AIWO

SMART REPORT

Sample Report

Patient ID - 859200

Test Date

17/02/2022

Female	25 Yrs	65	165
Sex	Age	Weight	Height

CONSULTING PHYSICIAN

Dr. Jaya Lalwani

Next Assessment Date

18/05/2022

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

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR HEALTH SUMMARY

AIWO SCORECARD

HbA1c **6.1**	HS-CRP **2.46**
TG/HDL **5.54**	HOMA-IR **2.95**

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

FATTY LIVER SCORE CARD

NAFLD SCORE	-3.37
Correlated Fibrosis Severity: F0 - F2	

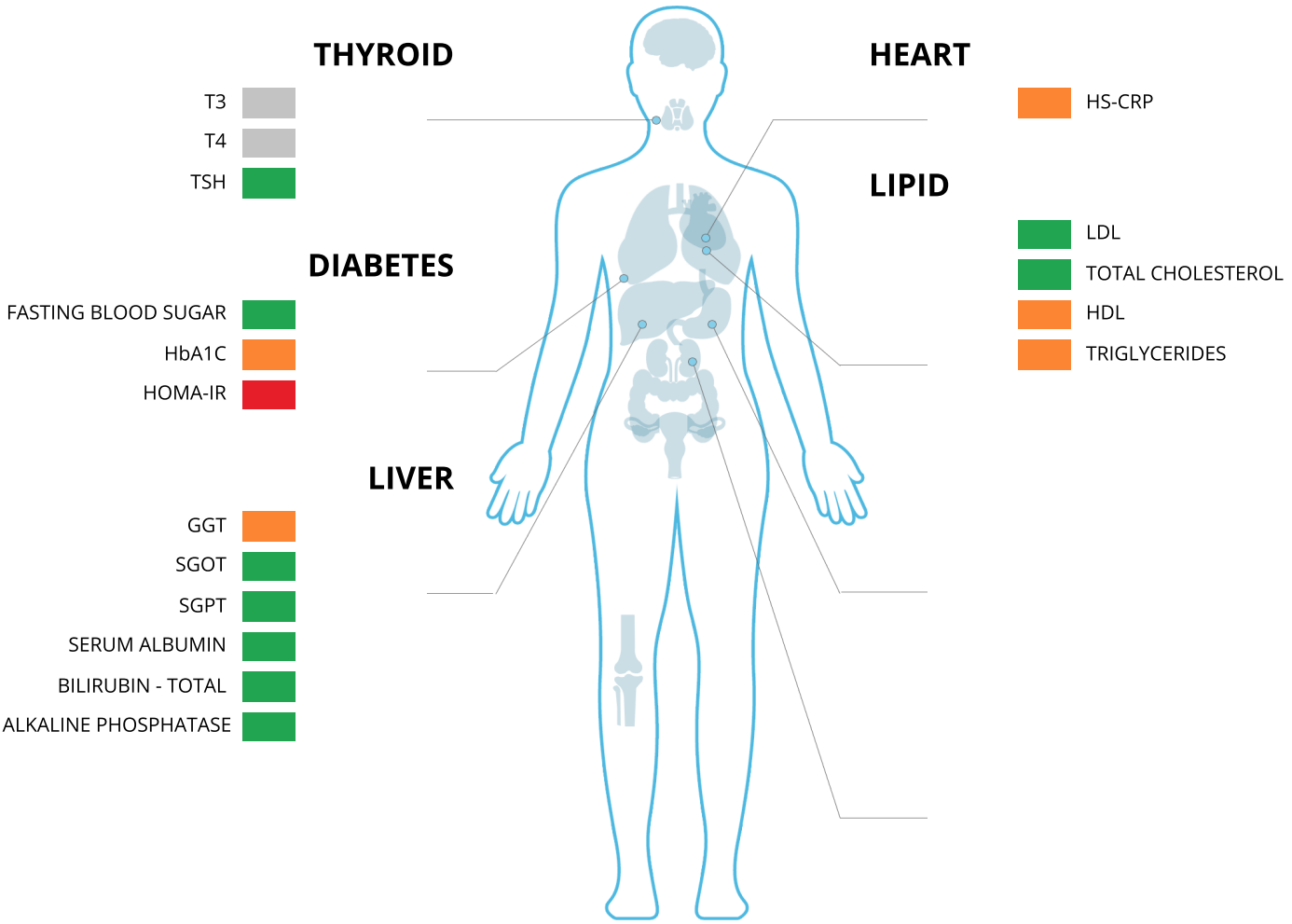
**NAFLD Score =-1.675 + (0.037*age [years]) + (0.094*BMI [kg/m2]) + (1.13*IFG/diabetes [yes = 1, no = 0]) + (0.99*AST/ALT ratio) – (0.013*platelet count [×109/L]) – (0.66*albumin [g/dl])*

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

Fibrosis Severity Scale

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

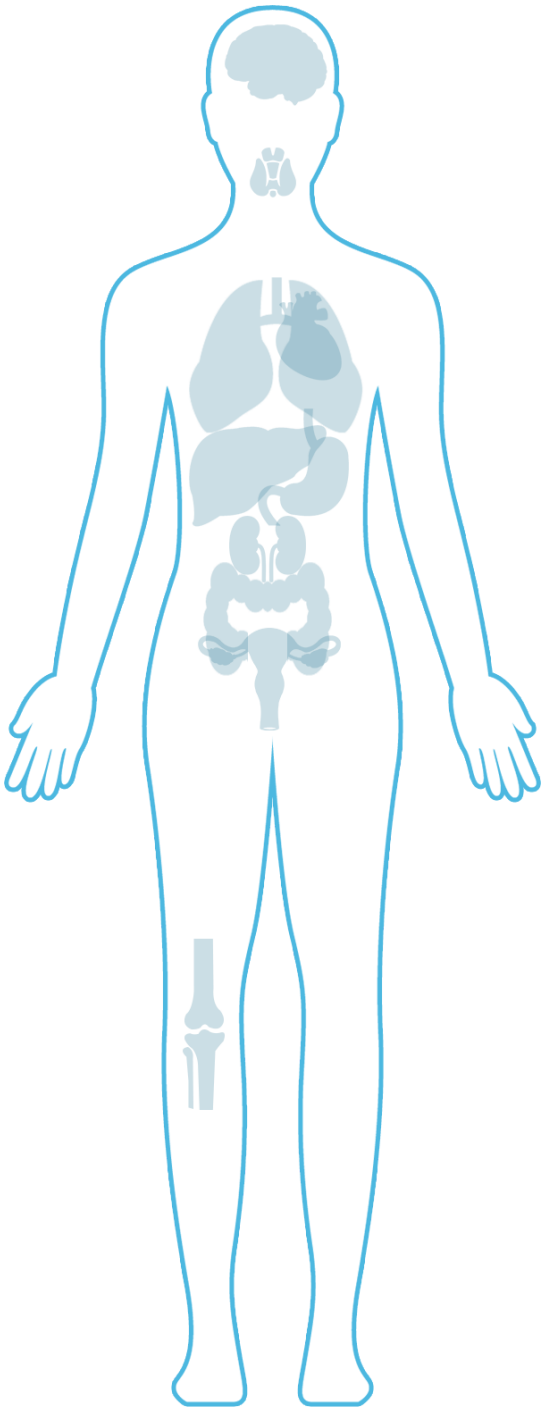
Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022



To be continued...

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR HEALTH SUMMARY



STEROIDS PANEL

- CORTISOL
- ESTRADIOL
- PROGESTERONE
- TESTOSTERONE

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR CLINICAL DATA

Hematology

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Abs. Basophil	0.01	X 10³/µL	0 - 0.20	
Abs. Eosinophil	0.2	X 10³/µL	0 - 0.50	
Abs. Lymphocyte	2.2	X 10³/µL	0.85 - 3.90	
Abs. Monocyte	0.12	X 10³/µL	0.20 - 0.95	
Abs. Neutrophil	1.84	X 10³/µL	1.50 - 7.80	
Basophils	0.2	%	0 - 2.00	
Eosinophils	4.6	%	0 - 8.00	
Hemoglobin	12.3	g/dL	13.20 - 17.10	
IMM. Granulocyte	0.01	X 10³/µL	0 - 0.10	
IMM. Granulocyte %	0.3	%	0 - 1.00	
Leucocytes - Total	4.38	X 10³/µL	3.80 - 10.50	
Lymphocyte %	50.2	%	15.00 - 49.00	
MCH	25.2	pq	27.00 - 33.00	
MCHC	29.6	g/dL	32.00 - 36.00	
MCV	85.2	fL	80.00 - 100.00	
Monocytes	2.7	%	1.00 - 10.00	
MPV	10.1	fL	7.00 - 12.00	
Seg. Neutrophils	42	%	38.00 - 80.00	
Nucleated RBC	0.01	X 10³/µL	0 - 0.01	
Nucleated RBC %	0.01	%	0 - 0.01	
PCT	0.23	%	0.20 - 0.40	
PCV	41.6	%	38.50 - 50.00	
PDW	11.3	fL	9.60 - 15.20	
PLCR	25.1	%	19.70 - 42.40	
Platelet Count	224	X 10³/µL	140.00 - 400.00	
RBC Count	4.88	X 10^6/µL	4.20 - 5.80	
RCDW-CV	12.9	%	11.00 - 15.00	
RCDW-SD	40	fL	39.00 - 46.00	
ESR	50	mm/hr	0 - 20.00	

Glucose

TEST NAME	RESULT	UNIT	RANGE	LEVEL
HbA1C	6.1	%	4.00 - 5.70	
Avg. Blood Glucose	128	mg/dL	68.00 - 114.00	
Fasting Blood Sugar	98	mg/dL	65.00 - 100.00	
Fructosamine	236.4	µmol/L	205.00 - 285.00	
Blood Ketone	0.83	mg/dL	0 - 2.90	
Insulin	12.2	µU/ml	0 - 19.60	

Liver Function

TEST NAME	RESULT	UNIT	RANGE	LEVEL
GGT	18.8	U/L	0 - 15.00	
Alkaline Phosphatase	59.9	U/L	36.00 - 130.00	
Bilirubin Total	0.72	mg/dL	0.20 - 1.20	
Bilirubin Direct	0.22	mg/dL	0 - 0.20	
Bilirubin Indirect	0.5	mg/dL	0.20 - 1.20	
Total Protein	7.3	gm/dL	6.10 - 8.10	
Serum Albumin	4.26	gm/dL	3.60 - 5.10	
Serum Globulin	3.04	gm/dL	1.90 - 3.70	
SGOT	30.8	U/L	10.00 - 40.00	
SGPT	35.6	U/L	9.00 - 46.00	
A:G Ratio	1.4	ratio	1.00 - 2.50	
LDH				

Cholesterol

TEST NAME	RESULT	UNIT	RANGE	LEVEL
LDL	108	mg/dL	0 - 130.00	
Total Cholesterol	170	mg/dL	0 - 200.00	
HDL	41	mg/dL	45.00 - 90.00	
Non-HDL	128.8	mg/dL	0 - 130.00	
Triglycerides	227	mg/dL	0 - 200.00	
VLDL	45.3	mg/dL	0 - 30.00	
LDL/HDL Ratio	2.6	ratio	1.00 - 4.90	
Tot. Choles/HDL	4.1	ratio	0 - 5.00	

