

PREPARED FOR

JOHN DOE
12.12.1990

DATE COLLECTED

07.29.2024

LAB

MEN'S ADVANCED METABOLIC PANEL

Feel
better,
live
longer





Introduction

An introduction to Functional Blood Chemistry Analysis and your Blokes Health Report (BHR).

WHAT'S INSIDE

Blokes Optimization Score (BOS)
Blood Test Results

MISSION

We are on a mission to empower you to feel better and live longer. It starts with a deep dive into your biology. While understanding your biomarkers is vital, it's equally important to consider your symptoms and how they impact your day-to-day life. Our approach couples the quantitative and qualitative data to then create a comprehensive, actionable plan customized to your specific needs and goals.

OVERVIEW

Below are five details you should know before reading your Blokes Health Report. If markers seem unfamiliar or not aligned, rest assured that this will be covered in your review:

1. Unlike reactive-based medicine, which often focuses on treating symptoms or illnesses, our approach is tailored to you, centered on proactive care and optimal ranges.
2. If your lab values are outside optimal ranges, this may not mean you have a specific dysfunction present but rather a suboptimal area that may benefit from support.
3. These interpretations are guides. We aim to help move your biomarkers towards optimal levels, prevent system dysfunctions, and help you function at your best.
4. Your labs are meticulously reviewed by our highly skilled clinical team. This ensures we can clear you for therapies and determine if an intervention is recommended. Rest assured, all areas of importance will be thoroughly covered in your 1:1 consult with your clinician or coach.
5. Any prescription that is deemed necessary will be prescribed by your licensed clinician.



