

AIWO

SMART REPORT Sample Report

Patient ID - 624195

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.

Test Date: 28/08/2022

Male
Sex

52 Yrs
Age

60kg
Weight

173cm
Height

Next Assessment Date : 26/11/2022

Consulting Physician



Dr. Radhakrishnan Kothandaraman

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

| | | | | | |
|----------------|---------------|----------------|--------------------|----------------------|-------------------------|
| Health Summary | Clinical Data | Doctor Summary | Clinical Disorders | Important Parameters | Recommended Supplements |
|----------------|---------------|----------------|--------------------|----------------------|-------------------------|

YOUR HEALTH SUMMARY

AIWO SCORECARD

| | |
|----------------|-----------------|
| HbA1c 8 | HS-CRP 3.2 |
| TG/HDL 3.71 | HOMA-IR 4.62 |

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

FATTY LIVER SCORE CARD

| | |
|--|-------|
| NAFLD SCORE | -1.37 |
| Correlated Fibrosis Severity: Intermediate score | |

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

| 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

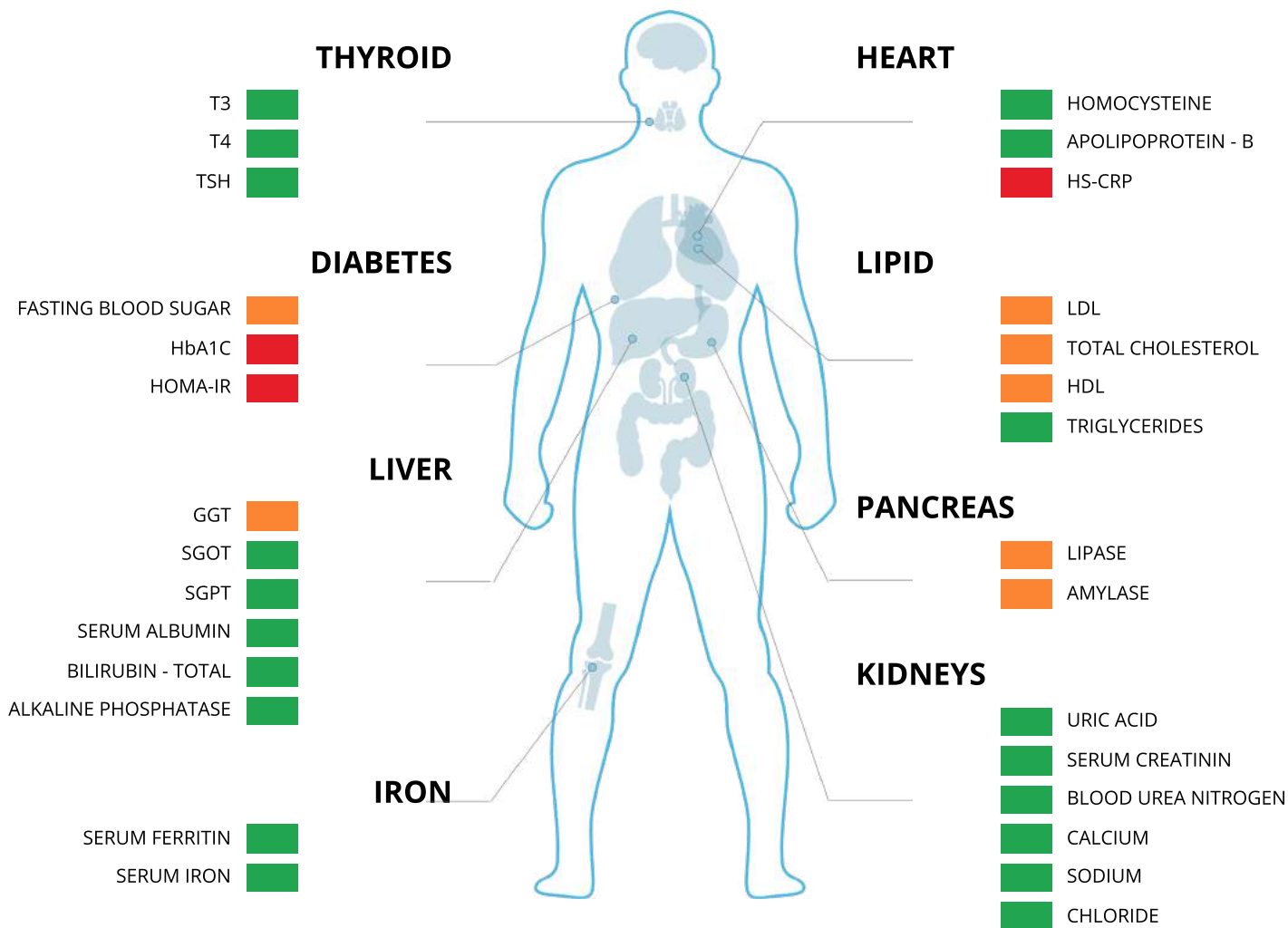
Sample Report

Male

52 Yrs

78

28/08/2022



Name **Gender** **Age** **Biomarkers** **Report Released On**

Sample Report Male 52 Yrs 78 28/08/2022



YOUR CLINICAL DATA

Hematology

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|--------------------|--------|-----------------------|-----------------|-------|
| Abs. Basophil | 0.04 | X 10 ³ /μL | 0 - 0.20 | █ |
| Abs. Eosinophil | 0.25 | X 10 ³ /μL | 0 - 0.50 | █ |
| Abs. Lymphocyte | 3.12 | X 10 ³ /μL | 0.85 - 3.90 | █ |
| Abs. Monocyte | 0.49 | X 10 ³ /μL | 0.20 - 0.95 | █ |
| Abs. Neutrophil | 5.43 | X 10 ³ /μL | 1.50 - 7.80 | █ |
| Basophils | 0.4 | % | 0 - 2.00 | █ |
| Eosinophils | 2.7 | % | 0 - 8.00 | █ |
| Hemoglobin | 13.6 | g/dL | 13.20 - 17.10 | █ |
| IMM. Granulocyte | 0.02 | X 10 ³ /μL | 0 - 0.10 | █ |
| IMM. Granulocyte % | 0.2 | % | 0 - 1.00 | █ |
| Leucocytes - Total | 9.35 | X 10 ³ /μL | 3.80 - 10.50 | █ |
| Lymphocyte % | 33.4 | % | 15.00 - 49.00 | █ |
| MCH | 29.3 | pq | 27.00 - 33.00 | █ |
| MCHC | 31 | g/dL | 32.00 - 36.00 | █ |
| MCV | 94.6 | fL | 80.00 - 100.00 | █ |
| Monocytes | 5.2 | % | 1.00 - 10.00 | █ |
| MPV | 10.9 | fL | 7.00 - 12.00 | █ |
| Seg. Neutrophils | 58.1 | % | 38.00 - 80.00 | █ |
| Nucleated RBC | 0.01 | X 10 ³ /μL | 0 - 0.01 | █ |
| Nucleated RBC % | 0.01 | % | 0 - 0.01 | █ |
| PCT | 0.25 | % | 0.20 - 0.40 | █ |
| PCV | 43.9 | % | 38.50 - 50.00 | █ |
| PDW | 13.3 | fL | 9.60 - 15.20 | █ |
| PLCR | 32.4 | % | 19.70 - 42.40 | █ |
| Platelet Count | 229 | X 10 ³ /μL | 140.00 - 400.00 | █ |
| RBC Count | 4.64 | X 10 ⁶ /μL | 4.20 - 5.80 | █ |
| RCDW-CV | 13.7 | % | 11.00 - 15.00 | █ |
| RCDW-SD | 47.2 | fL | 39.00 - 46.00 | █ |

Glucose

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|---------------------|--------|--------|-----------------|-------|
| HbA1C | 8 | % | 4.00 - 5.70 | █ |
| Avg. Blood Glucose | 183 | mg/dL | 68.00 - 114.00 | █ |
| Fasting Blood Sugar | 120 | mg/dL | 65.00 - 100.00 | █ |
| Fructosamine | 280.3 | μmol/L | 205.00 - 285.00 | █ |
| Blood Ketone | 0.3 | mg/dL | 0 - 2.90 | █ |
| Insulin | 15.6 | μU/ml | 0 - 19.60 | █ |

Liver Function

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|----------------------|--------|-------|----------------|-------|
| GGT | 20.4 | U/L | 0 - 15.00 | █ |
| Alkaline Phosphatase | 74.5 | U/L | 36.00 - 130.00 | █ |
| Bilirubin Total | 0.73 | mg/dL | 0.20 - 1.20 | █ |
| Bilirubin Direct | 0.23 | mg/dL | 0 - 0.20 | █ |
| Bilirubin Indirect | 0.5 | mg/dL | 0.20 - 1.20 | █ |
| Total Protein | 7.22 | gm/dL | 6.10 - 8.10 | █ |
| Serum Albumin | 4.09 | gm/dL | 3.60 - 5.10 | █ |
| Serum Globulin | 3.13 | gm/dL | 1.90 - 3.70 | █ |
| SGOT | 25.8 | U/L | 10.00 - 40.00 | █ |
| SGPT | 24.5 | U/L | 9.00 - 46.00 | █ |
| A:G Ratio | 1.31 | ratio | 1.00 - 2.50 | █ |

Cholesterol

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|-------------------|--------|-------|---------------|-------|
| LDL | 154 | mg/dL | 0 - 130.00 | █ |
| Total Cholesterol | 216 | mg/dL | 0 - 200.00 | █ |
| HDL | 38 | mg/dL | 40.00 - 90.00 | █ |
| Non-HDL | 178 | mg/dL | 0 - 130.00 | █ |
| Triglycerides | 141 | mg/dL | 0 - 200.00 | █ |
| VLDL | 28.16 | mg/dL | 0 - 30.00 | █ |
| LDL/HDL Ratio | 4.1 | ratio | 1.00 - 4.90 | █ |
| Tot. Choles/HDL | 5.7 | ratio | 0 - 5.00 | █ |

Name **Gender** **Age** **Biomarkers** **Report Released On**

Sample Report Male 52 Yrs 78 28/08/2022



YOUR CLINICAL DATA

Markers for Cardiac Risk Assessment

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|--------------------|--------|--------|-----------------|---------------------------------------|
| Lipoprotein(a) | 7.1 | mg/dL | 0 - 30.00 | ■ |
| Apolipo A1 | 111 | mg/dL | 115.00 - 178.00 | ■ |
| Apolipoprotein-B | 110 | mg/dL | 0 - 120.00 | ■ |
| HS-CRP | 3.2 | mg/L | 0 - 1.00 | ■ |
| Apo B/Apo A1 Ratio | 1 | ratio | 0 - 0.95 | ■ |
| Homocysteine | 11.8 | µmol/L | 0 - 15.00 | ■ |

Iron

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|-------------------|--------|-------|-----------------|--------------------------------------|
| TIBC | 302.0 | ug/dl | 250.00 - 425.00 | ■ |
| Serum Iron | 77.1 | µg/dL | 50.00 - 180.00 | ■ |
| % Transferrin sat | 25.53 | % | 20.00 - 48.00 | ■ |
| Serum Ferritin | 49 | ng/mL | 38.00 - 380.00 | ■ |

Thyroid Profile

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|-----------|--------|--------|----------------|--------------------------------------|
| T3 | 96 | ng/dL | 76.00 - 181.00 | ■ |
| T4 | 10.1 | µg/dL | 4.90 - 10.50 | ■ |
| TSH | 2.92 | µIU/mL | 0.40 - 4.50 | ■ |

Pancreas

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|---------------|--------|------|----------------|---------------------------------------|
| Serum Amylase | 121 | U/L | 21.00 - 101.00 | ■ |
| Serum Lipase | 80.8 | U/L | 7.00 - 60.00 | ■ |

Vitamins

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|-----------------|--------|-------|------------------|---------------------------------------|
| Vitamin D Total | 23.53 | ng/mL | 20.00 - 100.00 | ■ |
| Vitamin B12 | 2000 | pg/mL | 200.00 - 1100.00 | ■ |

Kidney Profile

| TEST NAME | RESULT | UNIT | RANGE | LEVEL |
|---------------------|--------|----------------|-----------------|--------------------------------------|
| Calcium | 9 | mg/dL | 8.60 - 10.40 | ■ |
| Uric Acid | 6.83 | mg/dL | 4.00 - 8.00 | ■ |
| Sodium | 138.6 | mmol/L | 135.00 - 146.00 | ■ |
| Chloride | 103 | mmol/L | 98.00 - 110.00 | ■ |
| Blood Urea Nitrogen | 15.01 | mg/dL | 7.00 - 25.00 | ■ |
| Serum Creatinine | 1.12 | mg/dL | 0.60 - 1.20 | ■ |
| BUN/ Crea. Ratio | 13.4 | ratio | 6.00 - 22.00 | ■ |
| eGFR | 66 | mL/min/1.73 m2 | 90.00 - 270.00 | ■ |

| | | | | |
|---------------|---------------|------------|-------------------|---------------------------|
| Name | Gender | Age | Biomarkers | Report Released On |
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