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR CLINICAL DATA

Steroids Panel

TEST NAME	RESULT	UNIT	RANGE	LEVEL
LEUTINISING HORMONE (LH)	9.39	gm/dL	1.50 - 9.30	
ANTI MULLERIAN HORMONE (AMH)				
Prolactin				
FSH				
17-Hydroxyprogesterone	76.8	ng/dL	42.00 - 196.00	
Aldosterone	10.1	ng/dL	3.00 - 30.00	
Androstenedione	42.1	ng/dL	40.00 - 190.00	
Cortisol	6.02	µg/dL	6.20 - 19.40	
Corticosterone	53.34	ng/dL	53.00 - 1560.00	
Deoxycortisol	19.52	ng/dL	10.00 - 79.00	
Dehydroepiandrosterone	633.22	µg/dL	31.00 - 701.00	
DHEA - Sulphate	271.04	µg/dL	106.00 - 464.00	
Estradiol	17	pg/mL	0 - 39.00	
Direct Renin				
Progesterone	0.12	ng/mL	0 - 1.40	
Testosterone				
Free Testosterone				
SHBG	19	nmol/L	10.00 - 50.00	

Markers for Cardiac Risk Assessment

TEST NAME	RESULT	UNIT	RANGE	LEVEL
HS-CRP	2.46	mg/L	0 - 1.00	

Thyroid Profile

TEST NAME	RESULT	UNIT	RANGE	LEVEL
T3				
T4				
TSH	2.08	µIU/mL	0.40 - 4.50	
Free T3	4	pg/mL	2.30 - 4.20	
Free T4	1.51	ng/dL	0.80 - 1.80	
ATG				

Vitamins

TEST NAME	RESULT	UNIT	RANGE	LEVEL
Vitamin D2	0.56	ng/mL	20.00 - 100.00	
Vitamin D3	13.97	ng/mL	30.00 - 100.00	
Vitamin D Total	14.53	ng/mL	20.00 - 100.00	

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

DOCTORS SUMMARY

Abnormal Profiles

Profile	Current Value (17/02/2022)	Past Value (17/02/2022)	Trend - up/down arrow	Range
FAT SOLUBLE VITAMINS				
VITAMIN D2	0.56	0.37	↑	20.00 - 100.00
VITAMIN D3	13.97	7.44	↑	30.00 - 100.00

Borderline Profiles

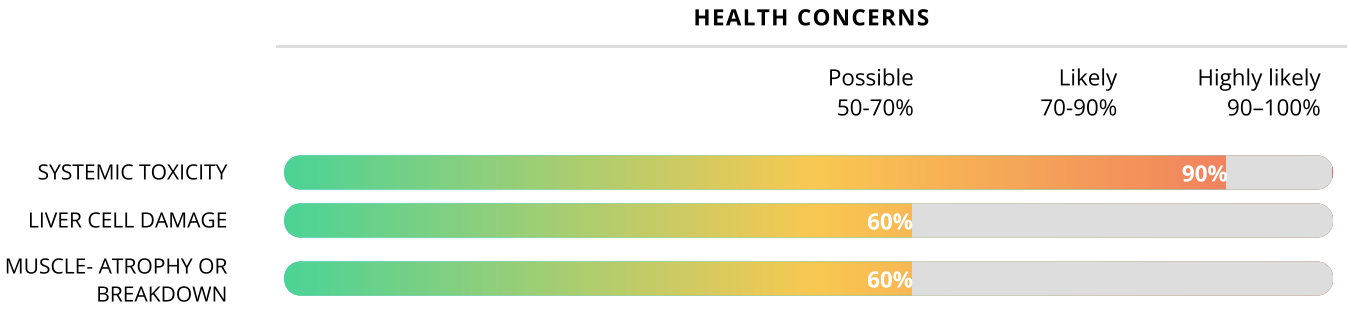
Profile	Current Value (17/02/2022)	Past Value (17/02/2022)	Trend - up/down arrow	Range
CARDIAC RISK MARKERS				
HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)	2.46	3.47	↓	0 - 1.00
STEROIDS PANEL				
LUTEINISING HORMONE (LH)	9.39	-	-	1.50 - 9.30
CORTISOL	6.02	11.05	↓	6.20 - 19.40
LIVER PROFILE				
GAMMA GLUTAMYL TRANSFERASE (GGT)	18.8	19.3	↓	0 - 15.00
BILIRUBIN -DIRECT	0.22	0.12	↑	0 - 0.20
LIPID PROFILE				
HDL CHOLESTEROL - DIRECT	41	61	↓	45.00 - 90.00
TRIGLYCERIDES	227	160	↑	0 - 200.00
VLDL CHOLESTEROL	45.3	32.06	↑	0 - 30.00
FAT SOLUBLE VITAMINS				
VITAMIN D TOTAL	14.53	7.81	↑	20.00 - 100.00
COMPLETE HEMOGRAM				
ERYTHROCYTE SEDIMENTATION RATE (ESR)	50	10	↑	0 - 20.00
MONOCYTES - ABSOLUTE COUNT	0.12	0.14	↓	0.20 - 0.95
LYMPHOCYTE PERCENTAGE	50.2	28.5	↑	15.00 - 49.00
MEAN CORPUSCULAR HEMOGLOBIN(MCH)	25.2	29.7	↓	27.00 - 33.00
MEAN CORP.HEMO.CONC(MCHC)	29.6	28.6	↑	32.00 - 36.00
DIABETES PROFILE				
HbA1c	6.1	6	↑	4.00 - 5.70
AVERAGE BLOOD GLUCOSE (ABG)	128	125	↑	68.00 - 114.00
HEMATOLOGY				
HEMOGLOBIN	12.3	13.1	↓	13.20 - 17.10

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

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

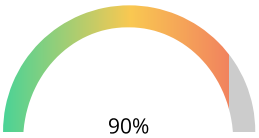
Each Clinical Disorders that has a probability of dysfunction above 60% is included in the section that follows so you can read a detailed description and individual explanation of the results shown in this report.



Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

Clinical Disorders Details

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



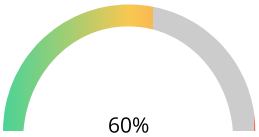
SYSTEMIC TOXICITY

Systemic toxicity is an organism-wide effect and death can be caused by failure of a variety of biologic pathways and processes. It may result from non-specific events rather than disruption of one or more specific biological pathways.

Rationale
LYMPHOCYTE PERCENTAGE ↑

Biomarkers considered
LYMPHOCYTE PERCENTAGE

Patient result not available:



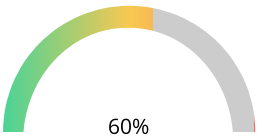
LIVER CELL DAMAGE

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
SERUM GLOBULIN ↑
ASPARTATE AMINOTRANSFERASE (SGOT) ↑
ALANINE TRANSAMINASE (SGPT) ↑
GAMMA GLUTAMYL TRANSFERASE (GGT) ↑

Biomarkers considered
SERUM GLOBULIN
ALKALINE PHOSPHATASE
ASPARTATE AMINOTRANSFERASE (SGOT)
ALANINE TRANSAMINASE (SGPT)
GAMMA GLUTAMYL TRANSFERASE (GGT)

Patient result not available:



MUSCLE- ATROPHY OR BREAKDOWN

Muscle atrophy, as the name suggests, is a weakening or reduction of muscle due to lack of use or due to a disease. It is a result of a mismatch between the rates of protein synthesis and protein breakdown.

Rationale
ASPARTATE AMINOTRANSFERASE (SGOT) ↑
ALANINE TRANSAMINASE (SGPT) ↑

Biomarkers considered
ASPARTATE AMINOTRANSFERASE (SGOT)
ALANINE TRANSAMINASE (SGPT)

Patient result not available:
CREATININE - SERUM

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

NORMAL BORDER LINE ABNORMAL UNTESTED

HEMATOLOGY

Eosinophils
VALUE 4.6
RANGE 0 - 8.00

Hemoglobin
VALUE 12.3
RANGE 13.20 - 17.10

Total Leucocytes
VALUE 4.38
RANGE 3.80 - 10.50

Platelet Count
VALUE 224
RANGE 140.00 - 400.00

RBC
VALUE 4.88
RANGE 4.20 - 5.80

GLUCOSE

HbA1C
VALUE 6.1
RANGE 4.00 - 5.70

Fasting Blood Sugar
VALUE 98
RANGE 65.00 - 100.00

HOMA-IR
VALUE 2.95
RANGE 0.5 - 1.49

LIVER FUNCTION

GGT
VALUE 18.8
RANGE 0 - 15.00

Alkaline Phosphatase
VALUE 59.9
RANGE 36.00 - 130.00

Total Bilirubin
VALUE 0.72
RANGE 0.20 - 1.20

Serum Albumin
VALUE 4.26
RANGE 3.60 - 5.10

SGOT
VALUE 30.8
RANGE 10.00 - 40.00

SGPT
VALUE 35.6
RANGE 9.00 - 46.00

CHOLESTEROL

LDL
VALUE 108
RANGE 0 - 130.00

Total Cholesterol
VALUE 170
RANGE 0 - 200.00

HDL
VALUE 41
RANGE 45.00 - 90.00

Triglycerides
VALUE 227
RANGE 0 - 200.00

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS AT A GLANCE

PROFILE IMPORTANT PARAMETERS IN RESPECTIVE PROFILE

NORMAL BORDER LINE ABNORMAL UNTESTED

THYROID

T3
VALUE
RANGE

T4
VALUE
RANGE

TSH
VALUE 2.08
RANGE
0.40 - 4.50

STEROIDS PANEL

Cortisol
VALUE 6.02
RANGE
6.20 - 19.40

Estradiol
VALUE 17
RANGE
0 - 39.00

Progesterone
VALUE 0.12
RANGE
0 - 1.40

Testosterone
VALUE
RANGE

MARKERS FOR CARDIAC RISK ASSESSMENT

HS-CRP
VALUE 2.46
RANGE
0 - 1.00

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

Data exported October 28, 2021

NORMAL BORDER LINE ABNORMAL

Biomarkers	Reference Range	23/04/2022	17/02/2022	04/01/2022	14/10/2021	28/07/2021	23/06/2021
STEROIDS PANEL							
SEX HORMONE BINDING GLOBULIN (SHBG)	10.00 - 50.00	9.58	19	26.5	-	-	34.9
ANDROSTENEDIONE	40.00 - 190.00	79.45	42.1	64.94	92.26	-	49.26
ALDOSTERONE	3.00 - 30.00	14.3	10.1	18.4	-	-	11.4
LUTEINISING HORMONE (LH)	1.50 - 9.30	-	9.39	-	-	-	-
17-HYDROXYPROGESTERONE	42.00 - 196.00	22.52	76.8	21.73	21.03	-	12.36
CORTISOL	6.20 - 19.40	12.89	6.02	11.05	20.39	-	1.57
CORTICOSTERONE	53.00 - 1560.00	227.24	53.34	192.3	581.01	-	940.52
DEOXYCORTISOL	10.00 - 79.00	56.14	19.52	25.26	213.36	-	45.81
DEHYDROEPIANDROSTERONE	31.00 - 701.00	135.91	633.22	169.48	71.21	-	472.33
DHEA - SULPHATE (DHEAS)	106.00 - 464.00	50.75	271.04	57.29	28.52	-	238.48
ESTRADIOL	0 - 39.00	21	17	10	48	-	22
PROGESTERONE	0 - 1.40	0.07	0.12	0.05	0.08	-	0.06
TUMOUR PANEL COMMON							
BETA HCG	0 - 5.00	2.2	1.2	3.56	-	-	1.2
CARDIAC RISK MARKERS							
HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)	0 - 1.00	5.53	2.46	3.47	19	0.42	1.7
DIABETES PROFILE							
INSULIN - FASTING	0 - 19.60	12.8	12.2	34.1	-	8.75	15.2
BLOOD KETONE (D3HB)	0 - 2.90	0.5	0.83	0.23	0.2	2.5	3
FRUCTOSAMINE	205.00 - 285.00	273.4	236.4	256.9	183.5	268.8	263.6
HbA1c	4.00 - 5.70	7.6	6.1	6	5.4	6.5	5.1
AVERAGE BLOOD GLUCOSE (ABG)	68.00 - 114.00	171	128	125	108	140	100
FASTING BLOOD SUGAR	65.00 - 100.00	-	98	133.4	99.42	138	93.5