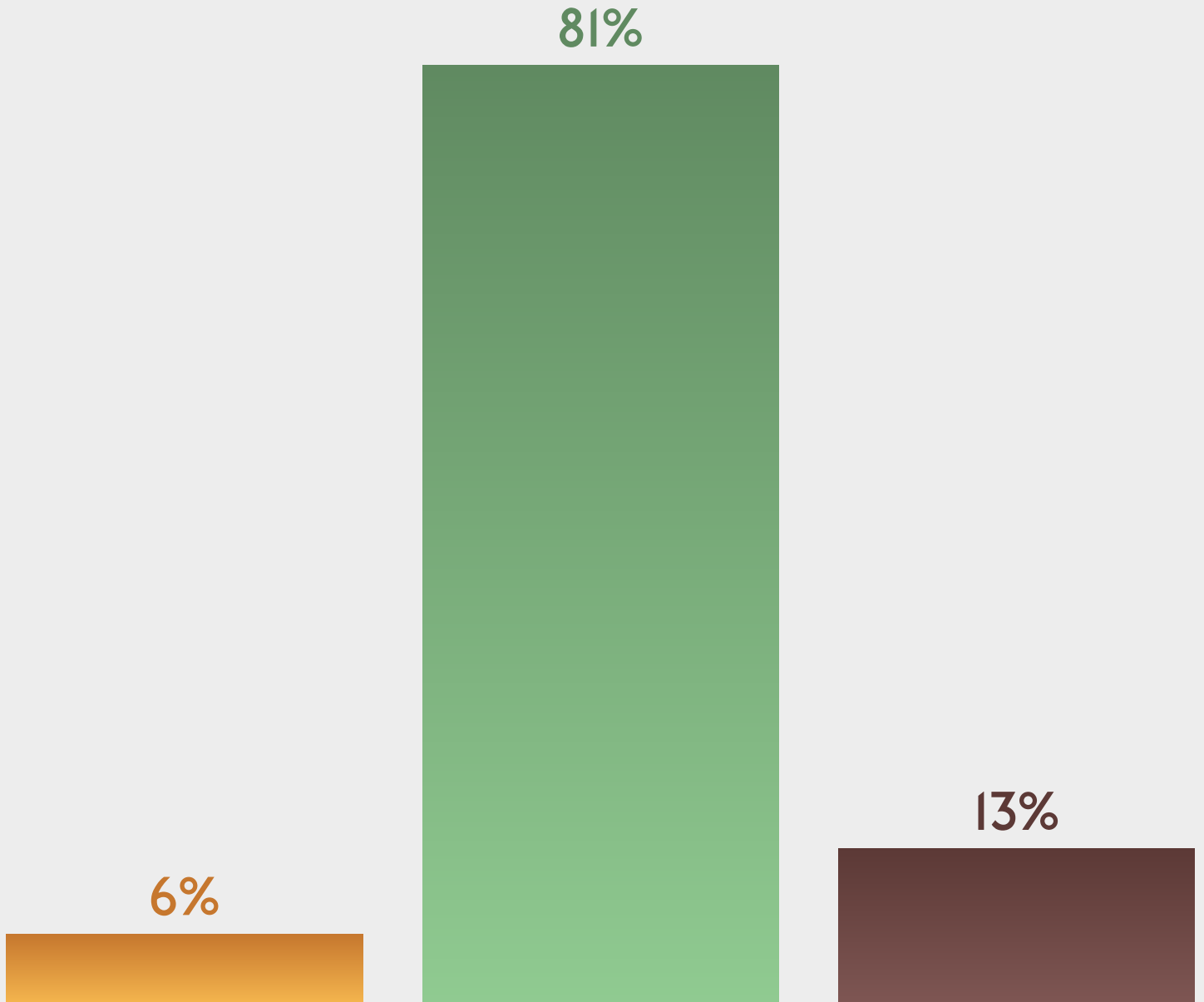
Analytics

A full breakdown of your biomarker results, showing where each biomarker lies within optimal range.

JOHN DOE

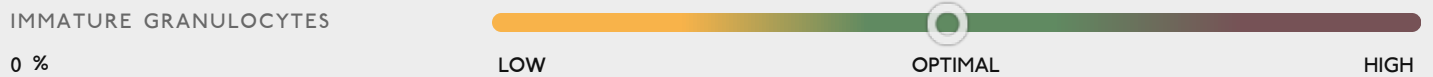
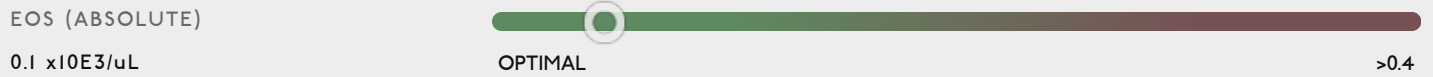
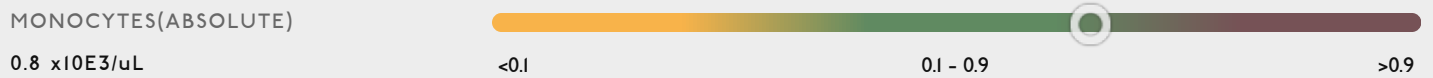