DOCTORS SUMMARY

Abnormal Profiles

| Profile | Current Value (28/08/2022) | Past Value (28/08/2022) | Trend - up/down arrow | Range |
|--|----------------------------|-------------------------|-----------------------|----------------|
| CARDIAC RISK MARKERS | | | | |
| HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP) | 3.2 | 0.9 | ↑ | 0 - 1.00 |
| KIDNEY PROFILE | | | | |
| EST. GLOMERULAR FILTRATION RATE (eGFR) | 66 | 98 | ↓ | 90.00 - 270.00 |
| DIABETES PROFILE | | | | |
| HbA1c | 8 | 7 | ↑ | 4.00 - 5.70 |
| AVERAGE BLOOD GLUCOSE (ABG) | 183 | 154 | ↑ | 68.00 - 114.00 |

Borderline Profiles

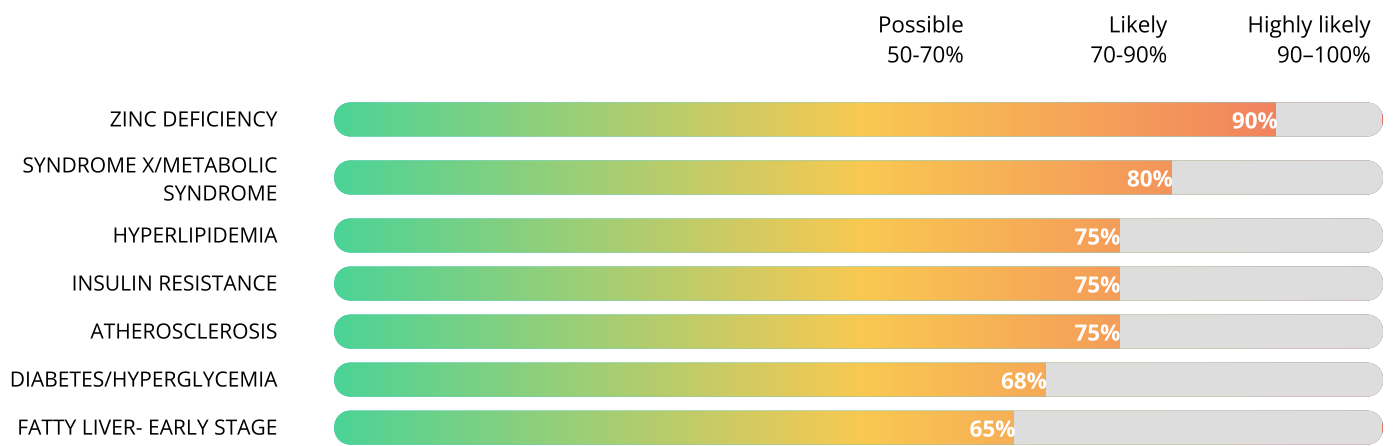
| Profile | Current Value (28/08/2022) | Past Value (28/08/2022) | Trend - up/down arrow | Range |
|--|----------------------------|-------------------------|-----------------------|------------------|
| CARDIAC RISK MARKERS | | | | |
| APOLIPOPROTEIN - A1 (APO-A1) | 111 | 101 | ↑ | 115.00 - 178.00 |
| APO B / APO A1 RATIO (APO B/A1) | 1 | 0.5 | ↑ | 0 - 0.95 |
| VITAMINS B COMPLEX | | | | |
| VITAMIN B-12 | 2000 | 1259 | ↑ | 200.00 - 1100.00 |
| PANCREAS PROFILE | | | | |
| AMYLASE | 121 | 94.4 | ↑ | 21.00 - 101.00 |
| LIPASE | 80.8 | 44.4 | ↑ | 7.00 - 60.00 |
| LIPID PROFILE | | | | |
| LDL CHOLESTEROL - DIRECT | 154 | 34 | ↑ | 0 - 130.00 |
| TOTAL CHOLESTEROL | 216 | 81 | ↑ | 0 - 200.00 |
| HDL CHOLESTEROL - DIRECT | 38 | 31 | ↑ | 40.00 - 90.00 |
| NON-HDL CHOLESTEROL | 178 | 50.2 | ↑ | 0 - 130.00 |
| TC/ HDL CHOLESTEROL RATIO | 5.7 | 2.6 | ↑ | 0 - 5.00 |
| LIVER PROFILE | | | | |
| GAMMA GLUTAMYL TRANSFERASE (GGT) | 20.4 | 22.2 | ↓ | 0 - 15.00 |
| BILIRUBIN -DIRECT | 0.23 | 0.14 | ↑ | 0 - 0.20 |
| COMPLETE HEMOGRAM | | | | |
| MEAN CORP.HEMO.CONC(MCHC) | 31 | 28.1 | ↑ | 32.00 - 36.00 |
| RED CELL DISTRIBUTION WIDTH - SD(RDW-SD) | 47.2 | 53 | ↓ | 39.00 - 46.00 |
| DIABETES PROFILE | | | | |
| FASTING BLOOD SUGAR | 120 | 116 | ↑ | 65.00 - 100.00 |

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

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



| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

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Health
Summary

Clinical
Data

Doctor
Summary

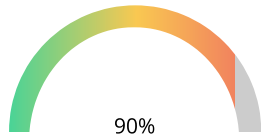
Clinical
Disorders

Important
Parameters

Recommended
Supplements

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.



ZINC DEFICIENCY

Major component of over 70 metalloenzyme complexes e.g. Carbonic anhydrase and alkaline phosphatase Zinc is part of more enzyme systems than the rest of all the trace minerals combined Basal metabolic rate- zinc deficiency has been associated with a decreased BMR Zinc is essential for the production of stomach acid.

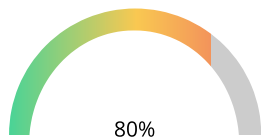
Rationale

ALKALINE PHOSPHATASE ↑

Biomarkers considered

ALKALINE PHOSPHATASE

Patient result not available:



SYNDROME X/METABOLIC SYNDROME

Metabolic syndrome includes high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. The syndrome increases a person's risk of heart attack and stroke. Aside from a large waist circumference, most of the disorders associated with metabolic syndrome have no symptoms. Weight loss, exercise, a healthy diet and smoking cessation can help.

Rationale

FASTING BLOOD SUGAR ↑

TRIGLYCERIDES ↑

TOTAL CHOLESTEROL ↑

LDL CHOLESTEROL - DIRECT ↑

HbA1c ↑

HDL CHOLESTEROL - DIRECT ↓

Biomarkers considered

FASTING BLOOD SUGAR

TRIGLYCERIDES

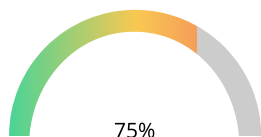
TOTAL CHOLESTEROL

LDL CHOLESTEROL - DIRECT

HbA1c

HDL CHOLESTEROL - DIRECT

Patient result not available:



HYPERLIPIDEMIA

Hyperlipidemia is a medical term for abnormally high levels of fats (lipids) in the blood. The two major types of lipids found in the blood are triglycerides and cholesterol.

Rationale

TRIGLYCERIDES ↑

TOTAL CHOLESTEROL ↑

LDL CHOLESTEROL - DIRECT ↑

HDL CHOLESTEROL - DIRECT ↓

Biomarkers considered

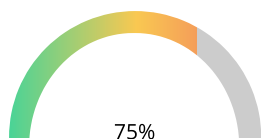
TRIGLYCERIDES

TOTAL CHOLESTEROL

LDL CHOLESTEROL - DIRECT

HDL CHOLESTEROL - DIRECT

Patient result not available:



INSULIN RESISTANCE

Insulin resistance occurs when excess glucose in the blood reduces the ability of the cells to absorb and use blood sugar for energy. This increases the risk of developing prediabetes, and eventually, type 2 diabetes.

Rationale

FASTING BLOOD SUGAR ↑

HbA1c ↑

TRIGLYCERIDES ↑

TOTAL CHOLESTEROL ↑

Biomarkers considered

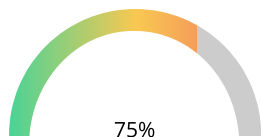
FASTING BLOOD SUGAR

HbA1c

TRIGLYCERIDES

TOTAL CHOLESTEROL

Patient result not available:



ATHEROSCLEROSIS

Atherosclerosis is a process in which blood, fats such as cholesterol and other substances build up on your artery walls. Eventually, deposits called plaques may form. The deposits may narrow or block your arteries. These plaques can also rupture, causing a blood clot.

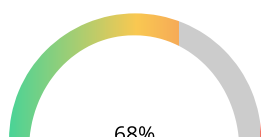
Rationale

TRIGLYCERIDES ↑
 TOTAL CHOLESTEROL ↑
 LDL CHOLESTEROL - DIRECT ↑
 URIC ACID ↑
 HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP) ↑
 HDL CHOLESTEROL - DIRECT ↓

Biomarkers considered

TRIGLYCERIDES
 TOTAL CHOLESTEROL
 LDL CHOLESTEROL - DIRECT
 URIC ACID
 PLATELET COUNT
 HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)
 HDL CHOLESTEROL - DIRECT

Patient result not available:



DIABETES/HYPERGLYCEMIA

Dysglycemia is an imbalance in the ability of the body to regulate blood glucose levels causing unhealthy blood glucose levels that can lead to Diabetes, Metabolic Syndrome, Obesity, Insulin Resistance and Hyperinsulinemia. One of the first things we see with dysglycemia is an emerging insulin insensitivity. Prolonged exposure to high levels of dietary carbohydrates and sugars cause the levels of glucose in the blood to remain high, which, over time causes the receptors on the cells that move glucose from the blood to the cell to become resistant to the actions of insulin. The body needs more and more insulin to get glucose into the cell causing hyperinsulinemia.

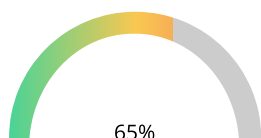
Rationale

AVERAGE BLOOD GLUCOSE (ABG) ↑
 HbA1c ↑
 TOTAL CHOLESTEROL ↑
 TRIGLYCERIDES ↑
 CREATININE - SERUM ↑
 HDL CHOLESTEROL - DIRECT ↓

Biomarkers considered

AVERAGE BLOOD GLUCOSE (ABG)
 HbA1c
 TOTAL CHOLESTEROL
 TRIGLYCERIDES
 BLOOD UREA NITROGEN (BUN)
 CREATININE - SERUM
 HDL CHOLESTEROL - DIRECT

Patient result not available:



FATTY LIVER- EARLY STAGE

A high Liver Function score may indicate the need for further assessment of liver function. Factors affecting liver function include steatosis (the accumulation of fat within the liver), Hepatitis (inflammation of the hepatic cells from infections, toxins, etc.) liver cell damage from cirrhosis, infection, alcohol, chemical damage and hepatic necrosis or a decrease in either phase 1 or phase 2 liver detoxification pathways.