Biomarkers	Reference Range	23/04/2022	17/02/2022	04/01/2022	14/10/2021	28/07/2021	23/06/2021
LIPID PROFILE							
LDL CHOLESTEROL - DIRECT	0 - 130.00	130	108	157	128	123	163
TOTAL CHOLESTEROL	0 - 200.00	209	170	235	189	223	251
HDL CHOLESTEROL - DIRECT	45.00 - 90.00	52	41	61	43	32	34
TRIGLYCERIDES	0 - 200.00	161	227	160	74	328	250
VLDL CHOLESTEROL	0 - 30.00	32.28	45.3	32.06	14.72	65.6	50
TC/ HDL CHOLESTEROL RATIO	0 - 5.00	4	4.1	3.9	4.3	6.9	7.3
NON-HDL CHOLESTEROL	0 - 130.00	157.1	128.8	174.4	145.2	190.6	216.6
LDL / HDL RATIO	1.00 - 4.90	2.5	2.6	2.6	3	3.8	4.7
LIVER PROFILE							
SERUM GLOBULIN	1.90 - 3.70	2.62	3.04	2.92	3.02	2.72	2.5
GAMMA GLUTAMYL TRANSFERASE (GGT)	0 - 15.00	42.4	18.8	19.3	13.5	28.1	14
PROTEIN - TOTAL	6.10 - 8.10	6.97	7.3	7.48	6.51	7.73	7.3
ALBUMIN - SERUM	3.60 - 5.10	4.35	4.26	4.56	3.49	5.01	4.8
ASPARTATE AMINOTRANSFERASE (SGOT)	10.00 - 40.00	23.4	30.8	24.2	25.6	38	16.7
ALANINE TRANSAMINASE (SGPT)	9.00 - 46.00	26.9	35.6	19.9	17.3	33.9	15.7
ALKALINE PHOSPHATASE	36.00 - 130.00	97.2	59.9	95.8	69.8	30.1	69.6
BILIRUBIN - TOTAL	0.20 - 1.20	0.49	0.72	0.4	0.57	0.55	0.61
BILIRUBIN -DIRECT	0 - 0.20	0.15	0.22	0.12	0.09	0.13	0.19
BILIRUBIN (INDIRECT)	0.20 - 1.20	0.34	0.5	0.28	0.48	0.42	0.42
SERUM ALB/GLOBULIN RATIO	1.00 - 2.50	1.66	1.4	1.56	1.16	1.84	1.92
THYROID PROFILE							
FREE TRIIODOTHYRONINE (FT3)	2.30 - 4.20	2.8	4	2.9	-	-	3
FREE THYROXINE (FT4)	0.80 - 1.80	1.16	1.51	1.03	-	-	1.45
THYROID STIMULATING HORMONE (TSH)	0.40 - 4.50	2.78	2.08	3.75	-	1.46	2.17
FAT SOLUBLE VITAMINS							
VITAMIN D2	20.00 - 100.00	0.34	0.56	0.37	0.62	-	0.56
VITAMIN D3	30.00 - 100.00	14.36	13.97	7.44	12.43	-	58.34
VITAMIN D TOTAL	20.00 - 100.00	14.7	14.53	7.81	13.05	22.57	58.9
COMPLETE HEMOGRAM							
ERYTHROCYTE SEDIMENTATION RATE (ESR)	0 - 20.00	20	50	10	20	2	-
BASOPHILS - ABSOLUTE COUNT	0 - 0.20	0.05	0.01	0.04	0.05	0.02	0.08

Biomarkers	Reference Range	23/04/2022	17/02/2022	04/01/2022	14/10/2021	28/07/2021	23/06/2021
EOSINOPHILS - ABSOLUTE COUNT	0 - 0.50	0.19	0.2	0.18	0.62	0.29	0.82
LYMPHOCYTES - ABSOLUTE COUNT	0.85 - 3.90	2.21	2.2	2.19	5.21	2.47	2.27
MONOCYTES - ABSOLUTE COUNT	0.20 - 0.95	0.19	0.12	0.14	0.29	0.19	0.24
NEUTROPHILS - ABSOLUTE COUNT	1.50 - 7.80	6.78	1.84	5.12	5.46	2.3	5.54
BASOPHILS	0 - 2.00	0.5	0.2	0.5	0.4	0.4	0.9
IMMATURE GRANULOCYTES(IG)	0 - 0.10	0.03	0.01	0.02	0.02	0.02	0.03
IMMATURE GRANULOCYTE PERCENTAGE(IG%)	0 - 1.00	0.3	0.3	0.3	0.2	0.3	0.3
TOTAL LEUCOCYTES COUNT	3.80 - 10.50	9.44	4.38	7.69	11.65	5.29	8.98
LYMPHOCYTE PERCENTAGE	15.00 - 49.00	23.4	50.2	28.5	44.7	46.7	25.3
MEAN CORPUSCULAR HEMOGLOBIN(MCH)	27.00 - 33.00	28.7	25.2	29.7	26.7	30.3	27.3
MEAN CORP.HEMO.CONC(MCHC)	32.00 - 36.00	26.7	29.6	28.6	28.9	27.6	30.6
MEAN CORPUSCULAR VOLUME(MCV)	80.00 - 100.00	107.6	85.2	103.9	92.6	109.6	89.2
MONOCYTES	1.00 - 10.00	2	2.7	1.8	2.5	3.6	2.7
MEAN PLATELET VOLUME(MPV)	7.00 - 12.00	11	10.1	10.1	11.8	12.1	11.3
NEUTROPHILS	38.00 - 80.00	71.8	42	66.6	46.9	43.5	61.7
NUCLEATED RED BLOOD CELLS	0 - 0.01	0.01	0.01	0.01	0.01	0.01	0.01
NUCLEATED RED BLOOD CELLS %	0 - 0.01	0.01	0.01	0.01	0.01	0.01	0.01
PLATELETCRIT(PCT)	0.20 - 0.40	0.47	0.23	0.37	0.31	0.26	0.35
HEMATOCRIT(PCV)	38.50 - 50.00	49.8	41.6	45.8	40.2	40.6	41.5
PLATELET DISTRIBUTION WIDTH(PDW)	9.60 - 15.20	12.8	11.3	11.2	14.6	15.1	13.5
PLATELET TO LARGE CELL RATIO(PLCR)	19.70 - 42.40	32.3	25.1	24.5	39.4	41.1	35.4
PLATELET COUNT	140.00 - 400.00	422	224	370	263	215	314
TOTAL RBC	4.20 - 5.80	4.63	4.88	4.41	4.34	4.79	4.65
RED CELL DISTRIBUTION WIDTH (RDW-CV)	11.00 - 15.00	14.7	12.9	13.2	13.9	13.1	15.6
RED CELL DISTRIBUTION WIDTH - SD(RDW-SD)	39.00 - 46.00	58.2	40	50.9	47.3	53.7	51.1
HEMATOLOGY							
EOSINOPHILS	0 - 8.00	2	4.6	2.3	5.3	5.5	9.1

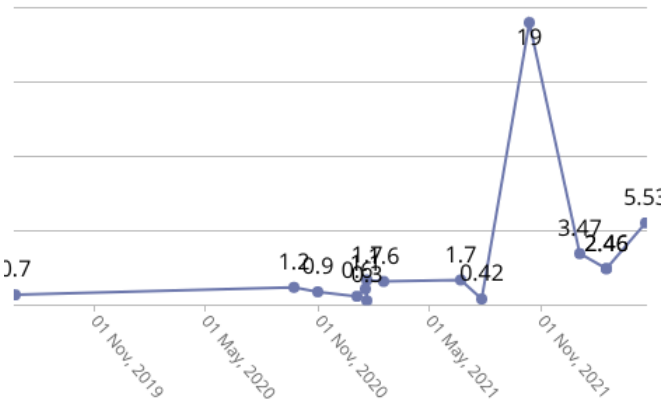
Biomarkers	Reference Range	23/04/2022	17/02/2022	04/01/2022	14/10/2021	28/07/2021	23/06/2021
HEMOGLOBIN	13.20 - 17.10	13.3 ●	12.3 ●	13.1 ●	11.6 ●	14.5 ●	12.7 ●

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

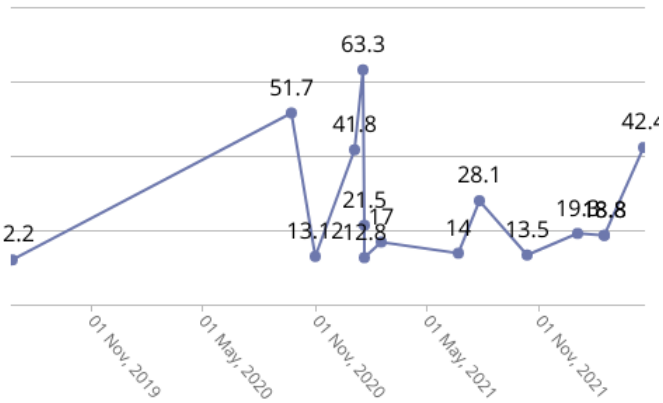
HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)

2.46 mg/L



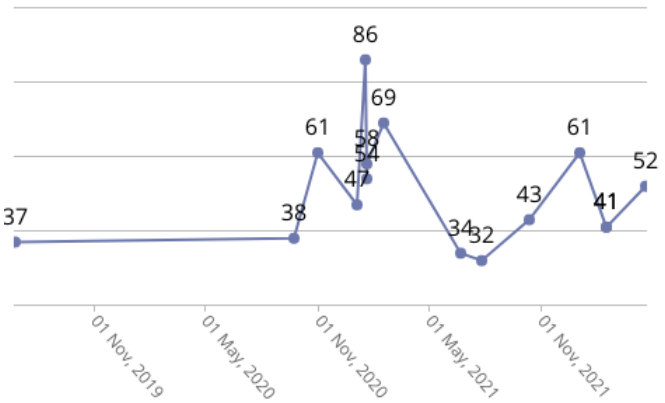
GAMMA GLUTAMYL TRANSFERASE (GGT)