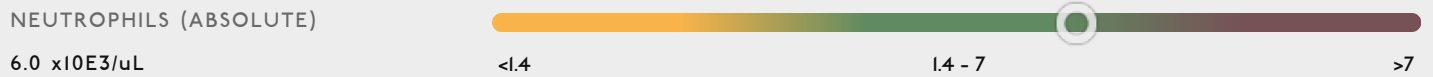
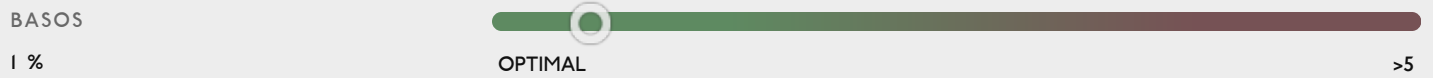
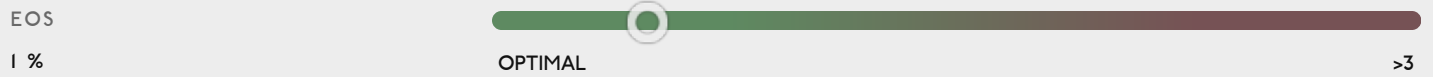
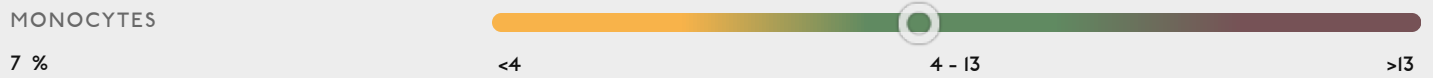
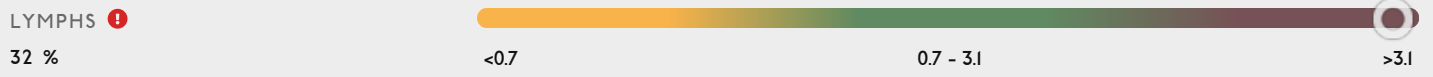
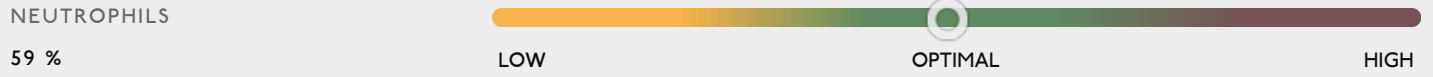
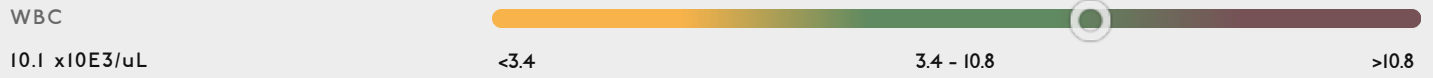
Blokes Optimization Score (BOS)