Rationale

AVERAGE BLOOD GLUCOSE (ABG) ↑
 TRIGLYCERIDES ↑
 TOTAL CHOLESTEROL ↑
 LDL CHOLESTEROL - DIRECT ↑
 HDL CHOLESTEROL - DIRECT ↓

Biomarkers considered

AVERAGE BLOOD GLUCOSE (ABG)
 TRIGLYCERIDES
 TOTAL CHOLESTEROL
 LDL CHOLESTEROL - DIRECT
 HDL CHOLESTEROL - DIRECT
 ALANINE TRANSAMINASE (SGPT)

Patient result not available:

Name

Gender

Age

Biomarkers

Report Released On

Sample Report

Male

52 Yrs

78

28/08/2022

Health Summary

Clinical Data

Doctor Summary

Clinical Disorders

Important Parameters

Recommended Supplements

YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE

IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

NORMAL BORDER LINE ABNORMAL UNTESTED



HEMATOLOGY

Eosinophils

VALUE 2.7

RANGE 0 - 8.00

Hemoglobin

VALUE 13.6

RANGE 13.20 - 17.10

Total Leucocytes

VALUE 9.35

RANGE 3.80 - 10.50

Platelet Count

VALUE 229

RANGE 140.00 - 400.00

RBC

VALUE 4.64

RANGE 4.20 - 5.80



GLUCOSE

HbA1C

VALUE 8

RANGE 4.00 - 5.70

Fasting Blood Sugar

VALUE 120

RANGE 65.00 - 100.00

HOMA-IR

VALUE 4.62

RANGE 0.5 - 1.49



LIVER FUNCTION

GGT

VALUE 20.4

RANGE 0 - 15.00

Alkaline Phosphatase

VALUE 74.5

RANGE 36.00 - 130.00

Total Bilirubin

VALUE 0.73

RANGE 0.20 - 1.20

Serum Albumin

VALUE 4.09

RANGE 3.60 - 5.10

SGOT

VALUE 25.8

RANGE 10.00 - 40.00

SGPT

VALUE 24.5

RANGE 9.00 - 46.00



CHOLESTEROL

LDL

VALUE 154

RANGE 0 - 130.00

Total Cholesterol

VALUE 216

RANGE 0 - 200.00

HDL

VALUE 38

RANGE 40.00 - 90.00

Triglycerides

VALUE 141

RANGE 0 - 200.00



MARKERS FOR CARDIAC RISK ASSESSMENT

Apolipoprotein-B

VALUE 110

RANGE 0 - 120.00

HS-CRP

VALUE 3.2

RANGE 0 - 1.00

Homocysteine

VALUE 11.8

RANGE 0 - 15.00

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

■ NORMAL
 ■ BORDER LINE
 ■ ABNORMAL
 ■ UNTESTED



KIDNEY FUNCTION

Calcium

VALUE **9**

RANGE
8.60 - 10.40

Uric Acid

VALUE **6.83**

RANGE
4.00 - 8.00

Blood Urea Nitrogen

VALUE **15.01**

RANGE
7.00 - 25.00

Serum Creatinine

VALUE **1.12**

RANGE
0.60 - 1.20

Sodium

VALUE **138.6**

RANGE
135.00 - 146.00

Chloride

VALUE **103**

RANGE
98.00 - 110.00



IRON

Serum Iron

VALUE **77.1**

RANGE
50.00 - 180.00

Serum Ferritin

VALUE **49**

RANGE
38.00 - 380.00



THYROID

T3

VALUE **96**

RANGE
76.00 - 181.00

T4

VALUE **10.1**

RANGE
4.90 - 10.50

TSH

VALUE **2.92**

RANGE
0.40 - 4.50



PANCREAS

Serum Amylase

VALUE **121**

RANGE
21.00 - 101.00

Serum Lipase

VALUE **80.8**

RANGE
7.00 - 60.00

Name **Gender** **Age** **Biomarkers** **Report Released On**
 Sample Report Male 52 Yrs 78 28/08/2022



Data exported October 28, 2021

■ NORMAL ■ BORDER LINE ■ ABNORMAL

| Biomarkers | Reference Range | 29/08/2022 | 28/08/2022 | 25/07/2022 | 24/07/2022 |
|--|------------------|------------|------------|------------|------------|
| CARDIAC RISK MARKERS | | | | | |
| HOMOCYSTEINE | 0 - 15.00 | 11.8 ● | - | 9.4 ● | - |
| HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP) | 0 - 1.00 | 3.2 ● | - | 0.9 ● | - |
| APOLIPOPROTEIN - A1 (APO-A1) | 115.00 - 178.00 | 111 ● | - | 101 ● | - |
| APOLIPOPROTEIN - B (APO-B) | 0 - 120.00 | 110 ● | - | 55 ● | - |
| Lipoprotein (a) [Lp(a)] | 0 - 30.00 | 7.1 ● | - | 73.9 ● | - |
| APO B / APO A1 RATIO (APO B/A1) | 0 - 0.95 | 1 ● | - | 0.5 ● | - |
| FAT SOLUBLE VITAMINS | | | | | |
| VITAMIN D TOTAL | 20.00 - 100.00 | 23.53 ● | - | 46.06 ● | - |
| IRON DEFICIENCY PROFILE | | | | | |
| FERRITIN | 38.00 - 380.00 | 49 ● | - | 22.9 ● | - |
| TOTAL IRON BINDING CAPACITY (TIBC) | 250.00 - 425.00 | 302.0 ● | - | 330.8 ● | - |
| IRON | 50.00 - 180.00 | 77.1 ● | - | 48.3 ● | - |
| % TRANSFERRIN SATURATION | 20.00 - 48.00 | 25.53 ● | - | 14.6 ● | - |
| VITAMINS B COMPLEX | | | | | |
| VITAMIN B-12 | 200.00 - 1100.00 | 2000 ● | - | 1259 ● | - |
| DIABETES PROFILE | | | | | |
| INSULIN - FASTING | 0 - 19.60 | 15.6 ● | - | 6.43 ● | - |
| FRUCTOSAMINE | 205.00 - 285.00 | 280.3 ● | - | 237.2 ● | - |
| BLOOD KETONE (D3HB) | 0 - 2.90 | 0.3 ● | - | 1.87 ● | - |
| HbA1c | 4.00 - 5.70 | - | 8 ● | 7 ● | - |
| AVERAGE BLOOD GLUCOSE (ABG) | 68.00 - 114.00 | - | 183 ● | 154 ● | - |
| FASTING BLOOD SUGAR | 65.00 - 100.00 | - | 120 ● | - | 116 ● |
| PANCREAS PROFILE | | | | | |
| AMYLASE | 21.00 - 101.00 | 121 ● | - | 94.4 ● | - |
| LIPASE | 7.00 - 60.00 | 80.8 ● | - | 44.4 ● | - |
| LIPID PROFILE | | | | | |

| Biomarkers | Reference Range | 29/08/2022 | 28/08/2022 | 25/07/2022 | 24/07/2022 |
|--|-----------------|------------|------------|------------|------------|
| LDL CHOLESTEROL - DIRECT | 0 - 130.00 | 154 ● | - | 34 ● | - |
| TOTAL CHOLESTEROL | 0 - 200.00 | 216 ● | - | 81 ● | - |
| HDL CHOLESTEROL - DIRECT | 40.00 - 90.00 | 38 ● | - | 31 ● | - |
| TRIGLYCERIDES | 0 - 200.00 | 141 ● | - | 66 ● | - |
| VLDL CHOLESTEROL | 0 - 30.00 | 28.16 ● | - | 13.1 ● | - |
| LDL / HDL RATIO | 1.00 - 4.90 | 4.1 ● | - | 1.1 ● | - |
| NON-HDL CHOLESTEROL | 0 - 130.00 | 178 ● | - | 50.2 ● | - |
| TC/ HDL CHOLESTEROL RATIO | 0 - 5.00 | 5.7 ● | - | 2.6 ● | - |
| LIVER PROFILE | | | | | |
| SERUM GLOBULIN | 1.90 - 3.70 | 3.13 ● | - | 2.7 ● | - |
| GAMMA GLUTAMYL TRANSFERASE (GGT) | 0 - 15.00 | 20.4 ● | - | 22.2 ● | - |
| PROTEIN - TOTAL | 6.10 - 8.10 | 7.22 ● | - | 6.95 ● | - |
| ALBUMIN - SERUM | 3.60 - 5.10 | 4.09 ● | - | 4.25 ● | - |
| ALKALINE PHOSPHATASE | 36.00 - 130.00 | 74.5 ● | - | 69.4 ● | - |
| BILIRUBIN - TOTAL | 0.20 - 1.20 | 0.73 ● | - | 0.54 ● | - |
| BILIRUBIN -DIRECT | 0 - 0.20 | 0.23 ● | - | 0.14 ● | - |
| ASPARTATE AMINOTRANSFERASE (SGOT) | 10.00 - 40.00 | 25.8 ● | - | 20.7 ● | - |
| ALANINE TRANSAMINASE (SGPT) | 9.00 - 46.00 | 24.5 ● | - | 22.1 ● | - |
| BILIRUBIN (INDIRECT) | 0.20 - 1.20 | 0.5 ● | - | 0.4 ● | - |
| SERUM ALB/GLOBULIN RATIO | 1.00 - 2.50 | 1.31 ● | - | 1.57 ● | - |
| KIDNEY PROFILE | | | | | |
| CHLORIDE | 98.00 - 110.00 | 103 ● | - | - | - |
| SODIUM | 135.00 - 146.00 | 138.6 ● | - | - | - |
| CREATININE - SERUM | 0.60 - 1.20 | 1.12 ● | - | 0.87 ● | - |
| BLOOD UREA NITROGEN (BUN) | 7.00 - 25.00 | 15.01 ● | - | 8.31 ● | - |
| CALCIUM | 8.60 - 10.40 | 9 ● | - | 9.75 ● | - |
| URIC ACID | 4.00 - 8.00 | 6.83 ● | - | 5.05 ● | - |
| BUN / Sr.CREATININE RATIO | 6.00 - 22.00 | 13.4 ● | - | 9.55 ● | - |
| EST. GLOMERULAR FILTRATION RATE (eGFR) | 90.00 - 270.00 | 66 ● | - | 98 ● | - |
| THYROID PROFILE | | | | | |
| TOTAL TRIIODOTHYRONINE (T3) | 76.00 - 181.00 | 96 ● | - | 92 ● | - |
| TOTAL THYROXINE (T4) | 4.90 - 10.50 | 10.1 ● | - | 9.6 ● | - |
| THYROID STIMULATING HORMONE (TSH) | 0.40 - 4.50 | 2.92 ● | - | 2.53 ● | - |

| Biomarkers | Reference Range | 29/08/2022 | 28/08/2022 | 25/07/2022 | 24/07/2022 |
|--|-----------------|------------|------------|------------|------------|
| COMPLETE HEMOGRAM | | | | | |
| IMMATURE GRANULOCYTES(IG) | 0 - 0.10 | - | 0.02 ● | 0.02 ● | - |
| IMMATURE GRANULOCYTE PERCENTAGE(IG%) | 0 - 1.00 | - | 0.2 ● | 0.3 ● | - |
| TOTAL LEUCOCYTES COUNT | 3.80 - 10.50 | - | 9.35 ● | 7.78 ● | - |
| LYMPHOCYTE PERCENTAGE | 15.00 - 49.00 | - | 33.4 ● | 27.4 ● | - |
| MEAN CORPUSCULAR HEMOGLOBIN(MCH) | 27.00 - 33.00 | - | 29.3 ● | 27.7 ● | - |
| MEAN CORP.HEMO.CONC(MCHC) | 32.00 - 36.00 | - | 31 ● | 28.1 ● | - |
| MEAN CORPUSCULAR VOLUME(MCV) | 80.00 - 100.00 | - | 94.6 ● | 98.8 ● | - |
| MONOCYTES | 1.00 - 10.00 | - | 5.2 ● | 3 ● | - |
| MEAN PLATELET VOLUME(MPV) | 7.00 - 12.00 | - | 10.9 ● | 10.7 ● | - |
| NEUTROPHILS | 38.00 - 80.00 | - | 58.1 ● | 67.3 ● | - |
| NUCLEATED RED BLOOD CELLS | 0 - 0.01 | - | 0.01 ● | 0.01 ● | - |
| NUCLEATED RED BLOOD CELLS % | 0 - 0.01 | - | 0.01 ● | 0.01 ● | - |
| PLATELETCRIT(PCT) | 0.20 - 0.40 | - | 0.25 ● | 0.41 ● | - |
| HEMATOCRIT(PCV) | 38.50 - 50.00 | - | 43.9 ● | 48.1 ● | - |
| PLATELET DISTRIBUTION WIDTH(PDW) | 9.60 - 15.20 | - | 13.3 ● | 12.5 ● | - |
| PLATELET TO LARGE CELL RATIO(PLCR) | 19.70 - 42.40 | - | 32.4 ● | 30.4 ● | - |
| PLATELET COUNT | 140.00 - 400.00 | - | 229 ● | 384 ● | - |
| TOTAL RBC | 4.20 - 5.80 | - | 4.64 ● | 4.87 ● | - |
| RED CELL DISTRIBUTION WIDTH (RDW-CV) | 11.00 - 15.00 | - | 13.7 ● | 14.4 ● | - |
| RED CELL DISTRIBUTION WIDTH - SD(RDW-SD) | 39.00 - 46.00 | - | 47.2 ● | 53 ● | - |
| BASOPHILS - ABSOLUTE COUNT | 0 - 0.20 | - | 0.04 ● | 0.04 ● | - |
| EOSINOPHILS - ABSOLUTE COUNT | 0 - 0.50 | - | 0.25 ● | 0.12 ● | - |
| LYMPHOCYTES - ABSOLUTE COUNT | 0.85 - 3.90 | - | 3.12 ● | 2.13 ● | - |
| MONOCYTES - ABSOLUTE COUNT | 0.20 - 0.95 | - | 0.49 ● | 0.23 ● | - |
| NEUTROPHILS - ABSOLUTE COUNT | 1.50 - 7.80 | - | 5.43 ● | 5.24 ● | - |
| BASOPHILS | 0 - 2.00 | - | 0.4 ● | 0.5 ● | - |
| HEMATOLOGY | | | | | |
| EOSINOPHILS | 0 - 8.00 | - | 2.7 ● | 1.5 ● | - |
| HEMOGLOBIN | 13.20 - 17.10 | - | 13.6 ● | 13.5 ● | - |