18.8 U/L



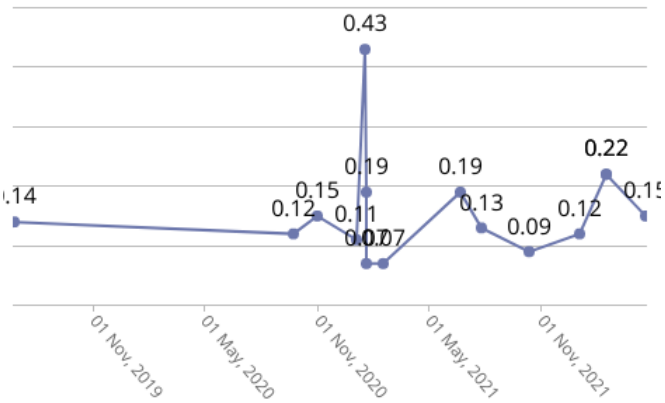
HDL CHOLESTEROL - DIRECT

41 mg/dL



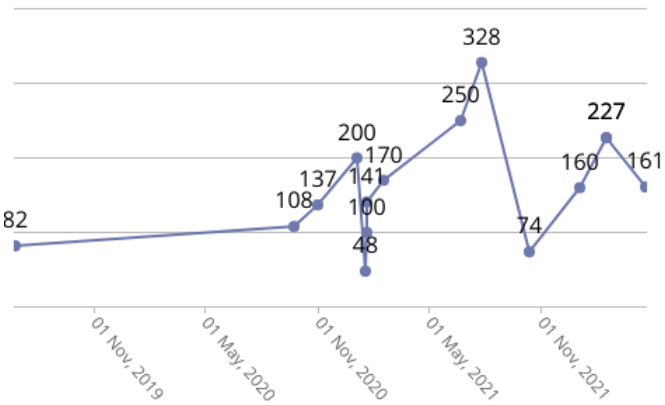
BILIRUBIN -DIRECT

0.22 mg/dL



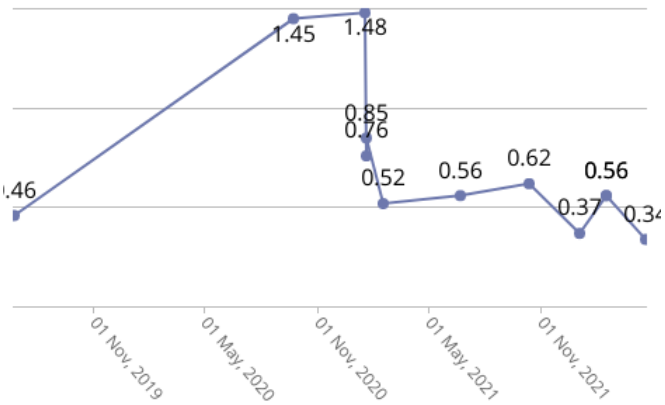
TRIGLYCERIDES

227 mg/dL



VITAMIN D2

0.56 ng/mL

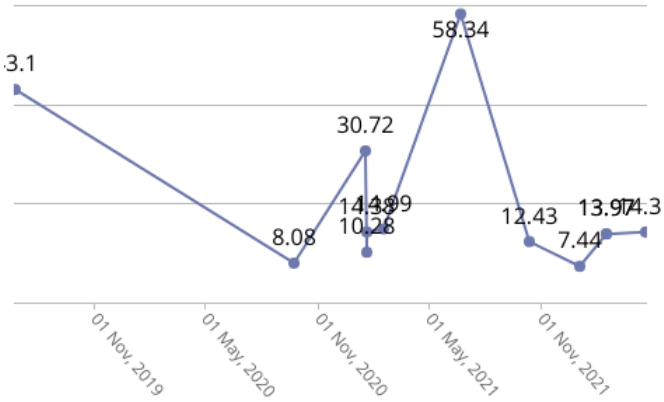


Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

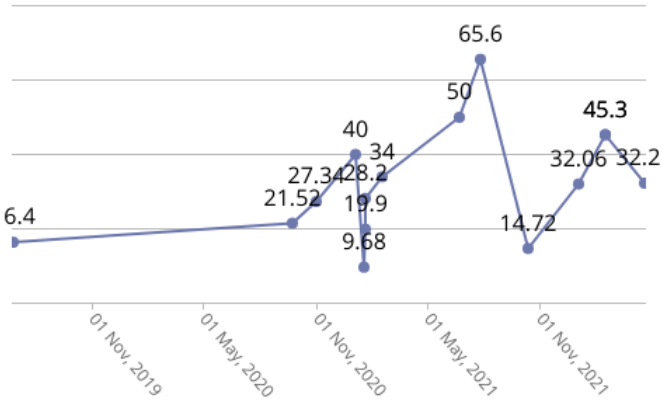
VITAMIN D3

13.97 ng/mL



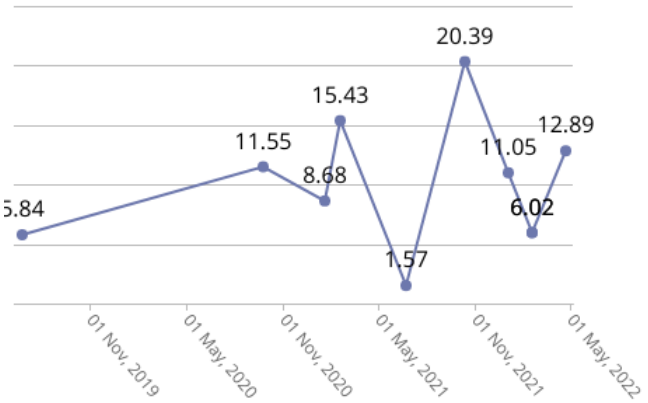
VLDL CHOLESTEROL

45.3 mg/dL



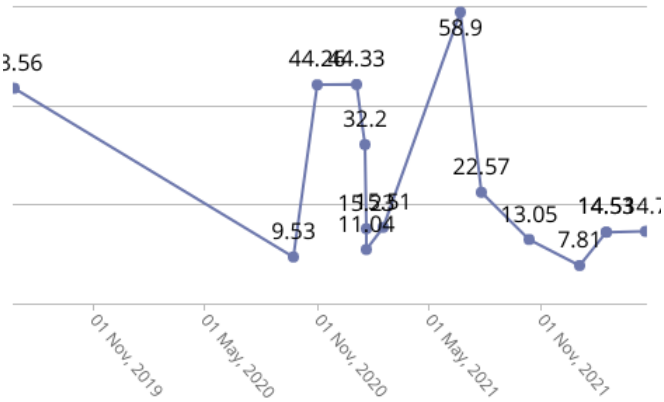
CORTISOL

6.02 µg/dL



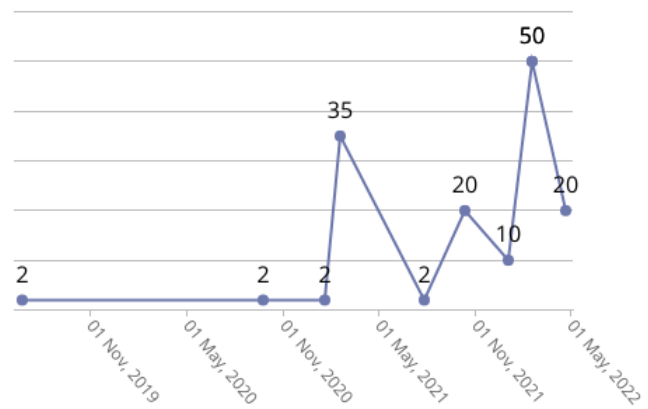
VITAMIN D TOTAL

14.53 ng/mL



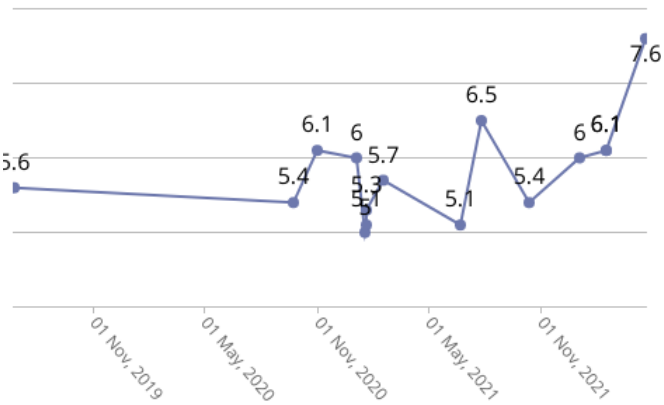
ERYTHROCYTE SEDIMENTATION RATE (ESR)