68 biomarkers analyzed



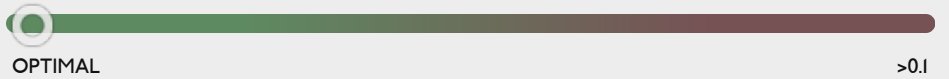
| | | |
|--|-------------------|------------|
|  | SUB-OPTIMAL RANGE | 4 MARKERS |
|  | OPTIMAL RANGE | 55 MARKERS |
|  | HIGH RANGE | 9 MARKERS |

WBCS



IMMATURE GRANS (ABS)

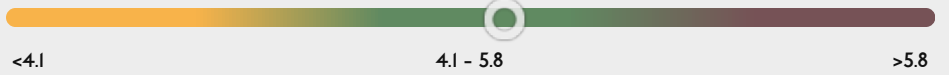
0.0 x10E3/uL



CBC

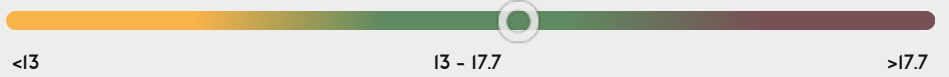
RBC

5.05 x10E6/uL



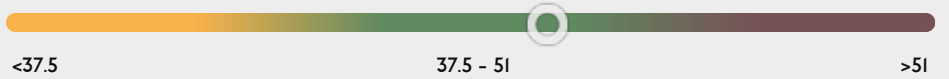
HEMOGLOBIN

15.9 g/dL



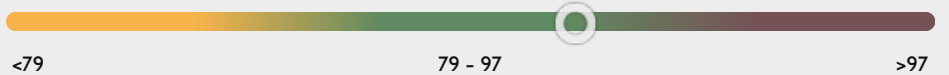
HEMATOCRIT

46.8 %



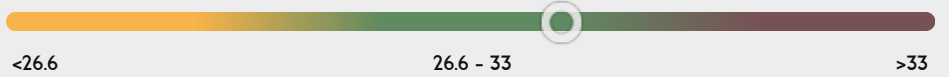
MCV

93 fL



MCH

31.5 pg



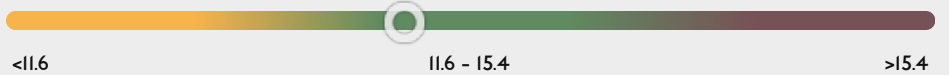
MCHC

34.0 g/dL



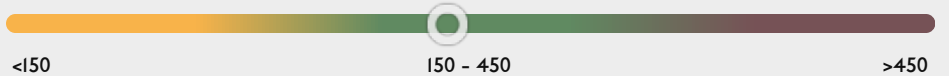
RDW

12.4 %



PLATELETS

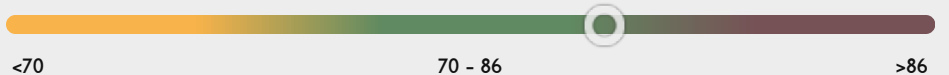
270 x10E3/uL



BLOOD GLUCOSE

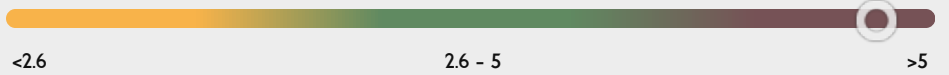
GLUCOSE

84 mg/dL



INSULIN ⓘ

6.8 uIU/mL



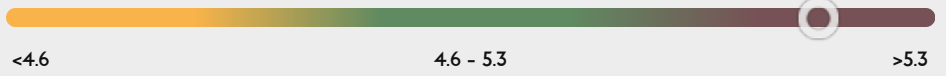
C-PEPTIDE, SERUM

2.2 ng/mL



HEMOGLOBIN A1C !

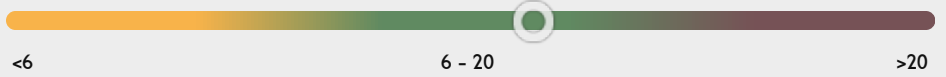
5.7 %



KIDNEY

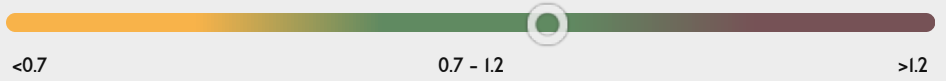
BUN

15 mg/dL



CREATININE

1.05 mg/dL



EGFR

93 mL/min/1.73



BUN/CREATININE RATIO

14



ELECTROLYTES

SODIUM

138 mmol/L



POTASSIUM

4.4 mmol/L



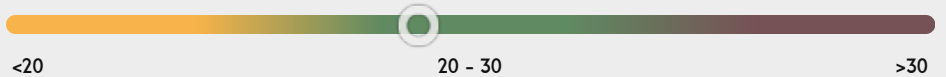
CHLORIDE

101 mmol/L



CARBON DIOXIDE, TOTAL

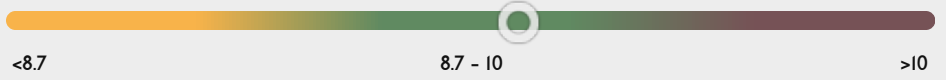
23 mmol/L



MINERALS

CALCIUM

9.5 mg/dL



PROTEINS

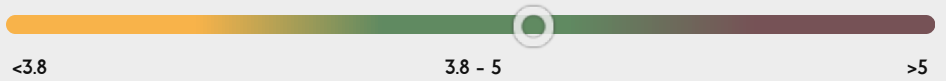
PROTEIN, TOTAL

7.0 g/dL



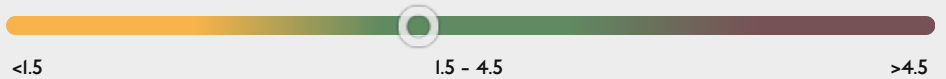
ALBUMIN

4.6 g/dL



GLOBULIN, TOTAL

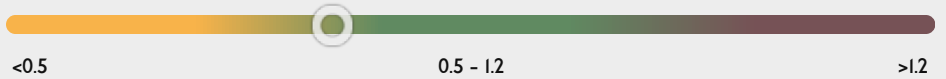
2.4 g/dL



LIVER AND GB

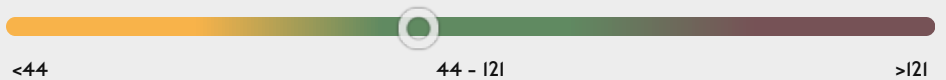
BILIRUBIN, TOTAL

0.5 mg/dL



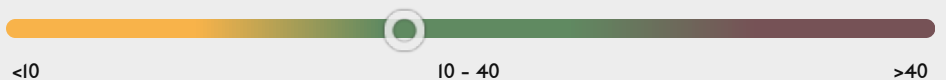
ALKALINE PHOSPHATASE

67 IU/L



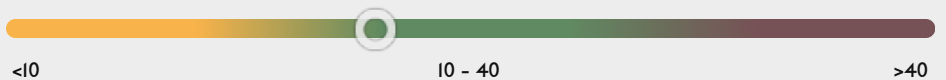
AST (SGOT)