Name

Gender

Age

Biomarkers

Report Released On

Sample Report

Male

52 Yrs

78

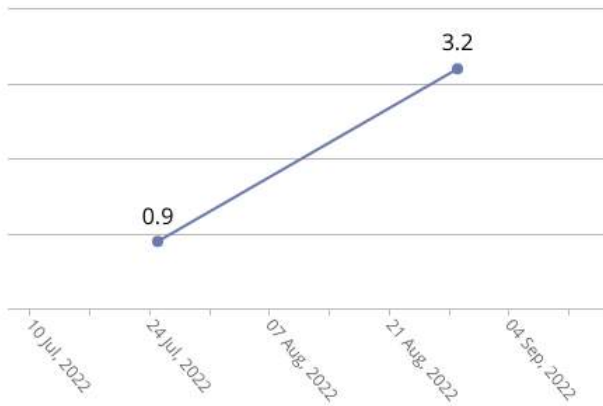
28/08/2022



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

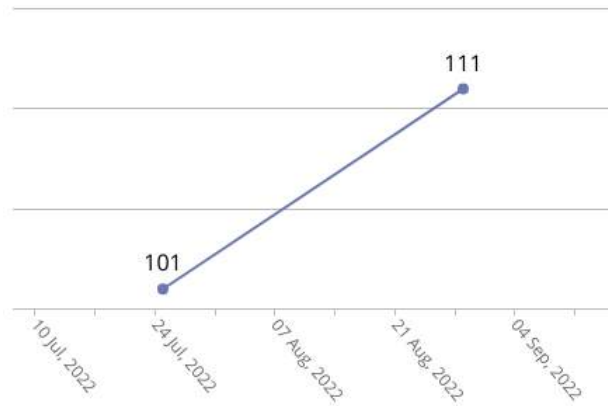
HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)

3.2 mg/L



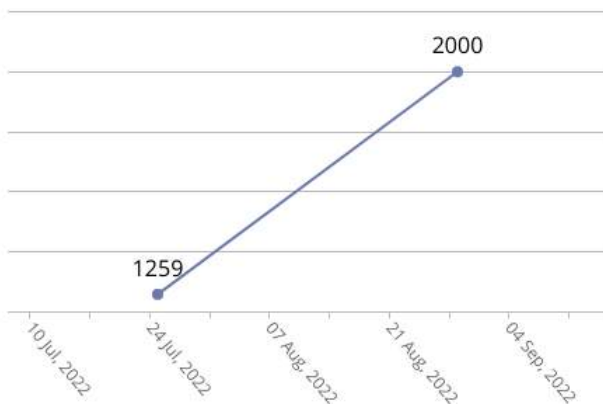
APOLIPOPROTEIN - A1 (APO-A1)

111 mg/dL



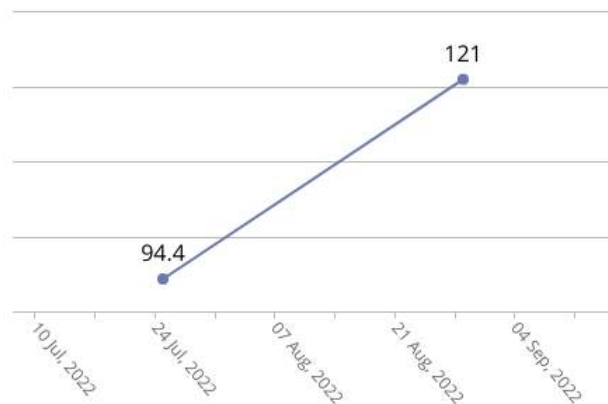
VITAMIN B-12

2000 pg/mL



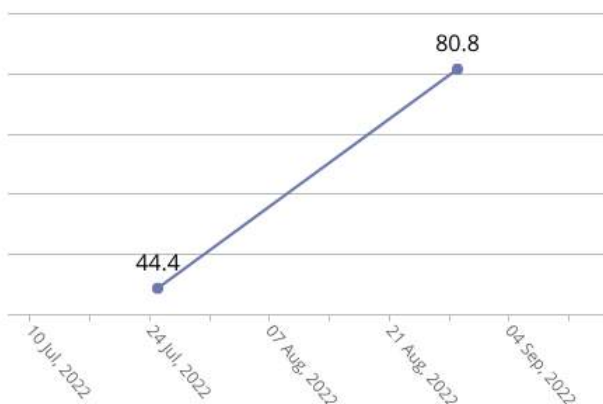
AMYLASE

121 U/L



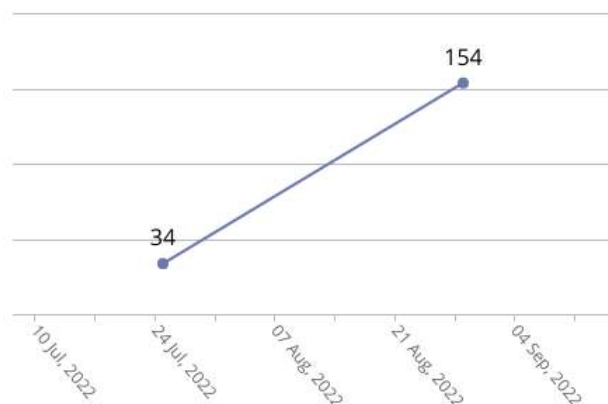
LIPASE

80.8 U/L



LDL CHOLESTEROL - DIRECT

154 mg/dL



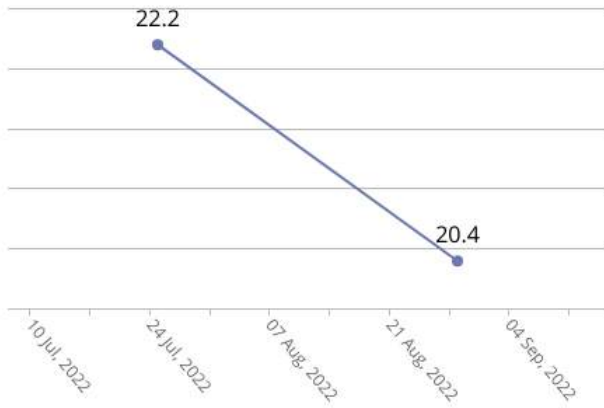
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

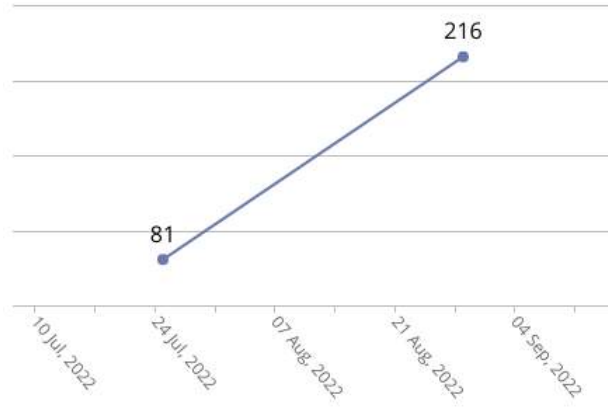
GAMMA GLUTAMYL TRANSFERASE (GGT)

20.4 U/L



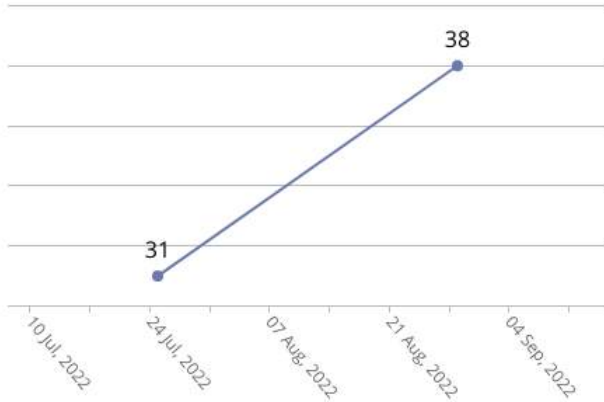
TOTAL CHOLESTEROL

216 mg/dL



HDL CHOLESTEROL - DIRECT

38 mg/dL



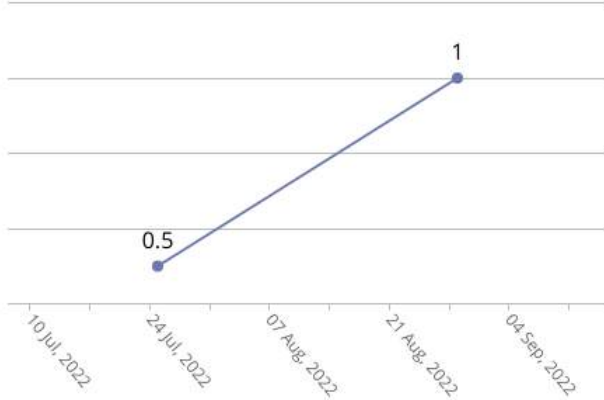
BILIRUBIN -DIRECT

0.23 mg/dL



APO B / APO A1 RATIO (APO B/A1)

1 ratio



EST. GLOMERULAR FILTRATION RATE (eGFR)

66 mL/min/1.73 m²



| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

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Health
Summary

Clinical
Data

Doctor
Summary

Clinical
Disorders

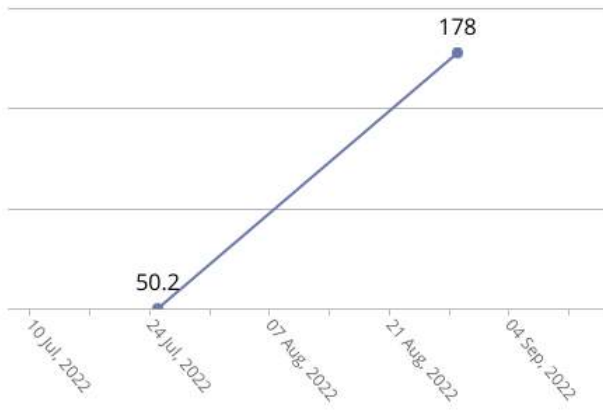
Important
Parameters

Recommended
Supplements

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

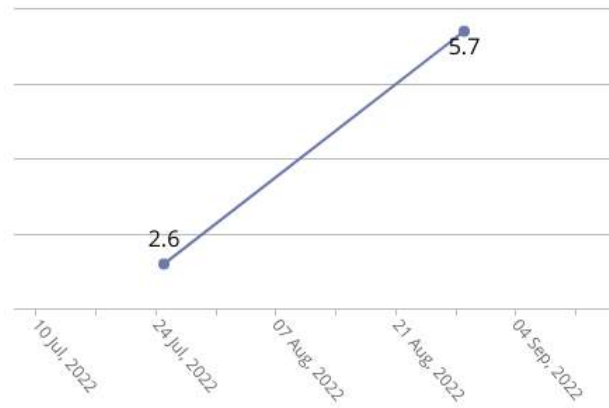
NON-HDL CHOLESTEROL

178 mg/dL



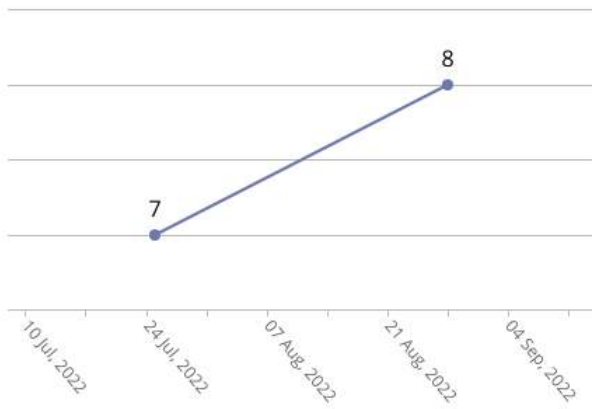
TC/ HDL CHOLESTEROL RATIO

5.7 ratio



HbA1c

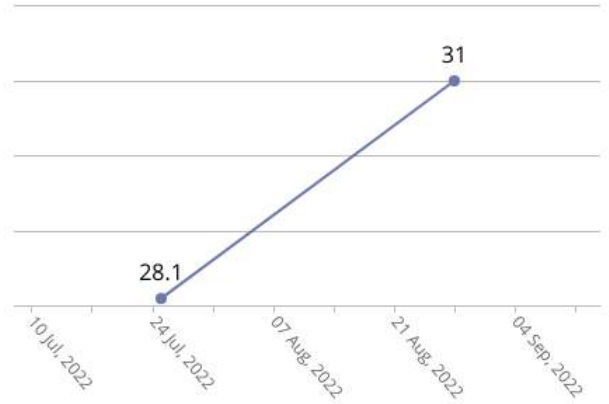
8 %



MEAN

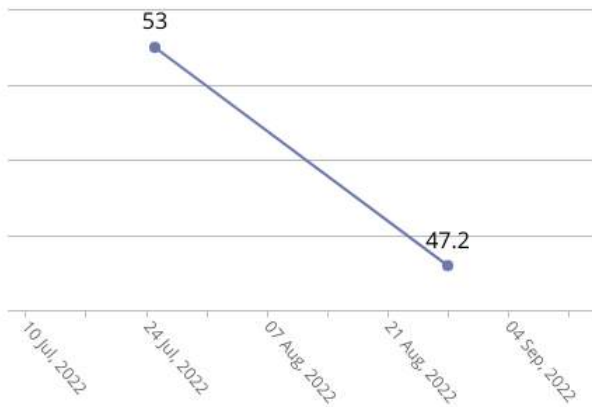
CORP.HEMO.CONC(MCHC)