50 mm/hr



HbA1c

6.1 %

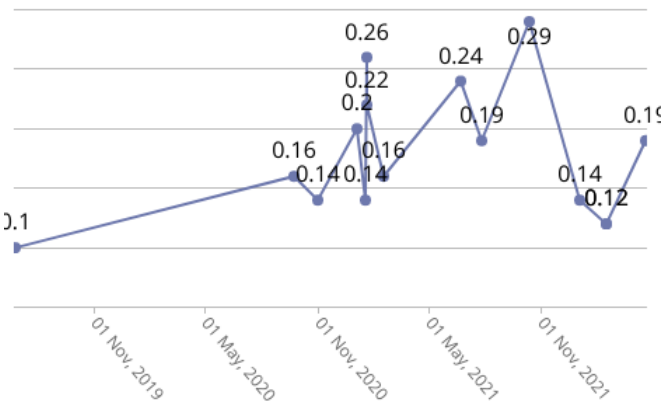


Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

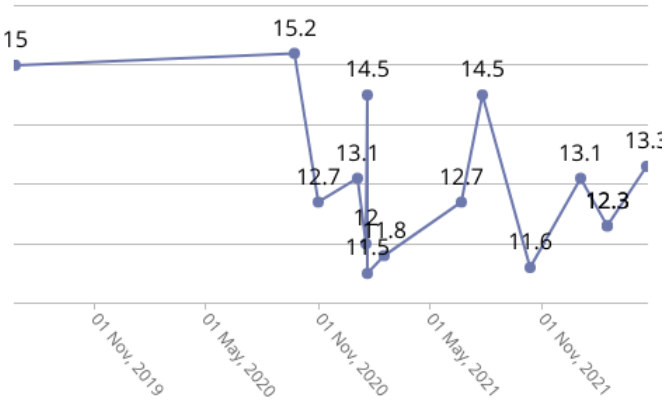
MONOCYTES - ABSOLUTE COUNT

0.12 X 10^3/µL



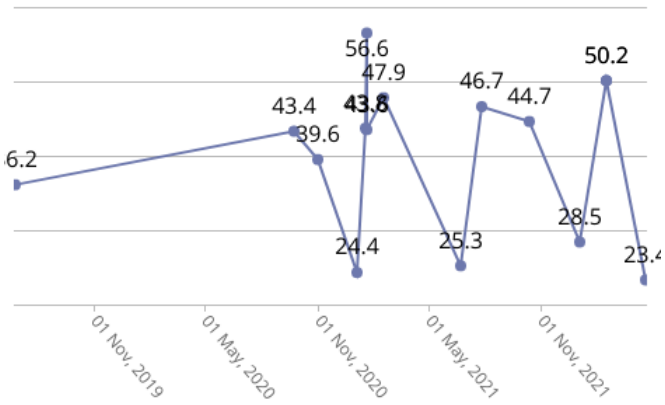
HEMOGLOBIN

12.3 g/dL



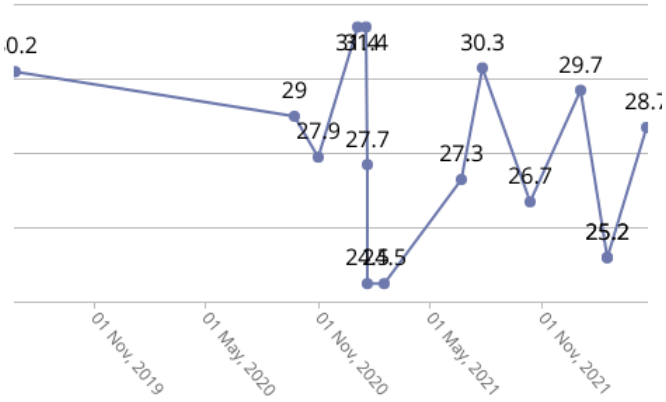
LYMPHOCYTE PERCENTAGE

50.2 %



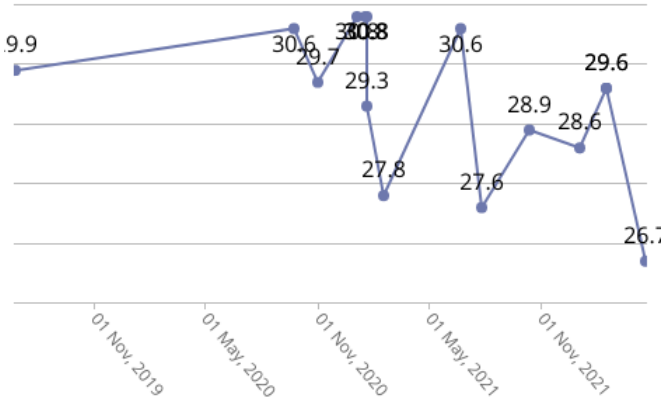
MEAN CORPUSCULAR HEMOGLOBIN(MCH)

25.2 pq



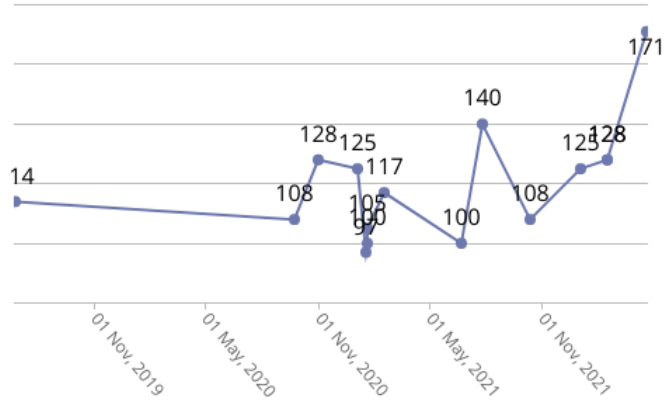
MEAN CORP.HEMO.CONC(MCHC)

29.6 g/dL



AVERAGE BLOOD GLUCOSE (ABG)

128 mg/dL



Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN D2

YOUR RESULT **0.56 ng/mL**

Critical	Optimal
< 19.99 ng/mL	> 20.00 ng/mL

About this parameter

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

Health Effects

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

Lifestyle Suggestions

Seek medical attention as soon as possible!

VITAMIN D3

YOUR RESULT **13.97 ng/mL**

Critical	Optimal
< 29.99 ng/mL	> 30.00 ng/mL

About this parameter

This test measures the amount of vitamin D3 in your blood.
Known as the “sunshine vitamin” because we get a lot of it from sunlight, vitamin D is important for various processes in our bodies. It's vital for bone health, muscle strength, immune function, blood pressure, and insulin release [R, R, R, R, R]. Both vitamin D2 and D3 get converted in the liver into the major circulating form of vitamin D (25-hydroxyvitamin D), which is further converted in the kidneys to the active form (1,25-dihydroxy vitamin D) as needed [R, R].
Studies have been controversial when it comes to vitamin D2 vs. vitamin D3 supplementation. There are those that found no difference between the two, and those that found D3 to be clearly superior [R, R, R, R, R, R, R, R, R, R, R, R].

Health Effects

Your Vitamin D3 levels are low. Seek medical attention immediately!

Lifestyle Suggestions

Seek medical attention as soon as possible!

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HIGH SENSITIVITY C-REACTIVE PROTEIN (HS-CRP)

YOUR RESULT **2.46 mg/L**

Optimal	High	Critical
< 1.00 mg/L	1.01 - 3.00 mg/L	> 3.01 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 higher than normal. This means your body is experiencing chronic inflammation and you may have a higher than average risk of developing heart disease. Keep in mind that because CRP levels can vary depending on a multitude of lifestyle factors and underlying conditions, it's recommended to use at least two measurements of CRP to assess heart disease risk. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results. Common causes of elevated CRP levels include:Bacterial, viral, and fungal infections [R], Chronic inflammation (e.g. in autoimmune and inflammatory conditions) [R], Chronic stress [R, R, R], Vitamin deficiency (A, D, K) [R, R, R], Smoking [R], Alcohol abuse [R], Obesity [R, R], Sleep deprivation [R], Serious injury or surgery [R], Aging [R], Cancer [R], Some drugs, such as antidepressants [R]
Work with your doctor or another health care professional to get an accurate diagnosis. Studies have shown that high CRP levels contribute to hardening of the arteries (atherosclerosis) and may be associated with an increased risk of: Type 2 diabetes [R], Heart disease [R, R, R], Overall less than optimal health [R, R, R, R, R]

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's increasing your CRP 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! Get enough of good quality sleep. Sleep deprivation can increase CRP levels [R]. Make sure your diet is healthy, well balanced, and contains all the necessary nutrients: • Correct any potential nutritional deficiencies [R,R,R] • Increase the amount of fiber and fruits and vegetables in your diet. Studies show that high-fiber, fruit- and vegetable-rich diets are associated with lower CRP levels [R,R,R,R,R,R,R,].
Lose weight if overweight. Losing weight has been shown to decrease CRP levels [R]. Exercise regularly. This also has been shown to reduce CRP levels [R,R]. Reduce your stress levels, as studies have shown that stress increases CRP [R,R]. Research suggests that activities such as yoga, tai chi, and meditation can help reduce CRP levels [R,R,R,R,R,R]. Quit smoking [R].Studies have found an association between moderate alcohol consumption (1 drink per day) and lower CRP levels (compared to no, little, or heavier alcohol consumption) [R,R].Discuss the following foods and supplements with your doctor. Studies have shown that they can help decrease CRP levels and have beneficial effects in preventing heart disease:Fiber [R,R,R,R,R,R,R,R,R], Green tea [R,R,R] , Cocoa and dark chocolate [R,R,R,R,R] , Magnesium [R,R] , Vitamin D [R,R,R,R] , Olive oil [R,R,R,R,R], Omega-3 (ALA, DHA, EPA) [R,R,R,R,R,R] , Garlic and aged garlic extract [R,R,R,R] , Berberine [R,R,R,R] , Curcumin [R,R]

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

LUTEINISING HORMONE (LH)

YOUR RESULT **9.39 gm/dL**

Low	Optimal	High
< 1.49 gm/dL	1.50 - 9.30 gm/dL	> 9.31 gm/dL

About this parameter

This test measures the level of luteinizing hormone (LH) in your blood. LH is made by your pituitary gland, a small gland located underneath the brain. LH plays an important role in sexual development and functioning.
In women, LH helps control the menstrual cycle. It also triggers the release of an egg from the ovary.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

GAMMA GLUTAMYL TRANSFERASE (GGT)

YOUR RESULT **18.8 U/L**

Optimal	High	Critical
< 15.00 U/L	15.01 - 30.00 U/L	> 30.01 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, R], Cancer [R, R, R, R], Less than optimal overall health [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 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	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HDL CHOLESTEROL - DIRECT

YOUR RESULT **41 mg/dL**

Low	Optimal	High
< 44.99 mg/dL	45.00 - 90.00 mg/dL	> 90.01 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, R],Eating a balanced, healthy diet, rich in fruits and vegetables [R, R, R, R], Adding nuts to your diet, including hazelnuts, almonds, pistachios, cashews, walnuts, and macadamia nuts [R, R, R, R, R, R, R, R, R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

BILIRUBIN -DIRECT

YOUR RESULT **0.22 mg/dL**

Optimal	High
< 0.20 mg/dL	> 0.21 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 your 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,R]. Discuss your coffee intake with your doctor.

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

TRIGLYCERIDES

YOUR RESULT **227 mg/dL**

Optimal	Supra-Optimal	High	Critical
< 90.00 mg/dL	90.01 - 200.00 mg/dL	200.01 - 300.00 mg/dL	> 300.01 mg/dL

About this parameter

This test measures the amount of triglycerides circulating in your blood.Triglycerides (TG) are the most common type of fat in your body. You get triglycerides from food, such as meat, dairy, vegetable oils, and fats. Triglycerides are digested and absorbed in the small intestine and then packaged together with cholesterol and proteins. These packages can then be used by cells as a form of energy [R, R]. The liver is also able to make and store triglycerides. It does so when you eat a lot of carbs or more calories than your body needs [R, R, R].Certain proteins, called very-low-density lipoproteins (VLDL), transport triglycerides throughout the bloodstream [R, R].
It's important to watch your triglyceride levels and maintain them in a healthy range. High triglyceride levels are associated with an increased risk of developing heart disease [R, R].

Health Effects

Your triglyceride levels are high. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results.
These can increase triglyceride levels: • Diets high in calories (overeating), carbs, and fats [R, R] • Being physically inactive/sedentary lifestyle [R, R, R] • Obesity [R] • Smoking [R, R, R] • High alcohol intake [R, R] • Diabetes [R] • Liver disease (fatty liver, cirrhosis) [R, R] • Inflammation and infection [R, R] • Vitamin D deficiency [R, R, R] • Underactive thyroid (hypothyroidism) [R, R] • Autoimmune disease [R] • Chronic kidney disease [R, R] • Rare genetic disorders [R, R]
Triglyceride levels normally rise significantly (as much as threefold) during the third trimester of pregnancy, before eventually returning to normal [R]. Certain drugs can increase triglyceride levels including: Corticosteroids [R], Estrogens [R, R], Water pills (diuretics) [R, R], Beta-blockers [R, R], Antiretrovirals [R], Retinoids [R], Some antipsychotics [R]
Causes shown here are commonly associated with high triglycerides. Work with your doctor or another health care professional to get an accurate diagnosis. Studies have found that triglyceride levels in this range are associated with a higher risk of heart disease and less than optimal overall health [R, R, R]. High triglycerides are usually without symptoms. However, extremely high levels (>400 mg/dL or 4.5 mmol/L) may cause yellowish patches on the skin (xanthomas) [R].