17 IU/L



ALT (SGPT)

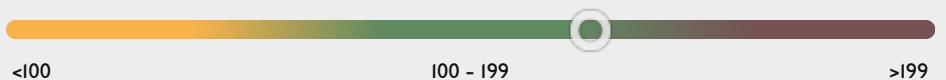
14 IU/L



LIPIDS

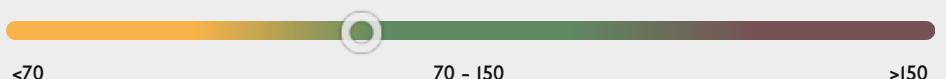
CHOLESTEROL, TOTAL

185 mg/dL



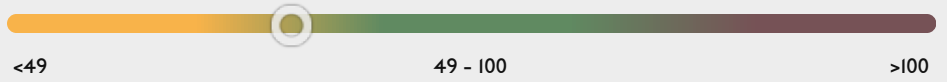
TRIGLYCERIDES

78 mg/dL



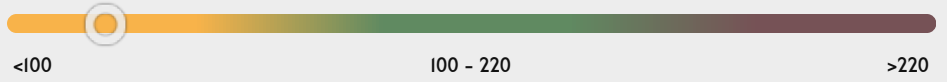
HDL CHOLESTEROL !

41 mg/dL



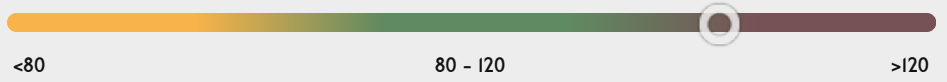
VLDL CHOLESTEROL CAL !

14 mg/dL



LDL CHOL CALC (NIH) !

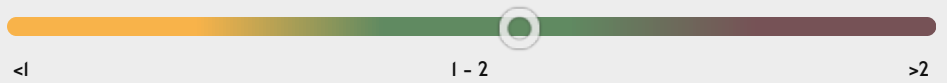
130 mg/dL



THYROID

TSH

1.610 uIU/mL



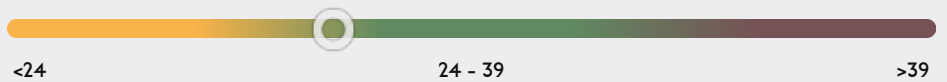
THYROXINE (T4)

7.8 ug/dL



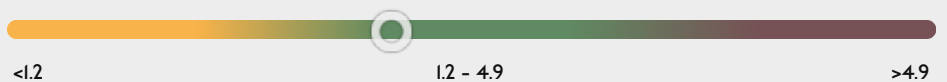
T3 UPTAKE

24 %



FREE THYROXINE INDEX

1.9



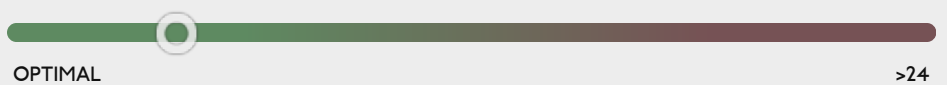
T4, FREE(DIRECT)

1.28 ng/dL



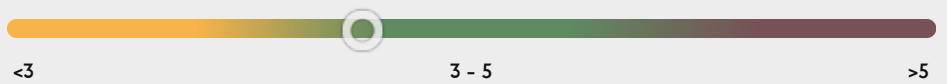
THYROID PEROXIDASE (TPO)

<9 IU/mL



TRIIODOTHYRONINE (T3), FR

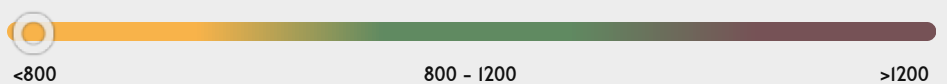
3.2 pg/mL



HORMONES

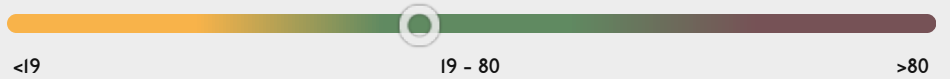
TESTOSTERONE !