31 g/dL



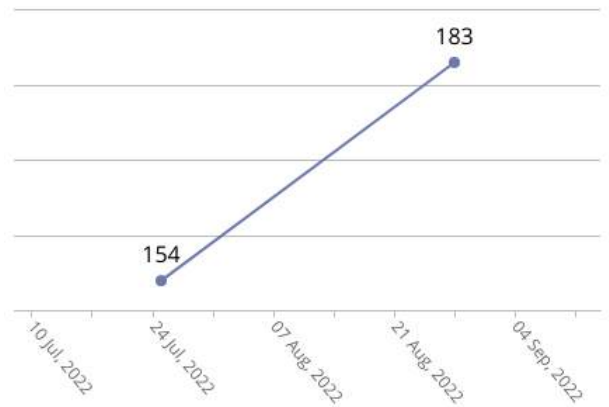
RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)

47.2 fL



AVERAGE BLOOD GLUCOSE (ABG)

183 mg/dL



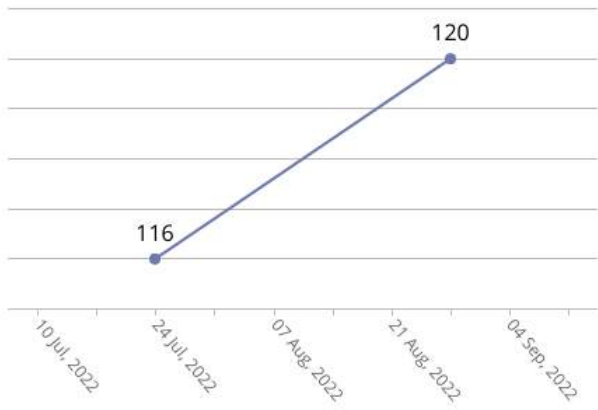
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

FASTING BLOOD SUGAR

120 mg/dL



| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

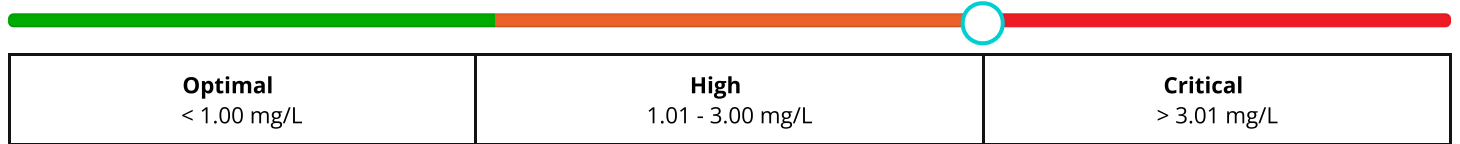
| | | | | | |
|----------------|---------------|----------------|--------------------|-----------------------------|-------------------------|
| Health Summary | Clinical Data | Doctor Summary | Clinical Disorders | Important Parameters | Recommended Supplements |
|----------------|---------------|----------------|--------------------|-----------------------------|-------------------------|

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)

YOUR RESULT

3.2 mg/L



About this parameter

This test measures the amount of C-reactive protein (CRP) in your blood. CRP is a protein made in the liver in response to [\[R\]](#), [\[R\]](#):

- Injury
- Inflammation
- infection

Health Effects

Your CRP is very high.

This means your body is experiencing chronic inflammation and you may have a high risk of developing heart disease.

If your value is above 10 mg/L your doctor may recommend further testing to find out what's causing the significant inflammation in your body.

Common causes of elevated CRP levels include:

Bacterial, viral, and fungal infections [\[R\]](#), Chronic inflammation (e.g. in autoimmune and inflammatory conditions) [\[R\]](#), Serious injury or surgery [\[R\]](#), Cancer [\[R\]](#)

These factors also increase CRP levels:

Chronic stress [\[R\]](#), [\[R\]](#), [\[R\]](#), Vitamin deficiency (A, D, K) [\[R\]](#), [\[R\]](#), [\[R\]](#), Smoking [\[R\]](#), Alcohol abuse [\[R\]](#), Obesity [\[R\]](#), [\[R\]](#), Sleep deprivation [\[R\]](#), Aging [\[R\]](#),

Some drugs, such as antidepressants [\[R\]](#)

The causes shown here are commonly associated with higher CRP 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 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!

Eat a healthy, balanced diet:

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 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#). 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 [\[R\]](#), [\[R\]](#), [\[R\]](#), 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 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Garlic [\[R\]](#), [\[R\]](#), Green tea [\[R\]](#), [\[R\]](#), [\[R\]](#), Milk thistle [\[R\]](#), [\[R\]](#)

Beneficial lifestyle habits include:

Getting enough of good quality sleep [\[R\]](#), Losing weight if overweight [\[R\]](#), Regular exercise [\[R\]](#), [\[R\]](#), Reducing and managing stress, through activities such as yoga, tai chi, and meditation [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Not smoking [\[R\]](#)

Discuss the following foods and supplements with your doctor. Studies have shown that they have beneficial effects in preventing heart disease and also decrease CRP levels:

Fiber [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Green tea [\[R\]](#), [\[R\]](#), [\[R\]](#), Cocoa and dark chocolate [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Magnesium [\[R\]](#), [\[R\]](#), Vitamin D [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Olive oil [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Omega-3 (ALA, DHA, EPA) [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Garlic and aged garlic extract [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Berberine [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), Curcumin [\[R\]](#), [\[R\]](#)

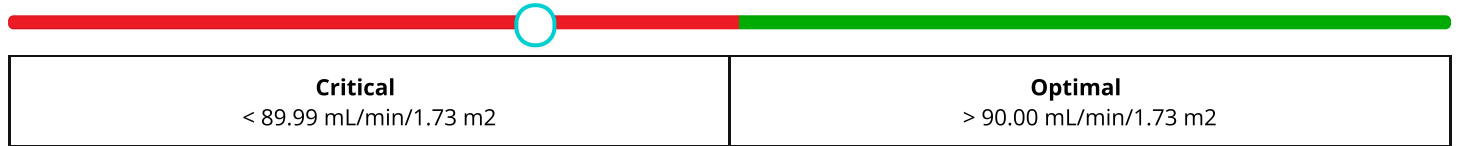
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

EST. GLOMERULAR FILTRATION RATE (eGFR)

YOUR RESULT

66 mL/min/1.73 m2



About this parameter

The estimated glomerular filtration rate (eGFR) is a measure of how well your kidneys are working. GFR is the amount of blood that is filtered every minute by tiny filters in the kidneys called glomeruli [R]. When kidney function declines due to damage or disease, GFR decreases and waste products that are normally released in the urine start to appear in the blood. Your eGFR is calculated based on your blood creatinine levels, sex, age, and race. Creatinine is a waste product that is normally filtered by the kidneys and released into the urine at a relatively steady rate. When kidney function decreases, less creatinine is removed through urine, and levels in the blood increase. Early detection of impaired kidney function is important to prevent further kidney damage. Ask your doctor to explain your results. Because creatinine depends on muscle mass, conditions such as wasting disease and obesity require alternative ways to obtain eGFR. In addition, for bodybuilders, high muscle mass may lead to an underestimation of eGFR [R].

Health Effects

Your eGFR is critically low! Levels in this range mean you have several decreased kidney function or kidney failure. Seek medical attention as soon as possible!

Lifestyle Suggestions

Seek medical attention immediately!

NON-HDL CHOLESTEROL

YOUR RESULT

178 mg/dL



About this parameter

Essentially, this test looks at the total amount of "bad" (LDL + VLDL) cholesterol in your blood. Non-HDL cholesterol is a measure of all of cholesterol that's carried by LDL and VLDL particles. It's calculated by subtracting your HDL-cholesterol, known as "good" cholesterol, from your total cholesterol [R]. Non-HDL cholesterol is associated with the risk of heart disease [R, R, R, R, R, R, R, R]. In general, the lower your non-HDL cholesterol, the better.

Health Effects

Your non-HDL-cholesterol is high. Check your LDL-C and VLDL-C markers to find out which one is causing the increase in your non-HDL-C levels. High non-HDL-C levels are associated with an increased risk of heart disease [R, R, R, R, R, R, R]. Check your LDL-C and VLDL-C for more information.

Lifestyle Suggestions

Check your LDL-C and VLDL-C markers for more information.

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

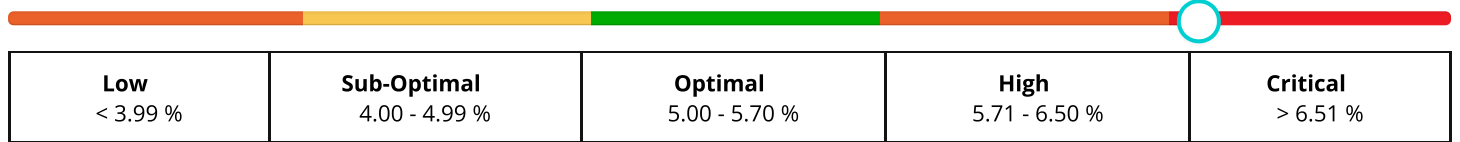


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HbA1c

YOUR RESULT

8 %



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 [\[R, R, R, R, R, R\]](#), 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 [\[R, R\]](#)

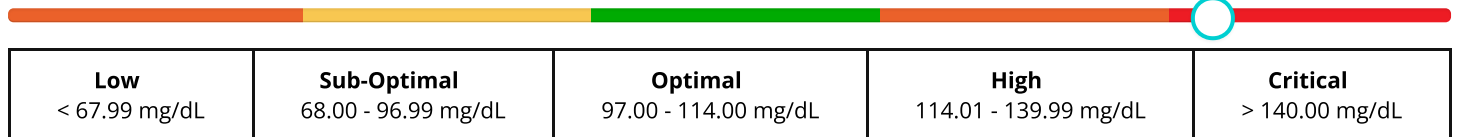
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

AVERAGE BLOOD GLUCOSE (ABG)

YOUR RESULT

183 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,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,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,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,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 | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

APOLIPOPROTEIN - A1 (APO-A1)

YOUR RESULT

111 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]

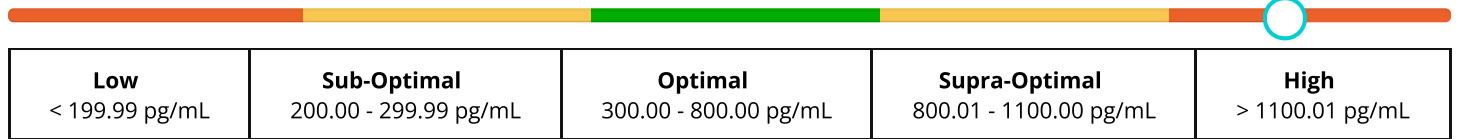
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN B-12

YOUR RESULT

2000 pg/mL



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 | 78 | 28/08/2022 |

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Health
Summary

●
Clinical
Data

●
Doctor
Summary

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Clinical
Disorders

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Important
Parameters

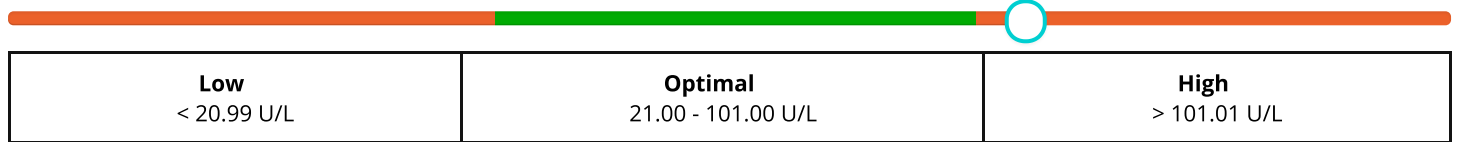
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Recommended
Supplements

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

AMYLASE

YOUR RESULT

121 U/L



About this parameter

This test measures the levels of amylase, an enzyme that breaks down complex carbs into simpler ones. Most often, your doctor will order an amylase test if they suspect issues with your pancreas, such as inflammation (pancreatitis). Symptoms of pancreas inflammation include [\[R,R\]](#): Moderate to severe abdominal or back pain, Nausea, Vomiting, Loss of appetite, Oily stools.

Health Effects

Your amylase levels are elevated.

High levels of amylase in the blood (hyperamylasemia) can be caused by either increased rate of entry into the bloodstream, or a decreased clearance by the kidneys [\[R\]](#). Increased entry can be due to either salivary or pancreatic amylase.