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your high triglyceride 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! Tweaking your diet and lifestyle can help decrease your triglyceride levels. Avoid overeating in general. Eat less of sugary and processed foods and minimize your intake of saturated and trans fats. Choose plant-based fats or fatty fish instead. If your triglycerides are very high, your doctor may recommend a low-fat diet [R,R]. Eat more fiber-rich foods, such as fruits and vegetables [R].A Mediterranean diet is a good example of a diet that can help lower your triglyceride levels and decrease your risk of heart disease. This type of diet includes lots of fruits and vegetables, fatty fish, olive oil, and nuts [R,R,R,R]. Lose weight if overweight. Losing weight can improve your triglyceride levels [R]. Exercise regularly. Aerobic exercise, such as running, swimming, or cycling, for over 30 minutes several times a week can help lower your triglyceride levels [R,R]. Lower your alcohol consumption or refrain from drinking altogether [R,R]. Quit smoking [R,R,R]. If your vitamin D is low, try to increase it by spending more time in the sun (but don't burn!), or discuss vitamin D supplements with your doctor [R,R,R].
Discuss the following foods and supplements with your doctor. Research has shown they can help decrease triglyceride levels: Omega-3 (DHA) [R,R,R,R,R], Berberine [R,R,R], Chromium [R,R], Red yeast rice [R], Green tea [R,R], Turmeric/curcumin [R,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!

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VLDL CHOLESTEROL

YOUR RESULT **45.3 mg/dL**

Optimal	Supra-Optimal	High
< 20.00 mg/dL	20.01 - 30.00 mg/dL	> 30.01 mg/dL

About this parameter

This test measures the amount of very-low density lipoprotein cholesterol, or VLDL-C, in your blood.
VLDL-cholesterol is cholesterol bound to very-low-density lipoprotein (VLDL) particles. It transports triglycerides (fats) and cholesterol in the bloodstream [R].
VLDL-cholesterol is made in the liver and then released into the blood. Once in the blood, it can be converted to LDL-C. VLDL-C, like LDL-C, is considered a form of “bad cholesterol” because it transports and deposits fats and cholesterol in blood vessel walls and contributes to LDL-C levels [R].

Health Effects

Your VLDL-cholesterol levels are higher than normal!
These can increase VLDL-cholesterol levels: • Diets high in carbs and low in fats [R] • Smoking and chewing tobacco [R] • Insulin resistance [R] • Type 1 and 2 diabetes [R] • Underactive thyroid (hypothyroidism) [R] • Obesity [R] • Inflammation and infection [R] • Non-alcoholic fatty liver disease (NAFLD) [R] • Kidney damage [R]
Drugs that can increase VLDL-C levels include:

- Glucocorticoids, such as prednisone [R, R]
- Thiazide-type diuretics such as hydrochlorothiazide (Apo-hydro), used to reduce excess water [R]
- Vitamin A derivative isotretinoin (Accutane) used to treat severe acne [R]
- Second-generation antipsychotics such as clozapine (Clozaril, FazaClo, Versacloz) and risperidone (Risperdal, Risperdal Consta) [R]

Speak to your doctor to find out what's causing your high VLDL-cholesterol! High VLDL-cholesterol levels increase your risk of heart disease [R].

Lifestyle Suggestions

Talk to your doctor to address your high VLDL-cholesterol and any associated health issues. Reduce your consumption of carbs and avoid added sugars [R].Increase your consumption of foods high in phytosterols (a type of cholesterol made by plants) including nuts, seeds, and legumes. Phytosterols compete with cholesterol for reabsorption in the gut, which lowers cholesterol levels [R].Increase your consumption of fatty omega-3 rich fish [R].Lose weight if you are overweight [R]. Reduce or quit smoking [R]. Moderate exercise as well as endurance exercise will help lower VLDL levels [R,R]. Avoid drinking alcohol, as it is increases VLDL production [R].
Supplements that can help: Ginger [R], Fenugreek [R] , Amla berry [R], Prebiotics [R] , Biotin (vitamin B7) [R], Fish oil/Omega-3 [R], Essential amino acids + arginine [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

CORTISOL

YOUR RESULT **6.02 µg/dL**

Low	Optimal	High
< 6.19 µg/dL	6.20 - 19.40 µg/dL	> 19.41 µg/dL

About this parameter

This test measures the amount of cortisol in your blood. Cortisol is one of the major regulators of blood sugar levels [R, R]. Cortisol causes stored glucose to be released into the blood supply where it can be used immediately by the body [R]. However, it also signals the body to store any incoming glucose, which is why chronically high cortisol levels can lead to weight gain rather than weight loss [R]. Cortisol also helps control the metabolism of fats, proteins, and carbs, and regulates blood pressure, the immune system, and inflammation [R, R, R, R, R]. Cortisol levels vary naturally throughout the day [R]. Its levels are generally highest in the morning after waking, and gradually decreases throughout the day (however, this is often reversed in people who work at night) [R].
Cortisol levels also rise naturally: After eating [R], After physical activity/exercise [R, R, R, R, R], In response to physical and psychological stress [R, R, R, R, R, R]

Health Effects

Your cortisol levels are lower than normal. A result that's lower than normal, doesn't necessarily mean that your have a health condition needing treatment. Your doctor will interpret your result, taking into account your medical history, symptoms, and other test results.
Low cortisol levels may be caused by: Sudden withdrawal of long-term (>3 weeks) corticosteroid therapy [R, R, R, R], Underactive or damaged pituitary gland or hypothalamus, due to brain injury, tumors, surgery, or irradiation [R, R, R, R], Underactive or damaged adrenal glands (primary adrenal insufficiency or Addison's disease), due to autoimmune conditions, infections such as HIV, syphilis, tuberculosis, and fungal infections, or genetic disorders [R, R, R, R, R, R], Some medication, including antifungal drugs (e.g. ketoconazole, fluconazole), adrenal corticosteroid inhibitors (e.g. metyrapone), and high-dose opiates [R, R, R], PTSD [R, R, R]
Low levels of cortisol can cause signs and symptoms such as [R, R, R, R, R, R, R, R, R]: Weight loss, Anorexia, Nausea, Vomiting, Fatigue/excessive tiredness, Low blood pressure, Salt craving (in primary adrenal insufficiency), Darkening of the skin/hyperpigmentation (in primary adrenal insufficiency)
Causes shown here are commonly associated with low cortisol levels. Work with your doctor or another health care professional to get an accurate diagnosis.

Lifestyle Suggestions

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

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

VITAMIN D TOTAL

YOUR RESULT **14.53 ng/mL**

Critical	Low	Sub-Optimal	Optimal	High	Critical
< 10.00 ng/mL	10.01 - 19.99 ng/mL	20.00 - 29.99 ng/mL	30.00 - 100.00 ng/mL	100.01 - 150.00 ng/mL	> 150.01 ng/mL

About this parameter

This test measures the amount of (25-hydroxy) vitamin D in your blood.
Known as the “sunshine vitamin,” vitamin D helps maintain healthy levels of calcium and phosphorus by increasing their absorption in the gut. In this way, vitamin D is critical for bone health [R, R]. Vitamin D also plays a role in muscle strength and performance, immune function, cell production, blood pressure, and insulin secretion [R, R, R, R].
Vitamin D is produced by the skin upon exposure to sunlight. It can also be obtained in the diet, or through vitamin supplements [R]. Vitamin D can be stored in fat tissue and is found throughout the body including bones, kidneys, heart, stomach, liver, skin, brain, ovaries, and testes [R, R].
Although 1,25-dihydroxy is the active form of vitamin D, its levels can be normal or even high in people who are otherwise deficient in overall vitamin D. For this reason, active vitamin D is not a good measurement of your vitamin D status [R]. Instead, 25-hydroxyvitamin D is more often used to determine if your vitamin D levels are healthy or abnormal [R].

Health Effects

Your vitamin D levels are lower than normal. Low vitamin D levels signal vitamin D deficiency. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results.One of the major causes of low vitamin D levels is inadequate exposure to UV radiation from the sun, which prevents the skin from producing enough vitamin D. Inadequate dietary intake is another major cause of vitamin D deficiency [R]. Studies suggest that people on a vegan diet, as well as pregnant women and breast-feeding children who are not on vitamin D supplementation, may be at a higher risk of dietary insufficiency [R, R, R].
Causes shown here are commonly associated with low vitamin D levels. Work with your doctor or another health care professional to get an accurate diagnosis.
Symptoms of low vitamin D levels include [R]: Bone pain, Muscle pain, General weakness, Depression

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low vitamin D 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! The easiest way you can boost vitamin D levels is by getting more sun, especially if you have a darker skin tone. However, never go overboard with sun exposure, as excess UV radiation can cause skin cancer [R,R,R]. Also, keep in mind that sunscreen blocks out the UV rays that make vitamin D in your skin. Implement a healthy diet and exercise program to help you lose weight if you are overweight [R]. Eat more foods that contain vitamin D. Food sources that are naturally rich in vitamin D include [R]: Fatty fish, such as salmon and tuna, Egg yolks,Cheese,Mushrooms Although relatively few foods naturally contain large amounts of vitamin D, many common foods are often enriched with vitamin D, such as dairy, soy milk, orange juice and some cereals[R].Quit or at least reduce smoking, as it can reduce vitamin D levels [R,R]. If your medications are likely to lower vitamin D levels, discuss alternative options with your doctor [R].
Discuss vitamin D3 supplements with your doctor. Vitamin D supplements can be taken with foods high in fat to enhance absorption [R,R,R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

ERYTHROCYTE SEDIMENTATION RATE (ESR)

YOUR RESULT **50 mm/hr**

Optimal	Supra-Optimal	High	Critical
< 8.00 mm/hr	8.01 - 20.00 mm/hr	20.01 - 99.99 mm/hr	> 100.00 mm/hr

About this parameter

This test measures the erythrocyte sedimentation rate, or the rate at which red blood cells sink to the bottom of a sample tube. Erythrocyte sedimentation rate (ESR), or “sed rate,” is a test that helps indirectly measure inflammation in the body. When there is more inflammation, red blood cells stick together and sink faster [R].