254 ng/dL



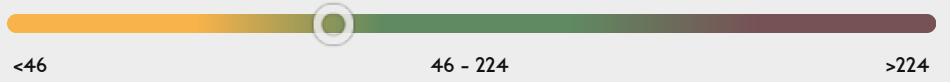
SEX HORM BINDING GLOB, SE

36.4 nmol/L



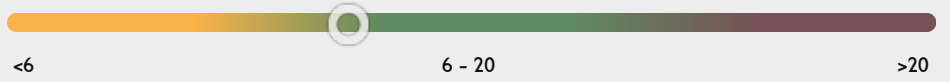
TESTOST., FREE, CALC !

45.0 pg/mL



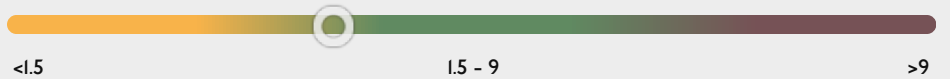
CORTISOL

6.7 ug/dL



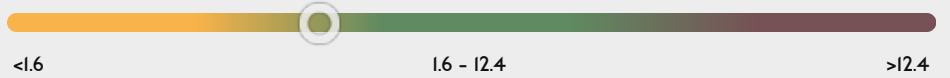
LH

1.5 mIU/mL



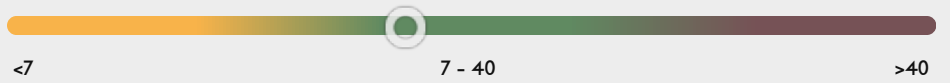
FSH !

1.4 mIU/mL



ESTRADIOL

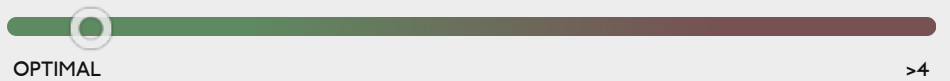
13.8 pg/mL



PROSTATE

PROSTATE SPECIFIC AG

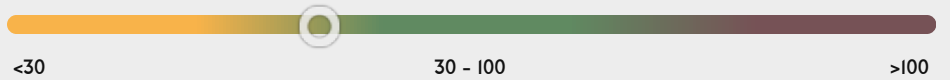
0.7 ng/mL



VITAMINS

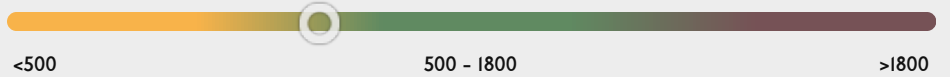
VITAMIN D, 25-HYDROXY !

27.6 ng/mL



VITAMIN B12 !

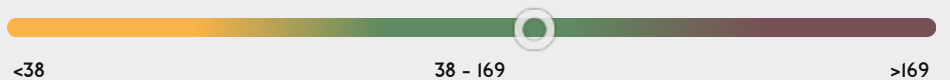
455 pg/mL



IRON MARKERS

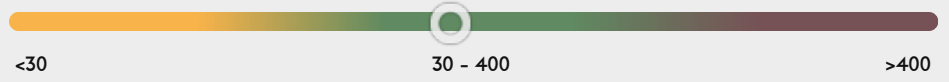
IRON

127 ug/dL



FERRITIN

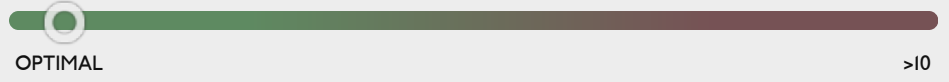
164 ng/mL



INFLAMMATION

C-REACTIVE PROTEIN, QUANT

<1 mg/L



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