The following are possible causes of a high amylase level:

- Acute or chronic pancreatitis (inflammation of the pancreas). Pancreatitis is the most common cause of high blood amylase levels [\[R, R\]](#), Inflammation of the gallbladder (cholecystitis) and gallstones, which can block the release of pancreatic enzymes into the gut [\[R, R\]](#), Intestinal obstruction, when something is blocking the small or large bowel [\[R, R\]](#), Other gut issues, including gut inflammation (gastroenteritis), celiac disease, inflammatory bowel disease (IBD), and peptic ulcers [\[R, R, R, R, R, R, R\]](#), Inflammation of the appendix (appendicitis) [\[R\]](#), Eating disorders such as bulimia or anorexia [\[R, R, R, R\]](#), Heavy alcohol use/chronic alcoholism [\[R\]](#), Mumps - due to inflammation/swelling of the salivary glands [\[R\]](#), Physical trauma [\[R, R\]](#), Kidney disease [\[R, R, R, R\]](#), Diabetic ketoacidosis [\[R, R\]](#), An overactive parathyroid gland (hyperparathyroidism) [\[R, R\]](#), Insecticide (organophosphate and carbamate) poisoning [\[R, R\]](#), Ectopic pregnancy [\[R\]](#), Macroamylasemia, a rare condition in which amylase binds to immunoglobulins in the blood [\[R, R, R\]](#), Familial hyperamylasemia, a rare genetic benign disorder that increases amylase levels [\[R\]](#), Pancreatic, salivary, prostate, breast, colon, lung, and ovarian tumors, multiple myeloma [\[R, R, R, R, R\]](#), Radiation therapy [\[R\]](#)

High amylase levels will not cause any specific symptoms. Instead, any potential symptoms will be related to underlying conditions. For example, people with pancreatitis may experience pain, nausea, or vomiting.

Lifestyle Suggestions

To decrease high amylase levels, it's important to address the underlying issue. More often than not, this is due to an inflamed pancreas. Pancreas inflammation is a serious condition that requires immediate medical attention. Your doctor will help diagnose the problem and prescribe the appropriate treatment.

Other than that, when your amylase is high you should:

- Avoid alcohol [\[R,R\]](#)
- Make sure you are hydrated (unless instructed otherwise). Hydration helps with pancreas recovery [\[R,R\]](#)
- Make appropriate fasting or dietary modifications if necessary [\[R,R\]](#). These will be outlined by your doctor.

The following plant extracts may reduce pancreas inflammation and/or decrease amylase: Nettle extract [\[R\]](#), Curcumin [\[R\]](#), Grape seed extract [\[R\]](#), St. John's Wort extract [\[R\]](#), Rhubarb extract [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

●
Health
Summary

●
Clinical
Data

●
Doctor
Summary

●
Clinical
Disorders

●
Important
Parameters

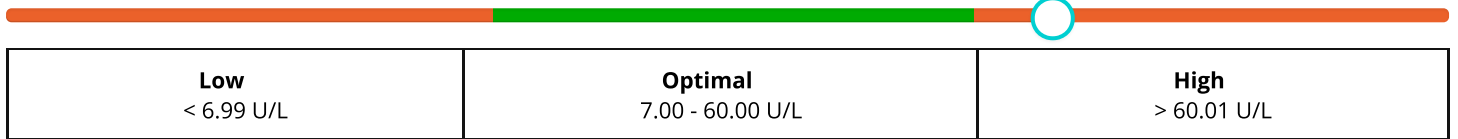
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Recommended
Supplements

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

LIPASE

YOUR RESULT

80.8 U/L



About this parameter

This test measures the levels of pancreatic lipase in the blood. Lipases are enzymes that break down fats (lipids) into smaller molecules [R]. They are important for the digestion, transport, and use of dietary lipids (fats, oils, triglycerides). Not much of the enzyme makes it into the blood under normal conditions. But when the pancreas is inflamed or injured, it releases more lipase than usual. You may be at risk for pancreatitis if you: Have high triglyceride levels in your blood [R, R, R], Drink too much alcohol [R], Have been diagnosed with gallbladder stones (which may block the flow from the pancreas to the intestines) [R, R, R], Have a family history of pancreatitis [R], Have type 2 diabetes [R], Are overweight/obese [R, R, R] - this increases the severity of the disease.

Health Effects

Your lipase levels are high.

Lipase is most often elevated due to pancreatitis (an inflamed pancreas) or conditions which can cause pancreatitis, such as gallstones or gut issues [R]. Your doctor will interpret this test together with your medical history, signs, symptoms, and other test results. Causes of elevated lipase levels include: Pancreatitis [R], Bowel obstruction, which happens when the small or large intestine is completely blocked [R, R], Gallstones and gallbladder inflammation (cholecystitis) [R, R], Stomach and small intestine inflammation (gastroenteritis) [R], Abdominal lining inflammation (peritonitis) [R], Peptic and duodenal ulcers [R, R], Crohn's disease (Inflammatory bowel disease) [R], Celiac disease [R], Alcoholism [R, R], Liver disease [R, R, R], Cystic fibrosis [R, R], Diabetes and diabetic ketoacidosis (breaking down fat too fast, which builds up acidic ketones in the blood) [R, R, R], Kidney failure – damaged kidneys cannot eliminate lipase and it builds up in the blood [R, R], Injury/tissue damage [R, R, R], Sarcoidosis, a rare inflammatory condition affecting multiple organs in the body [R, R], Gulló's syndrome, a rare hereditary condition where pancreatic enzymes are benignly elevated without any underlying health issue [R, R], Macrolipasemia, a rare enzyme disorder in which lipase abnormally binds to antibodies in the blood (often IgG) [R, R], Liver and gut cancers [R], Certain medication, such as opioids and anti-diabetes drugs [R, R]. Causes above are commonly associated with high lipase levels. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

To lower high lipase, you need to work with your doctor to address the underlying issue triggering the lipase increase. This is most often pancreas inflammation. An inflamed pancreas is a serious condition that requires immediate medical attention – your doctor will diagnose the problem and prescribe appropriate treatment.

Other than that, when your lipase is high you should:

- Avoid alcohol, it irritates the pancreas and damages it in large quantities [R, R]
- Keep hydrated (unless instructed otherwise), which helps with pancreas recovery [R, R]
- Make dietary changes or fast if necessary, which your doctor will outline [R, R]

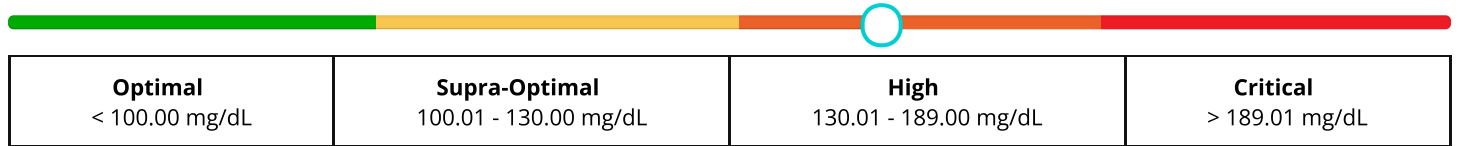
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

LDL CHOLESTEROL - DIRECT

YOUR RESULT

154 mg/dL



About this parameter

This test measures the amount of LDL-cholesterol, also known as "bad" cholesterol, in your blood. LDL-cholesterol is cholesterol bound to low-density lipoprotein (LDL) particles. Lipoprotein particles transport cholesterol in the bloodstream much like cars transport passengers [R]. LDL-cholesterol is considered the "bad" cholesterol because it deposits in blood vessels. Cholesterol can penetrate arterial walls where it combines with oxygen (oxidizes). This is a key step in the development of hardening of the arteries and heart disease [R, R]. High LDL-cholesterol is considered a strong risk factor for developing heart disease [R, R].

Health Effects

Your LDL-cholesterol levels are high. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results. These can increase LDL-cholesterol: Diets high in calories and saturated fats [R], Lack of physical exercise [R], Drinking coffee [R], Underactive thyroid (hypothyroidism) [R], *H. pylori* infection [R], Kidney damage and chronic kidney diseases [R, R], Rare genetic disorders (e.g. familial hypercholesterolemia) [R]. There are also many drugs that can increase cholesterol, including [R, R]: Anabolic steroids, Corticosteroids, drugs used to treat inflammation, Water pills (diuretics), Beta-blockers, Immunosuppressive drugs. Causes shown here are commonly associated with high LDL cholesterol. Work with your doctor or another health care professional to get an accurate diagnosis. Higher LDL-cholesterol levels have been associated with an increased 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 high LDL 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!

Eat a healthy, balanced diet low in saturated fats and processed carbs [R,R,R,]:

- Mediterranean diet is a good example of a healthy diet rich in monounsaturated fats. It includes lots of fruits and vegetables, fatty fish, olive oil, and nuts [R,R,R,R].
- DASH diet is another type of diet that can help decrease cholesterol levels [R,R]. This diet is used to lower blood pressure. DASH is, similar to Mediterranean diet, rich in vegetables, fruits, lean meats, nuts and beans. It's high in fiber and low in fat.

Eat more foods high in plant sterols (a type of cholesterol made by plants) including nuts, seeds, and legumes. Plant sterols compete with cholesterol for absorption in the gut, which lowers cholesterol levels [R,R,R,R]. Lose weight if overweight. This will help lower your total cholesterol [R,R]. Exercise regularly. Find an activity you enjoy that you can engage in regularly (several times a week), such as jogging, walking, swimming, or resistance training [R,R]. Quit smoking [R,R]. Drink less alcohol [R]. Drinking coffee daily may increase your cholesterol levels [R]. Try replacing some of your coffee with green tea.

Discuss the following foods and supplements with your doctor. Research has shown they may help decrease "bad" cholesterol levels: Fiber-rich foods: barley, oats, rice bran [R,R,R,R,R,R,R,R], Nuts, such as walnuts and macadamia nuts [R,R,R,R,R,R], Beta glucans [R,R,R,R], Glucomannan [R,R,R,R,R], Plant sterols [R,R,R], Red yeast rice [R,R,R], Blond psyllium [R,R,R], Green tea [R,R,R], Berberine [R,R], Black currant oil [R,R], Carob [R,R], Flaxseed [R,R,R], Avocado [R,R,R], Probiotic products that contain *Lactobacillus* strains [R], Vitamin C [R]. Remember, always speak to your doctor before taking any supplements, because they may interfere with your health condition or your treatment/medications!

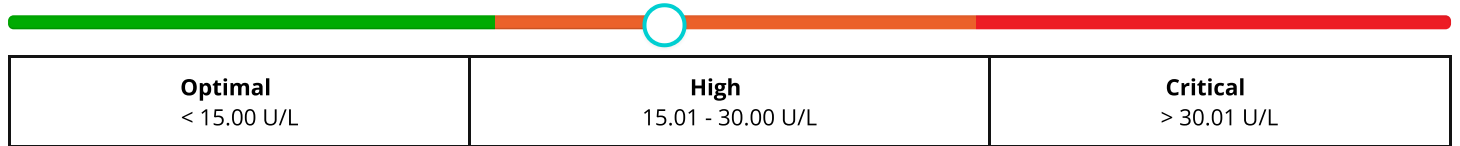
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

GAMMA GLUTAMYL TRANSFERASE (GGT)

YOUR RESULT

20.4 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 | 78 | 28/08/2022 |

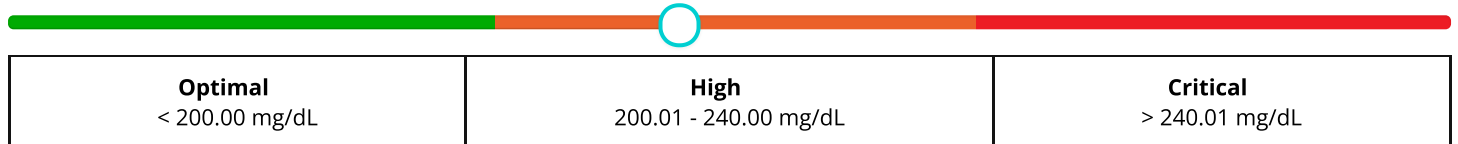
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|----------------|---------------|----------------|--------------------|-----------------------------|-------------------------|
| Health Summary | Clinical Data | Doctor Summary | Clinical Disorders | Important Parameters | Recommended Supplements |
|----------------|---------------|----------------|--------------------|-----------------------------|-------------------------|

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

TOTAL CHOLESTEROL

YOUR RESULT

216 mg/dL



About this parameter

This test measures the amount of total cholesterol in your blood.

Cholesterol is a fat-like substance that's a key component of cells. It's also used by the body to make steroid hormones (testosterone, estrogens, cortisol, aldosterone etc.), bile, and vitamin D [R]. Cholesterol that's found in the blood is bound into particles called lipoproteins. You can think of lipoproteins as the vehicles and cholesterol as the passenger. These lipoproteins differ in density (vehicle size), based on which there are three types of cholesterol:

- HDL-cholesterol (high-density lipoprotein cholesterol), known as the "good" cholesterol
- LDL-cholesterol (low-density lipoprotein cholesterol), known as the "bad" cholesterol
- VLDL-cholesterol (very-low-density lipoprotein cholesterol), also "bad" cholesterol

Total cholesterol is the sum of these three types of cholesterol in your body. A change in any of these cholesterol levels will affect your total cholesterol score. Higher levels of total cholesterol have been associated with hardening of the arteries and heart disease [R, R]. That's why it's important to monitor your cholesterol levels and maintain them in a healthy range.

