin Coconut oil, MCT oil, Avocado oil, Butter, Ghee, Coconut Cream, Coconut Milk, Almond milk, Macadamia nut oil.
- Dairy Food to be included such as Hard Cheese, Paneer, Cottage cheese, Greek yoghurt, Heavy Cream.
- Flour and Powder to be included such as Almond flour, Coconut flour, Hazelnut flour, Protein powder (Pea or Whey) - Sugar-free, Cocoa powder (Sugar-free)
- Others Spices (Dried or fresh), Herbs (Dried or fresh), Psyllium husk, Saffron, Quinoa (Red & White).

Don'ts

- Don't buy grain-based items (Rice, Roti, Ragi, Pasta, Bread)
- Don't eat fruits that are high in fructose
- Don't eat processed food
- Don't eat high-calorie, high-sugar Beverages
- Don't eat natural sugars
- Don't eat bad fats (Corn oil, Vegetable oil, soya bean oil)

SUGGESTED LIFESTYLE

SUGGESTED LIFESTYLE

Do's

- Follow intermittent fasting.
- Do Sauna for 20 minutes followed by a cooling period to flush the toxins from the body.
- Lose weight gradually and stay active.
- Maintain ideal weight.
- Have regular exposure to sunlight.
- Sleep for 8 hours.
- Keeping ice to the feet 3 minutes for a week increases Energy to 3x times.

Don'ts

- Avoid late night heavy meals.
- Avoid overworking or being stressed for long time
- Avoid smoking and alcohol
- Limit dining out
- Avoid overexertion without having food or drink
- Avoid long periods of inactivity
- Avoid strenuous exercises

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Male	52 Yrs	181	24/07/2022

Suggestions for Health & Well-being

PHYSICAL
ACTIVITY

PHYSICAL ACTIVITY

Physical activities can vary from Regular walks (Brisk or normal), Jogging, Sports, Stretching, Yoga etc. Do Endurance (Aerobic) exercise. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week. Do breathing Exercises using AiWO Breathing Kit.

BALANCED
Diet

BALANCED DIET

It is recommended to always have a high protein breakfast between 5 am to 10 am, and a light dinner. Avoid items such as processed foods, and high calorie/sugar products. To get the nutrition you need, most of your daily calories should come from included vegetables, recommended fruits, nuts and seeds and healthy fats. Drink plenty of water.

STRESS
MANAGEMENT

STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (7-9 hours), indulging yourself in meditation, a positive attitude towards lifestyle, using humor, travelling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.

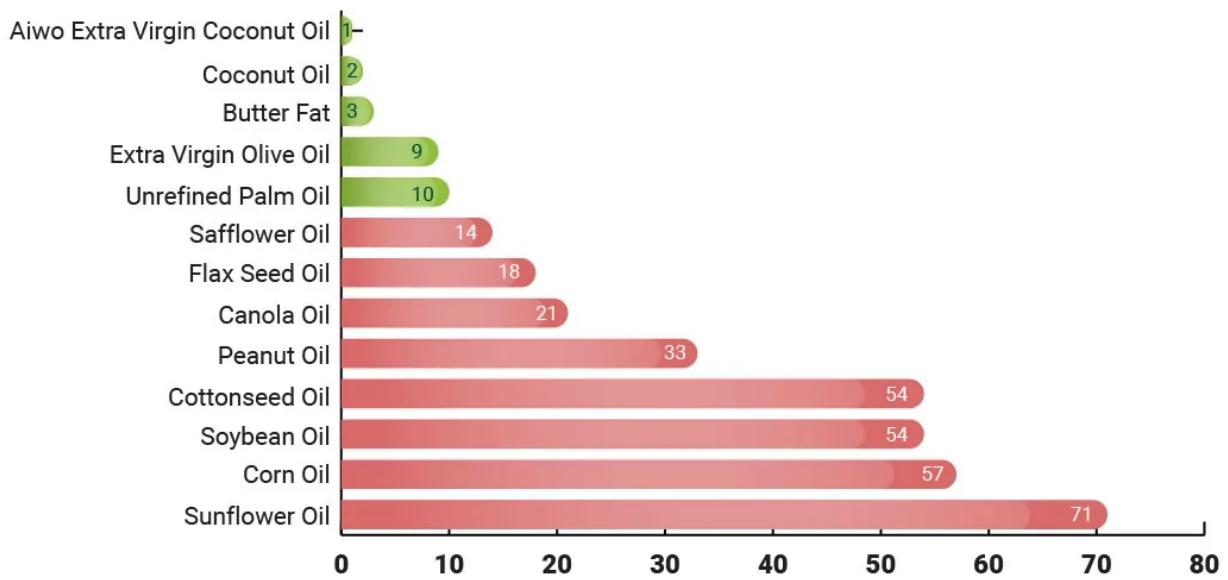
SUGGESTED
**FUTURE TESTS -
AiWO 181**

- ANTI HEPATITIS A VIRUS (HAV) - TOTAL
- VITAMIN D2
- HbA1c
- Lipoprotein (a) [Lp(a)]
- AVERAGE BLOOD GLUCOSE (ABG)
- URINARY GLUCOSE

Blood testing is an essential one to track your above mentioned critical paramaters for overall health and well-being. These consideration assist in the early identification of an illness, which in turn, can avoid its progression into more servere stages.