Health Effects

Your erythrocyte sedimentation rate (ESR) is higher than normal.
This suggests your body is experiencing inflammation [R]. However, one single ESR test is not conclusive on its own. So if you don’t have any symptoms of a specific disease, a single ESR result doesn’t automatically mean that something is wrong. Your doctor will interpret your results, taking into account your medical history, symptoms, and other test results [R, R]. Your ESR can increase as you age. Also, pregnant or menstruating women will have higher ESR than normal [R, R].
High ESR can be found in conditions such as: Infections [R, R], Autoimmune disease [R], Inflammatory disorders, such as rheumatoid arthritis or inflammatory bowel disease (IBD) [R, R, R], Anemia [R], Injury [R], High blood cholesterol (hyperlipidemia) [R], Thyroid disorders [R], Heart, liver, or kidney disease [R, R, R], Tumors that make large amounts of immunoglobulins and cancer in general [R, R, R]
Causes shown here are commonly associated with higher ESR levels. Work with your doctor or another health care professional to get an accurate diagnosis. Studies have found a link between chronically elevated ESR and heart disease and overall less than optimal health [R, R, R, R, R, R, R].

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's increasing your ESR 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!. Try an anti-inflammatory diet, high in fruits and vegetables and low in saturated fats and refined carbs [R, R]. If your health allows it, engage in regular exercise. Light or moderate exercise can help decrease inflammation and ESR [R, R]. Don't forget to visit your dentist on a regular basis. Treating existing gum disease can help decrease ESR [R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HbA1c

YOUR RESULT **6.1 %**

Low	Sub-Optimal	Optimal	High	Critical
< 3.99 %	4.00 - 4.99 %	5.00 - 5.70 %	5.71 - 6.50 %	> 6.51 %

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 values are elevated in the range of prediabetes.
Levels above 5.6% (>38 mmol/mol)) are associated with a high risk, while levels above 6.0% (>42 mmol/mol) are associated with a very high risk of developing diabetes [R, R, R]. Your doctor will interpret this test, taking into account your medical history and other tests results.
Common causes of high HbA1c are: Insulin resistance [R], Being overweight [R, R, R]
Other factors that can increase HbA1c include: Smoking [R, R], Iron, vitamin B12, or folate deficiency anemia [R, R, R, R, R], Some chronic conditions, such as periodontal (gum) disease, *H. pylori* infection, and chronic kidney disease [R, R, R, R, R], Hyperbilirubinemia (high bilirubin) [R], Lead poisoning [R], Some genetic hemoglobin disorders [R], Drugs such as statins and opiates [R, R]
The causes shown here have been associated with higher HbA1c levels. Work with your doctor or another health care professional to get an accurate diagnosis. Levels in this range are associated with less optimal overall health [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 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! If your high HbA1c is due to high blood sugar and insulin resistance, it's important to make dietary and lifestyle changes, because they can help decrease your blood sugar and HbA1c levels and prevent prediabetes from progressing to diabetes. Eat a healthy, balanced diet. Avoid sugary foods and processed carbs. Instead, increase your fruit and vegetable intake [R,R,R]. Lose weight if you are overweight [R,R]. 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. Engage in moderate to vigorous exercise most days of the week. Exercise improves the way our body uses glucose and lowers HbA1c levels [R,R]. Quit smoking. Smoking increases HbA1c levels [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].
Improve your oral hygiene. It may come as a surprise, but studies suggest that proper and regular tooth brushing may help decrease your blood glucose and HbA1c levels. Also, address any existing periodontal (gum) issues such as inflammation, as these can increase HbA1c [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	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

HEMOGLOBIN

YOUR RESULT **12.3 g/dL**

Critical	Low	Sub-Optimal	Optimal	Supra-Optimal	High	Critical
< 6.99 g/dL	7.00 - 13.19 g/dL	13.20 - 13.99 g/dL	14.00 - 16.00 g/dL	16.01 - 17.10 g/dL	17.11 - 20.00 g/dL	> 20.01 g/dL

About this parameter

This test measures the amount of hemoglobin in your blood. Both low and high hemoglobin levels can impact your health. They both decrease the oxygen supply to the tissues, although by different mechanisms. High hemoglobin is further associated with an increased risk of high blood pressure and blood clots [R, R, R, R, R, R]. A hemoglobin test is usually done as a part of a complete blood count (CBC), that also looks at other properties of your red blood cells. Your doctor will interpret a rise or drop in hemoglobin together with other tests, such as RBC, hematocrit, and red blood cell indices. Remember that there is some lab-to-lab variability in ranges due to differences in equipment, techniques, and chemicals used. Don't panic if your result is slightly out of range in the app - as long as it's in the normal range based on the laboratory that did the testing, your value is normal.

Health Effects

Your hemoglobin levels are below normal! Hemoglobin usually decreases when there is less red blood cells. Low hemoglobin levels may mean that your blood carries oxygen less efficiently, a condition known as anemia [R].
Low hemoglobin can be caused by: Excessive blood loss, including bleeding due to injuries, ulcers, or heavy menstrual bleeding [R, R, R], Nutrient deficiencies, due to dietary lack of iron, vitamin B12, folate (vitamin B9), and less frequently vitamin B6, vitamin A, or copper [R, R, R, R, R, R], Conditions that impair nutrient absorption, such as celiac disease, inflammatory bowel disease (IBD), autoimmune gastritis (a disease that destroy the cells that produce stomach acid), and *Helicobacter pylori* infection [R, R, R, R, R], Bariatric and other weight loss surgery [R], Chronic disease and inflammation [R, R, R, R], Obesity [R], Conditions that cause red blood cell destruction (hemolytic anemia), Heavy metals and toxins [R, R, R],Bone marrow disorders (e.g. leukemia, lymphoma, myeloma) and damage due to toxins, radiation, chemotherapy, and cancer that have spread to bone marrow [R, R], Aging [R].
Hemoglobin is normally decreased in pregnancy [R].
When you have anemia (low hemoglobin), you may experience [R]: Fatigue, Headaches, Shortness of breath, Dizziness, Poor concentration, Fast or irregular heartbeat, Intolerance to exercise, Cold hands and feet (inability to maintain core body temperature).

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low hemoglobin and to treat any underlying conditions. While sometimes anemia can be treated with dietary changes and supplements, other times a person may require blood transfusion, drugs that stimulate RBC production, or changing medications.The additional lifestyle changes listed below are other things you may want to discuss with your doctor. None of these strategies should ever be done in place of what your doctor recommends or prescribes!
If your hemoglobin is low and your doctor suspects a nutritional cause, they may check your levels of: Iron [R,R],Vitamin B12 [R,R,R],Folate (vitamin B9) [R], Vitamin B6 [R],Copper [R],
Discuss the following supplements with your doctor: Depending on your levels: iron, B vitamins, vitamin A, Copper [R,R,R,R,R,R], Vitamin C - helps the body absorb more iron [R],Vitamin D (if deficient) [R],Zinc (if deficient) [R],Vitamin E [R,R].

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

LYMPHOCYTE PERCENTAGE

YOUR RESULT **50.2 %**

Low	Optimal	High
< 14.99 %	15.00 - 49.00 %	> 49.01 %

About this parameter

This test looks at the percentage of white blood cells that are lymphocytes.
Lymphocytes are white blood cells important for both innate (nonspecific) and adaptive (long-lasting and specific) immune responses [R].
There are three main types of lymphocytes: B cells, T cells, and natural killer (NK) cells [R, R].

- B cells produce antibodies that attack freely circulating foreign bodies, such as bacteria and viruses
- T cells destroy the body's own cells which have been infected by viruses or transformed into cancer cells. They also direct the responses of other immune cells and prevent immune responses against healthy cells (autoimmunity)
- NK cells kill cancer cells and cells infected by viruses

Health Effects

Your lymphocyte percentage is above normal! This may be due to a high lymphocyte count, or abnormal counts of other white blood cells. Check your absolute lymphocyte count to be sure.
A high lymphocyte percentage does not necessarily mean that there is a problem with the immune system, and may only be temporary. Lymphocytes usually increase after a bacterial or viral infection and decrease when the infection resolves [R]. Your doctor will interpret this test, taking into account your medical history and other test results, and will repeat it if necessary.
High lymphocytes can be caused by: Viral, bacterial, and other infections [R, R, R, R, R, R, R], Some autoimmune disorders [R, R], Severe injuries [R], Blood or lymph cancer, such as lymphoma or leukemia [R, R, R], Addison's disease, in which adrenal gland function is impaired [R, R], Inborn immune disorders [R, R, R, R], Smoking, in people who are genetically predisposed [R, R]
Causes shown here are associated with high lymphocytes. 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 lymphocytes and to treat any underlying conditions.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

MEAN CORPUSCULAR HEMOGLOBIN(MCH)

YOUR RESULT **25.2 pq**

Low	Optimal	High
< 26.99 pq	27.00 - 33.00 pq	> 33.01 pq

About this parameter

This test measures the average amount of hemoglobin in your red blood cells. Hemoglobin is the protein that binds oxygen, which allows your blood to transport oxygen throughout your body. Mean corpuscular hemoglobin (MCH) can be used to help diagnose different types of anemia [R].

Health Effects

Your mean corpuscular hemoglobin (MCH) is below normal. This may mean that your red blood cells are smaller than normal (microcytic) [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. If you have low MCH, you may experience symptoms of underlying issues, such as anemia. Anemia can cause [R, R]: Tiredness and fatigue, Weakness, Lightheadedness, Pale skin, Headache, Shortness of breath. 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 low MCH and to treat any underlying conditions. Make sure you are eating a healthy and nutritious diet in order to prevent iron deficiency [R,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	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

MEAN CORP.HEMO.CONC(MCHC)

YOUR RESULT **29.6 g/dL**

Low	Optimal	High
< 31.99 g/dL	32.00 - 36.00 g/dL	> 36.01 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	Female	25 Yrs	74	17/02/2022

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

AVERAGE BLOOD GLUCOSE (ABG)

YOUR RESULT **128 mg/dL**

Low	Sub-Optimal	Optimal	High	Critical
< 67.99 mg/dL	68.00 - 96.99 mg/dL	97.00 - 114.00 mg/dL	114.01 - 139.99 mg/dL	> 140.00 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 values, is elevated in the range of prediabetes [R, R, R]. Your doctor will interpret this test, taking into account your medical history and other tests results.
Common causes of high HbA1c are: Insulin resistance [R], Being overweight [R, R, R]
Other factors that can increase HbA1c include: • Smoking [R, R] • Iron, vitamin B12, or folate deficiency anemia [R, R, R, R, R] • Some chronic conditions, such as periodontal (gum) disease, *H. pylori* infection, and chronic kidney disease [R, R, R, R, R] • Hyperbilirubinemia (high bilirubin) [R] • Lead poisoning [R] • Some genetic hemoglobin disorders [R] • Drugs such as statins and opiates [R, R]
Causes shown here have been associated with higher 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!. If your high eAG/HbA1c is due to high blood sugar and insulin resistance, it's important to make dietary and lifestyle changes, because they can help decrease your blood sugar and prevent prediabetes from progressing to diabetes.
Eat a healthy, balanced diet. Avoid sugary foods and processed carbs. Instead, increase your fruit and vegetable intake [R, R, R]. Lose weight if you are overweight [R, R]. 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. Engage in moderate to vigorous exercise most days of the week. Exercise improves the way our body uses glucose [R, R]. Quit smoking. Smoking increases HbA1c levels [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]. Improve your oral hygiene. It may come as a surprise, but studies suggest that proper and regular tooth brushing may help decrease your blood glucose levels. Also, address any existing periodontal (gum) issues such as inflammation, as these can increase HbA1c [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]
Remember, always speak to your doctor before taking any supplements, because they may interfere with your health condition or your treatment/medications!