Health Effects

Your cholesterol levels are high. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results. These can increase your cholesterol levels: Diets high in calories and saturated fats [R], Obesity [R], Lack of physical activity [R], Alcohol consumption [R], Hypothyroidism [R], Rare genetic disorders that increase cholesterol (e.g. familial hypercholesterolemia) [R]. There are also many drugs that can increase cholesterol, including [R, R]: Corticosteroids, Water pills (diuretics), Beta-blockers, Antipsychotics, Anticonvulsants, Anabolic steroids. Cholesterol levels normally increase during pregnancy [R]. Causes shown here are commonly associated with high cholesterol. Work with your doctor or another health care professional to get an accurate diagnosis. Cholesterol levels in this range are associated with a moderately 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 high 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! Eat a healthy, balanced diet low in saturated fats and processed carbs [R, R, R]: • Mediterranean diet is a good example of a healthy diet rich in monounsaturated fats. It includes lots of fruits and vegetables, fatty fish, olive oil, and nuts [R, R, R, R]. • DASH diet is another type of diet that can help decrease cholesterol levels [R, R]. This diet is used to lower blood pressure. DASH is, similar to Mediterranean diet, rich in vegetables, fruits, lean meats, nuts and beans. It's high in fiber and low in fat.

Eat more foods high in plant sterols (a type of cholesterol made by plants) including nuts, seeds, and legumes. Plant sterols compete with cholesterol for absorption in the gut, which lowers cholesterol levels [R, R, R, R]. Lose weight if overweight. This will help lower your total cholesterol [R, R]. Exercise regularly. Find an activity you enjoy that you can engage in regularly (several times a week), such as jogging, walking, swimming, or resistance training [R, R]. Quit smoking [R, R]. Drink less alcohol [R]. Drinking coffee daily may increase your cholesterol levels [R]. Try replacing some of your coffee with green tea.

Discuss the following foods and supplements with your doctor. Research has shown they may help decrease cholesterol levels: • Fiber-rich foods: barley, oats, rice bran [R, R, R, R, R, R, R, R] • Nuts, such as walnuts and macadamia nuts [R, R, R, R, R, R] • Beta glucans [R, R, R, R] • Glucomannan [R, R, R, R, R] • Plant sterols [R, R, R] • Red yeast rice [R, R, R] • Blond psyllium [R, R, R] • Green tea [R, R, R] • Berberine [R, R] • Black currant oil [R, R] • Carob [R, R] • Flaxseed [R, R, R] • Avocado [R, R, R] • Probiotic products that contain *Lactobacillus* strains [R] • Vitamin C [R]. Remember, always speak to your doctor before taking any supplements, because they may interfere with your health condition or your treatment/medications!

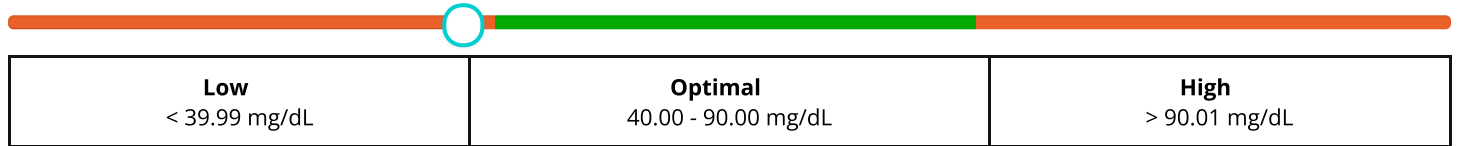
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HDL CHOLESTEROL - DIRECT

YOUR RESULT

38 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 [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#)

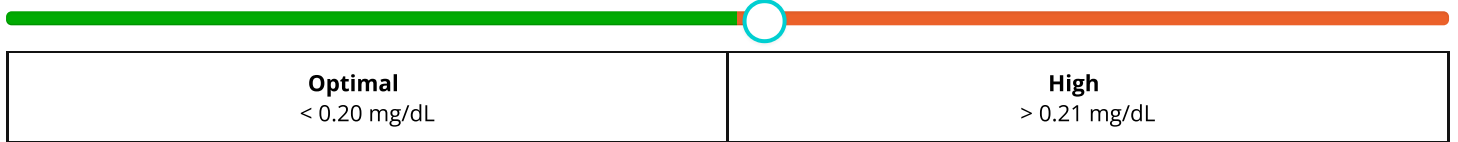
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

BILIRUBIN -DIRECT

YOUR RESULT

0.23 mg/dL



About this parameter

Bilirubin is a waste product produced by the normal breakdown of red blood cells. This test measures the levels of direct or conjugated bilirubin. That is the fraction of bilirubin that has been processed by the liver and released in the bile. After being processed by the liver and bile, direct bilirubin gets released into the gut, and is eventually eliminated in the stool. The final product of bilirubin, stercobilin, is responsible for giving stool its brown color [R].

Health Effects

Your direct bilirubin is higher than normal. This often means that your body has a harder time removing bilirubin, either due to a liver problem, or blocked bile ducts. However, 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. Elevated direct bilirubin can be caused by a number of conditions, including: • Liver disease, such as viral or autoimmune hepatitis, or alcoholic liver disease [R, R, R] • Gallstones [R, R] • Gallbladder inflammation or tumors [R, R] • Inflamed pancreas (pancreatitis) or appendix (appendicitis) [R, R, R] • Some rare genetic disorders [R, R]

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

Symptoms of high bilirubin levels include [R, R]: Jaundice, a yellowish coloration of the eye and/or skin, Dark urine

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high direct bilirubin 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! Studies have found a link between drinking coffee (or caffeinated beverages) and lower bilirubin levels [R,R]. Research suggests that coffee and caffeine may be beneficial for liver health in general [R,R,R,R]. Discuss your coffee intake with your doctor.

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

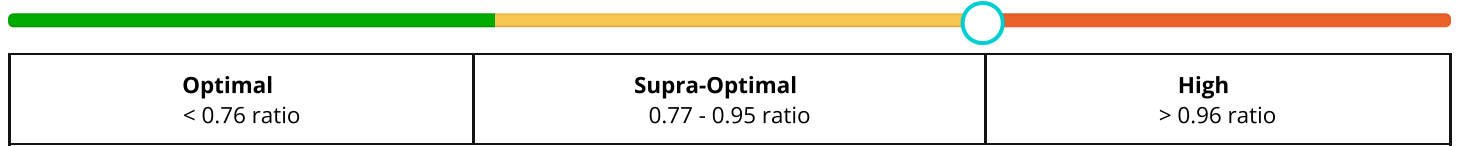


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

APO B / APO A1 RATIO (APO B/A1)

YOUR RESULT

1 ratio



About this parameter

This test measures the ratio of apolipoprotein B to apolipoprotein A1 in the blood. Apolipoproteins are proteins that bind fats and cholesterol in order to create lipoproteins, such as high-density lipoprotein (HDL) and low-density lipoprotein (LDL).

The ratio of apoB/apoA1 is a comparison between the number of lipoproteins (LDL, VLDL, IDL) that cause hardening of the arteries and plaque formation (atherosclerosis) and the number of HDL particles, which help prevent these processes [R].

A high apoB/apoA1 ratio increases the risk of heart disease, heart attack, and stroke and may even be a better measure of heart disease risk than traditional risk factors such as LDL-C, total cholesterol, HDL-C, and triglycerides [R, R, R, R, R, R, R, R, R, R].

Health Effects

Your levels are above normal. Levels in the range increase the risk of heart disease, heart attack, and stroke [R, R, R, R, R, R, R, R, R, R].

A high apoB/apoA1 ratio is associated with: • Inflammation [R] • Insulin resistance [R] • Metabolic syndrome (defined as having three or more of the following: high blood sugar, excess fat around the stomach, high blood pressure, high triglycerides levels, and low HDL cholesterol levels) [R, R] • Pre-eclampsia (a complication during pregnancy characterized by high blood pressure and protein in the urine) [R] • Early hardening of the arteries [R] • Non-alcoholic fatty liver disease (NAFLD) [R] • Rheumatoid arthritis [R]

A high apoB/apoA1 ratio increases the risk of: Narrowing of the arteries in the limbs (peripheral artery disease) [R, R], Hardening of the arteries (atherosclerosis) [R, R], Prediabetes and type 2 diabetes [R, R], Mortality from stroke and heart attack [R, R]

The most common causes of a high apoB/apoA1 ratio are: Diets high in sugar [R], Sleep deprivation [R], Obesity [R], Low physical activity [R], Smoking [R], Excess male hormones in women (hyperandrogenism) [R, R]

Lifestyle Suggestions

Check your apoB and apoA1 markers for lifestyle and supplement suggestions.

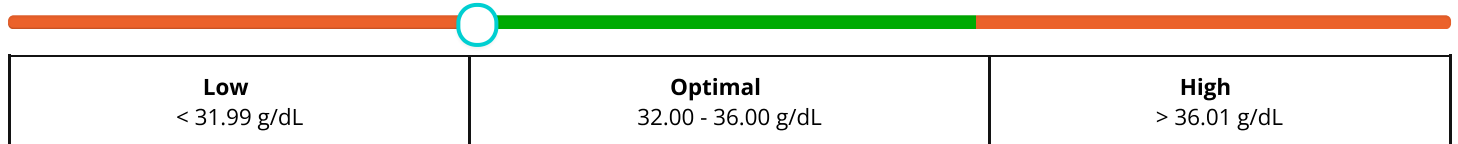
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

MEAN CORP.HEMO.CONC(MCHC)

YOUR RESULT

31 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 | 78 | 28/08/2022 |

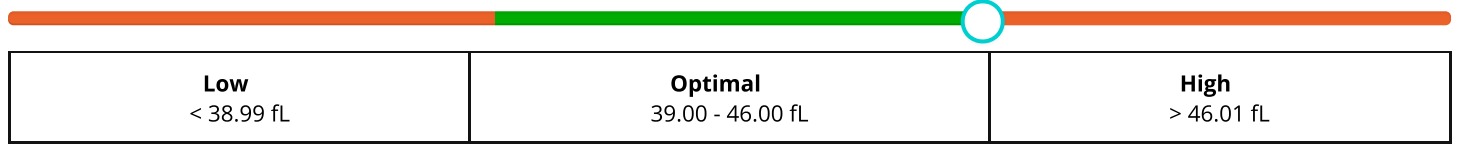


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)

YOUR RESULT

47.2 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]

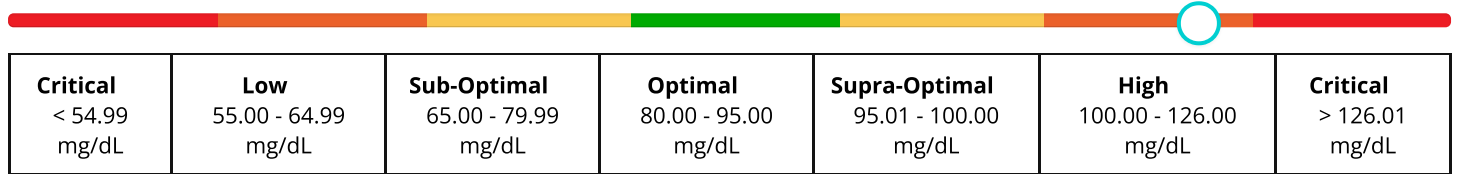
| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

FASTING BLOOD SUGAR

YOUR RESULT

120 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,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,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,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 | 78 | 28/08/2022 |

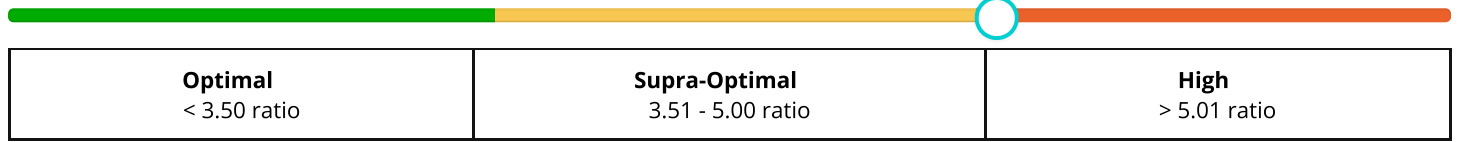


YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

TC/ HDL CHOLESTEROL RATIO

YOUR RESULT

5.7 ratio



About this parameter

The ratio of total cholesterol and "good" cholesterol (HDL-C) levels, also known as the cholesterol ratio, is looked at to estimate heart disease risk [R, R]. In general, the smaller the number the better, as this means that the HDL-C ("good cholesterol") is high compared to "bad" cholesterol [R].