Healthy Oils For Better Health

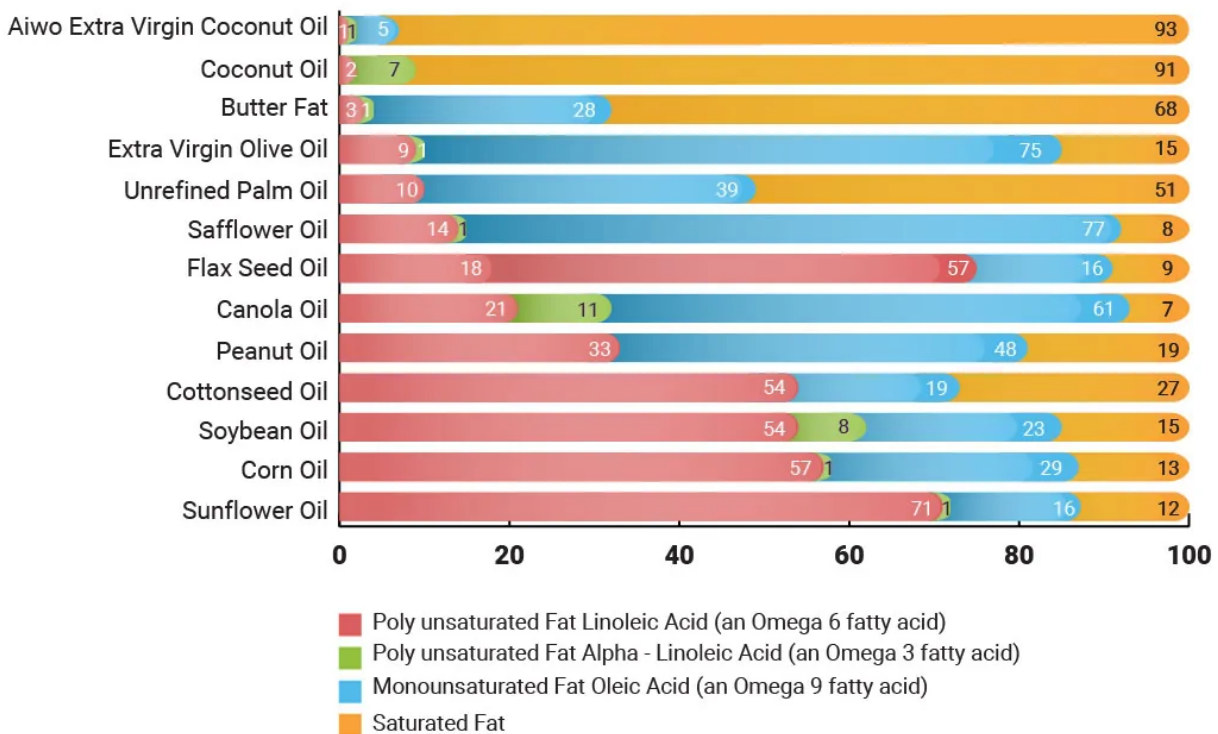
The Following Chart Consist Of Common Fats And Oils:



ADVICE:

- Use only Butter, Ghee, Coconut oil for cooking and Extra Virgin Olive oil for salads.
- Avoid oils and fats that have a high proportion of Omega - 6.
- Do not Consume Seed Oil.

Fatty Acid Content Normalized to 100%



AIWO

Registered Office: 155/85 Santhome High Road, MRC Nagar, Chennai-600028, India
Contact: 1800-572-2496 | info@aiwo.com

To schedule a consultation with a physician, please email: info@aiwo.com with report ID:
(SP71334262)

CHENNAI

AIWO WELLNESS CENTRE

No 78, Giri Rd, Satyamurthy Nagar,
T. Nagar, Chennai, Tamil Nadu 600017
☎ +91 9888692222
✉ chennaiaiwotn@gmail.com



TRICHY

AIWO WELLNESS CENTRE

C-83, First Floor, Sona Towers,
Thillainagar N.E.E, Fort Station Rd E, Tiruchirappalli, 620018
☎ +91 9537195371
✉ aiwoTrichy@gmail.com



MADURAI

AIWO WELLNESS CENTRE

Claret plaza, 2, Melakkal road, Nataraja Nagar,
Madurai - 625 016
☎ +91 9894010801
✉ aiwohmdu@gmail.com



PALAYAMKOTTAI

AIWO WELLNESS CENTRE

City Garden Complex
Door Nos. 11K/9-2 (1st floor), 11K/9-3 (2nd floor),
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