YOUR IMPORTANT PARAMETERS THAT NEED ATTENTION

MONOCYTES - ABSOLUTE COUNT

YOUR RESULT **0.12 X 10^3/µL**

Low	Optimal	High
< 0.19 X 10^3/µL	0.20 - 0.95 X 10^3/µL	> 0.96 X 10^3/µL

About this parameter

This test looks at your monocyte count. Monocytes are white blood cells that protect against bacterial, viral, and other infections. Monocytes kill microbes, remove dead cells, and boost the immune response. However, they are also involved in the development of several inflammatory diseases and can contribute to tissue destruction during infection or inflammation [R].

Health Effects

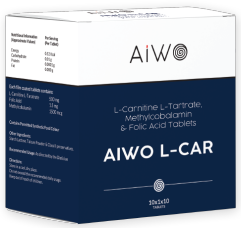
Your monocyte levels are below normal. Your doctor will interpret this test, taking into account your medical history and other test results, and will repeat it if necessary. Causes of low monocyte levels include: Infections (e.g. HIV, EBV) [R, R], Autoimmune disease, such as rheumatoid arthritis and lupus [R, R], Drugs that suppress the immune system, such as corticosteroids [R], Bone marrow disorders [R, R], Leukemia [R, R], Chemo and radiation therapy [R, R], Rare inborn immune disorders [R, R, R, R].

Lifestyle Suggestions

The most important thing is to work with your doctor to find out what's causing your low monocytes and to treat any underlying conditions. Keep your immune system running by following a healthy lifestyle. Exercise, eat a healthy diet, and get plenty of sleep and rest.

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

Recommended Supplement



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

Recommended Usage

Post Breakfast (1)

Benefits

Muscle health

L -Carnitine helps in faster muscle recovery.

Hemoglobin

L carnitine helps support MCHC & MCV

Research

View all Research

Effects of L-carnitine on Oxidative Stress Responses in Patients With Renal Disease [R]

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

Name	Dosage
HealthyVit D3	60000IU - Vitamin D

Recommended Usage

Post Breakfast (1)

Benefits

Supports Loss of muscle tissue

Vitamin D deficiency is associated with muscle weakness and atrophy

Vitamin D3 Deficiency

Vitamin D3 helps to manage Deficiency

Research

View all Research

Hypovitaminosis D myopathy without biochemical signs of osteomalacic bone involvement [R]

Vitamin D: The “sunshine” vitamin [R]

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

Recommended Supplement

Name
Ultimate Omega 3

Dosage
1000 mg - Purified fish oil

Recommended Usage
Pre Breakfast (1) Pre Dinner (1)

Benefits

Muscle health

Omega-3 fatty acid supplementation helps to reduce muscle atrophy & Increases the rate of muscle protein synthesis.

TG/HDL

Omega 3 maintains normal TG/HDL ratio

Research

View all Research

Dietary omega-3 fatty acid supplementation increases the rate of muscle protein synthesis in older adults: a randomized controlled trialential Fatty Acid Deficiency [R]

Comparison of the effect of omega-3 supplements and fresh fish on lipid profile: a randomized, open-labeled trial [R]

Name
Curcumin Rich

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

Recommended Usage
Post Breakfast (1) Post Dinner (1)

Benefits

Immunity

The antimicrobial property, curcumin is active against different viruses, bacteria, and fungi, including even multi-drug-resistant strains

HsCRP

Curcumin Lowers elevated HS-CRP

Research

View all Research

Antibacterial effects of curcumin: An in vitro minimum inhibitory concentration study [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	Female	25 Yrs	74	17/02/2022

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 VARIABIALITYhttps://www.ncbi.nlm.nih.gov/pmc/articles/PMC4054864/

Immune health

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

Brain Health

Oral appliance having hollow bodyhttps://patents.google.com/patent/US5950624A/en

Name	Gender	Age	Biomarkers	Report Released On
Sample Report	Female	25 Yrs	74	17/02/2022

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
Sample Report	Female	25 Yrs	74	17/02/2022

Suggestions for Health & Well-being

PHYSICAL

ACTIVITY

PHYSICAL ACTIVITY

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

BALANCED

Diet

BALANCED DIET

IIt 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

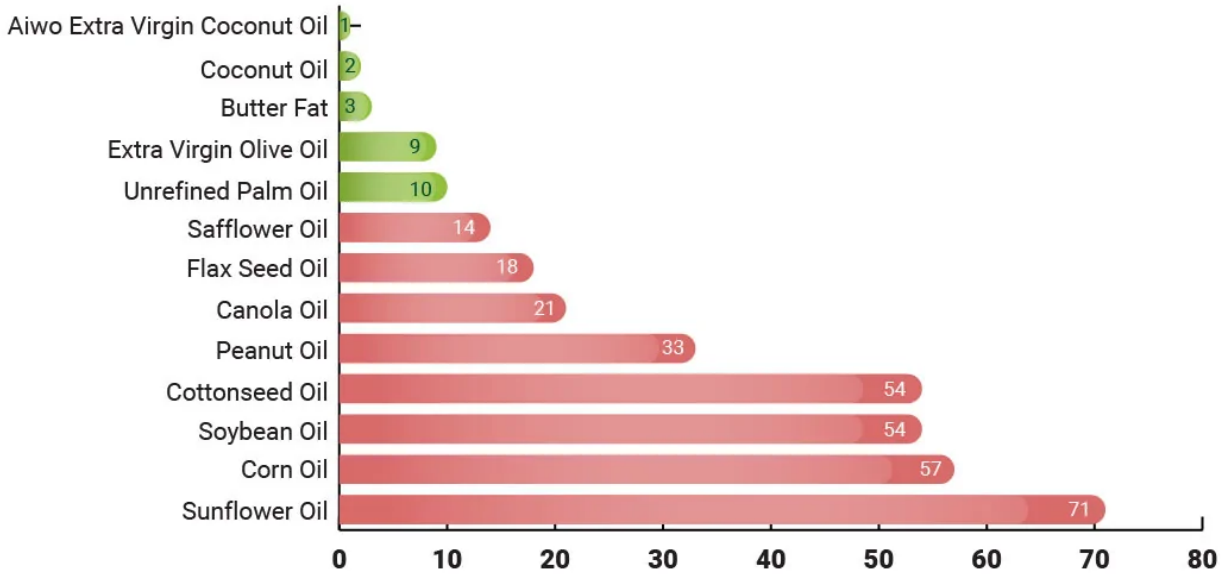
FUTURE TESTS - AiWO 181

- VITAMIN D2
- VITAMIN D3

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

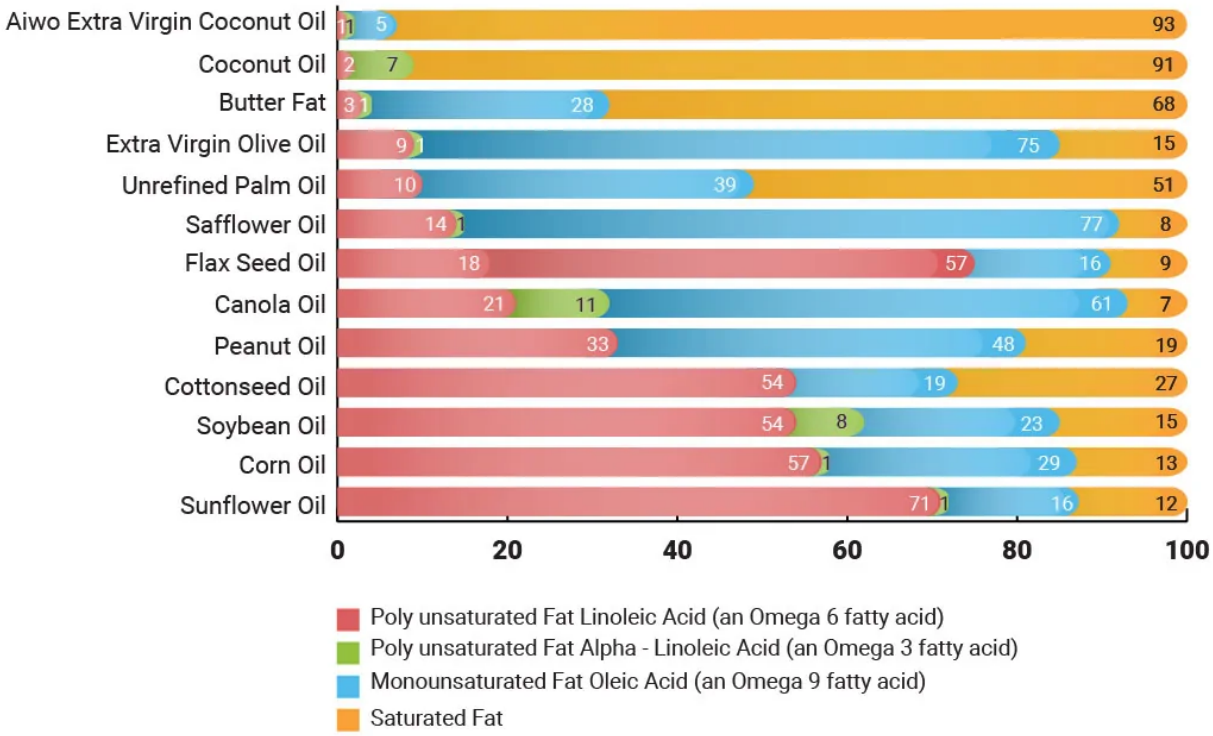
The Following Chart Consist Of Common Fats And Oils:



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%



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

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

CHENNAI

AIWO WELLNESS CENTRE

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

TRICHY

AIWO WELLNESS CENTRE

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

MADURAI

AIWO WELLNESS CENTRE

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

PALAYAMKOTTAI

AIWO WELLNESS CENTRE

City Garden Complex
Door Nos. 11K/9-2 (1st flooor), 11K/9-3 (2nd floor),
St. Thomas Road (AR Line), Palayamkottai - 627 002.
+91 9442450928
aiwotvl2021@gmail.com

Now Consult top doctors from home via video call

Introducing Free Online Doctor Consultation
after getting your lab test reports.

Book Video Consultation with Doctor from any speciality in 3 simple steps:

1. Log on to www.aiwo.com Or Call 18005722496
2. Choose the Specialty and doctor you want to consult.
3. Choose a time slot and make an online payment to book an appointment

For any queries Contact:9500077890

About AiWO Labs

Why book with Aiwo?

Aiwo offers specially designed preventive healthcare and medical checkup packages via certified labs to ensure the highest accuracy of your reports and quality laboratory testing.

Smart Reports

Certified labs to ensure the highest accuracy of your reports and quality laboratory testing. Go beyond the regular lab test report with the AiWO Smart Report to gain further insight into your results.

Free Online Consultation

Free Online consultation with one of our experienced doctors after getting your lab test reports and review them for free. Saving your valuable time and assisting you to avoid travel.