Health Effects

Your total cholesterol/HDL-C ratio is high. Higher cholesterol ratio is associated with a higher risk of heart disease [R, R, R]. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results.

Lifestyle Suggestions

Check your individual cholesterol markers for more information.

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



Name

Ultimate Omega 3

Dosage

1000 mg - Purified fish oil

Recommended Usage

Pre Breakfast ^① Pre Dinner ^①

Benefits

Reduces cholesterol

Fish oil is a potent supplement that helps keep plaque from forming in the arteries.

Eye Health

EPA and DHA in the Omega-3 help to maintain healthy eyesight.

HDL

Omega-3s can raise "good" cholesterol levels and can also lower "bad" cholesterol

Research

[View all Research](#)

Omega-3 fatty acids in atherosclerosis and coronary artery disease [\[R\]](#)

Effects of Omega-3 Fatty Acids on Eye Health: Summary [\[R\]](#)

Effects Of A Small Quantity Of Omega-3 Fatty Acids On Cardiovascular Risk Factors In NIDDM. A Randomized, Prospective, Double-blind, Controlled Study [\[R\]](#)



Name

Curcumin Rich

Dosage

480 mg - Purified Turmeric Extract (BCM 95)
20 mg - Piperine

Recommended Usage

Post Breakfast ^① Post Dinner ^①

Benefits

Inflammation

Curcumin is known for its potent anti-inflammatory property.

HsCRP

Curcumin Lowers elevated HS-CRP

Research

[View all Research](#)

Efficacy And Safety Of Meriva®, A Curcumin-phosphatidylcholine Complex, During Extended Administration In Osteoarthritis Patients [\[R\]](#)

The effects of curcumin supplementation on high-sensitivity C-reactive protein, serum adiponectin, and lipid profile in patients with type 2 diabetes: A randomized, double-blind, placebo-controlled trial [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



Name

MET-SR 500 Tablet

Dosage

500 mg - Metformin Hydrochloride IP

Recommended Usage

Post Breakfast ^① Post Dinner ^①

Benefits

Liver Health

AMet-SR increases the body's sensitivity to insulin and it works by lowering glucose production in the liver.

Research

[View all Research](#)

Metformin in non-alcoholic fatty liver disease: A systematic review and meta-analysis [\[R\]](#)



Name

Biotin

Dosage

5000 mcg - Biotin

Recommended Usage

Post Breakfast ^①

Benefits

Hair Health

Biotin stimulates hair growth and helps to grow healthier, stronger hair.

Research

[View all Research](#)

A Review of the Use of Biotin for Hair Loss [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



Name

Minerals

Dosage

- Zinc with Multi minerals

Recommended Usage

Post Lunch ^①

Benefits

Thyroid function

Selenium and Zinc help in improving T3, T4 thyroid function, and hormone levels.

Immunity

Zinc is known to play a central role in the immune system.

Research

[View all Research](#)

Selenium and Thyroid Disease: From Pathophysiology to Treatment [\[R\]](#)

Zinc and immune function: the biological basis of altered resistance to infection [\[R\]](#)



Name

L-Theanine

Dosage

250 mg - L-Theanine

Recommended Usage

Pre Dinner ^①

Benefits

Heart Health

L-Theanine has a protective effect on cardiovascular diseases.

Research

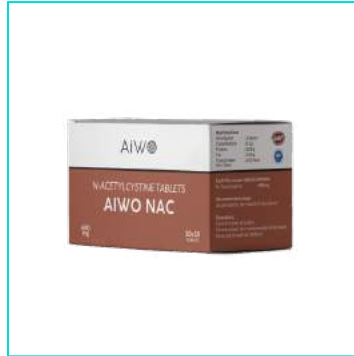
[View all Research](#)

L-theanine: A potential multifaceted natural bioactive amide as health supplement [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



| Name | Dosage |
|------------|---------------------------|
| NAC | 600 mg - N-Acetylcysteine |

Recommended Usage

Post Breakfast [1](#)

Benefits

Liver Health

Nac improves Liver function in patients with Non-Alcoholic Fatty Liver Disease.

Research

[View all Research](#)

N-Acetylcysteine Improves Liver Function in Patients with Non-Alcoholic Fatty Liver Disease [\[R\]](#)



| Name | Dosage |
|-----------------|-------------------------------|
| A-Berine | 500 mg - Berberis Extract 10% |

Recommended Usage

Pre Breakfast [1](#) Pre Dinner [1](#)

Benefits

Liver health

Berberine involve a direct regulation of hepatic lipid metabolism.

Total cholesterol

Berberine reduces triglyceride levels while raising HDL cholesterol.

Blood Glucose

Berberine is one of the most effective supplements for blood glucose reductions.

Research

[View all Research](#)

Efficacy of Berberine in Patients with Non-Alcoholic Fatty Liver Disease [\[R\]](#)

Berberine In The Treatment Of Type 2 Diabetes Mellitus: A Systemic Review And Meta-analysis [\[R\]](#)

Berberine In The Treatment Of Type 2 Diabetes Mellitus: A Systemic Review And Meta-analysis [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



| Name | Dosage |
|----------------|-------------------------|
| Isabgol | 200 gms - Psyllium Husk |

Recommended Usage

Pre Breakfast [1](#) Pre Dinner [1](#)

Benefits

Regulates Blood sugar

ISABGOL helps in controlling the amount of blood sugar in the body.

Research

[View all Research](#)

Therapeutic Effects of Psyllium in Type 2 Diabetic Patients [\[R\]](#)



| Name | Dosage |
|--------------------|--------------------|
| HealthyVitC | 500 mg - Vitamin C |

Recommended Usage

Post Breakfast [1](#) Post Dinner [1](#)

Benefits

Blood Glucose

Vitamin C can lower blood sugar levels in insulin sensitive individuals

Research

[View all Research](#)

Supplementation Of Vitamin C Reduces Blood Glucose And Improves Glycosylated Hemoglobin In Type 2 Diabetes Mellitus: A Randomized, Double-blind Study [\[R\]](#)

| Name | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



Recommended Supplement



| Name | Dosage |
|----------------------|---------------------|
| HealthyVit D3 | 60000IU - Vitamin D |

Recommended Usage

Post Breakfast [1](#)

Benefits

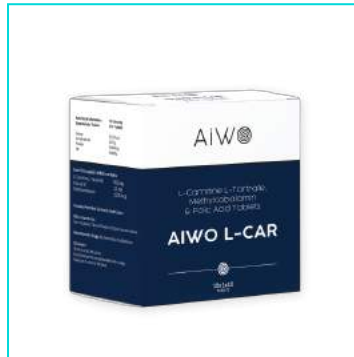
Blood Glucose

Vitamin D3 regulates the hormones related to maintaining optimal blood glucose levels.

Research

[View all Research](#)

The Effect Of Vitamin D3 On Insulin Secretion And Peripheral Insulin Sensitivity In Type 2 Diabetic Patients [\[R\]](#)



| 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 | Gender | Age | Biomarkers | Report Released On |
|---------------|--------|--------|------------|--------------------|
| Sample Report | Male | 52 Yrs | 78 | 28/08/2022 |



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 | 78 | 28/08/2022 |

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).

Dont's

- 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.

Dont's

- 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 |
|---------------|--------|--------|------------|--------------------|
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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.

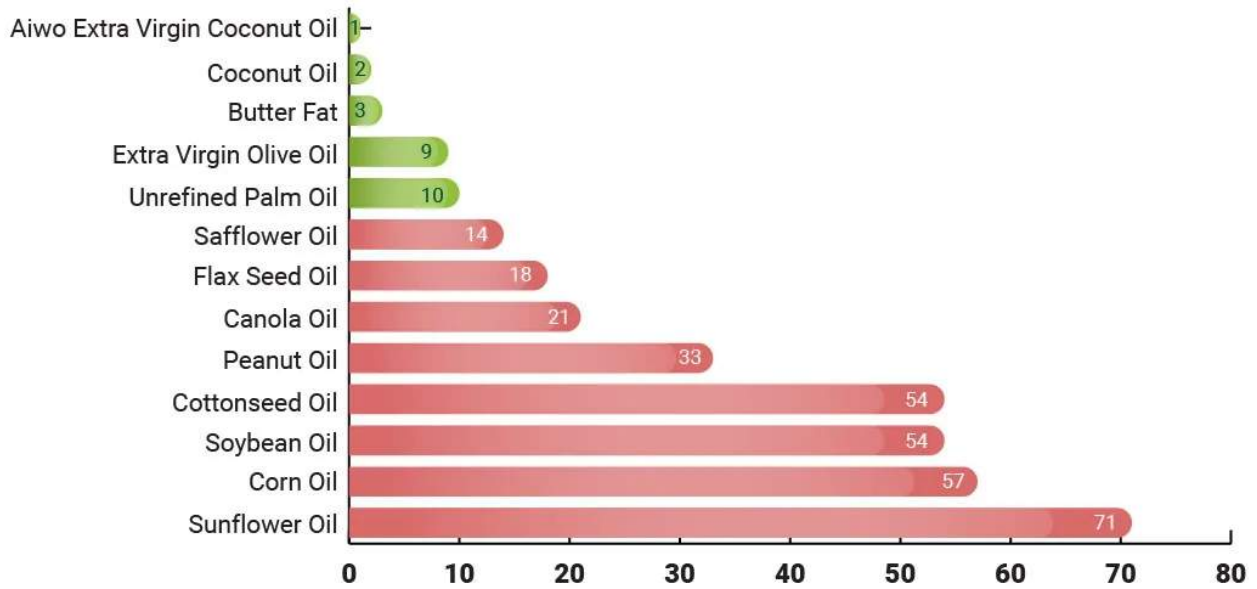
SUGGESTED FUTURE TESTS - AiWO 181

- HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)
- EST. GLOMERULAR FILTRATION RATE (eGFR)
- HbA1c
- AVERAGE BLOOD GLUCOSE (ABG)

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

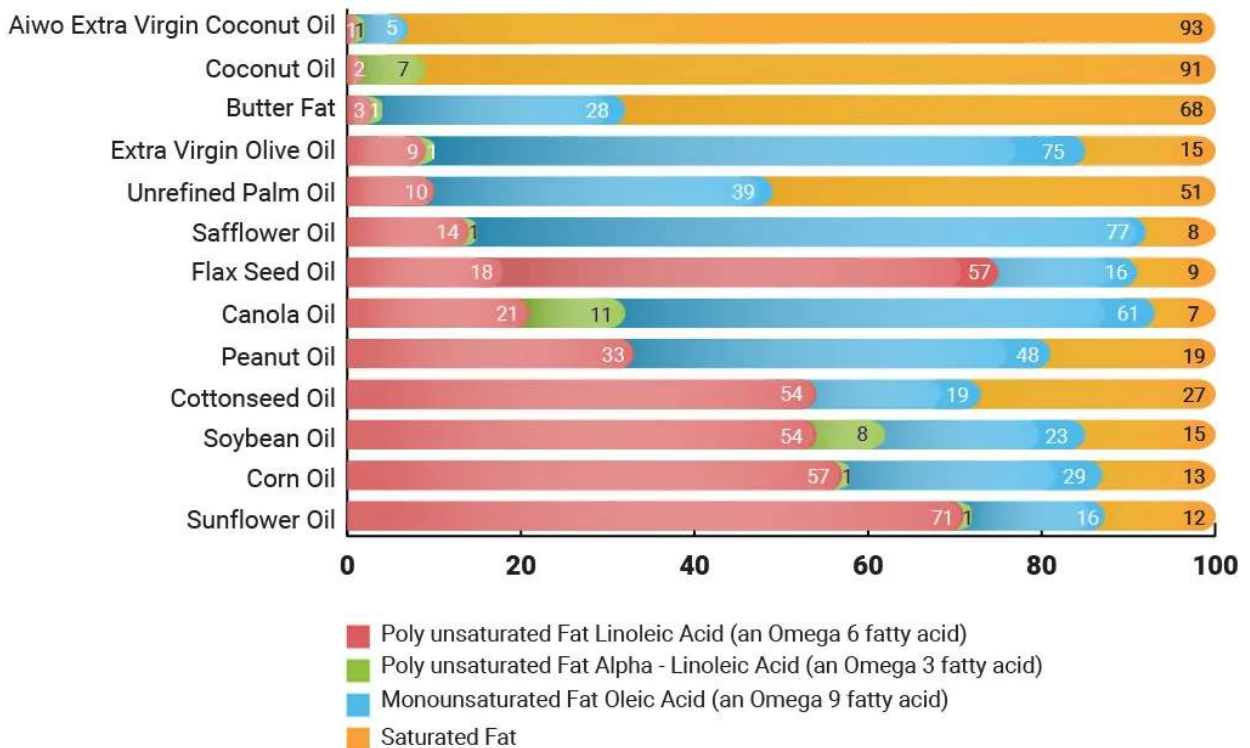
The Following Chart Consist Of Common Fats And Oils:



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%



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