

# Blokes Health Report

**BLOKES**  
MODERN MEN'S HEALTH

PREPARED FOR

JOHN DOE  
12.12.1990

DATE COLLECTED

07.29.2024

LAB

MEN'S COMPREHENSIVE PANEL: AT-HOME

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.



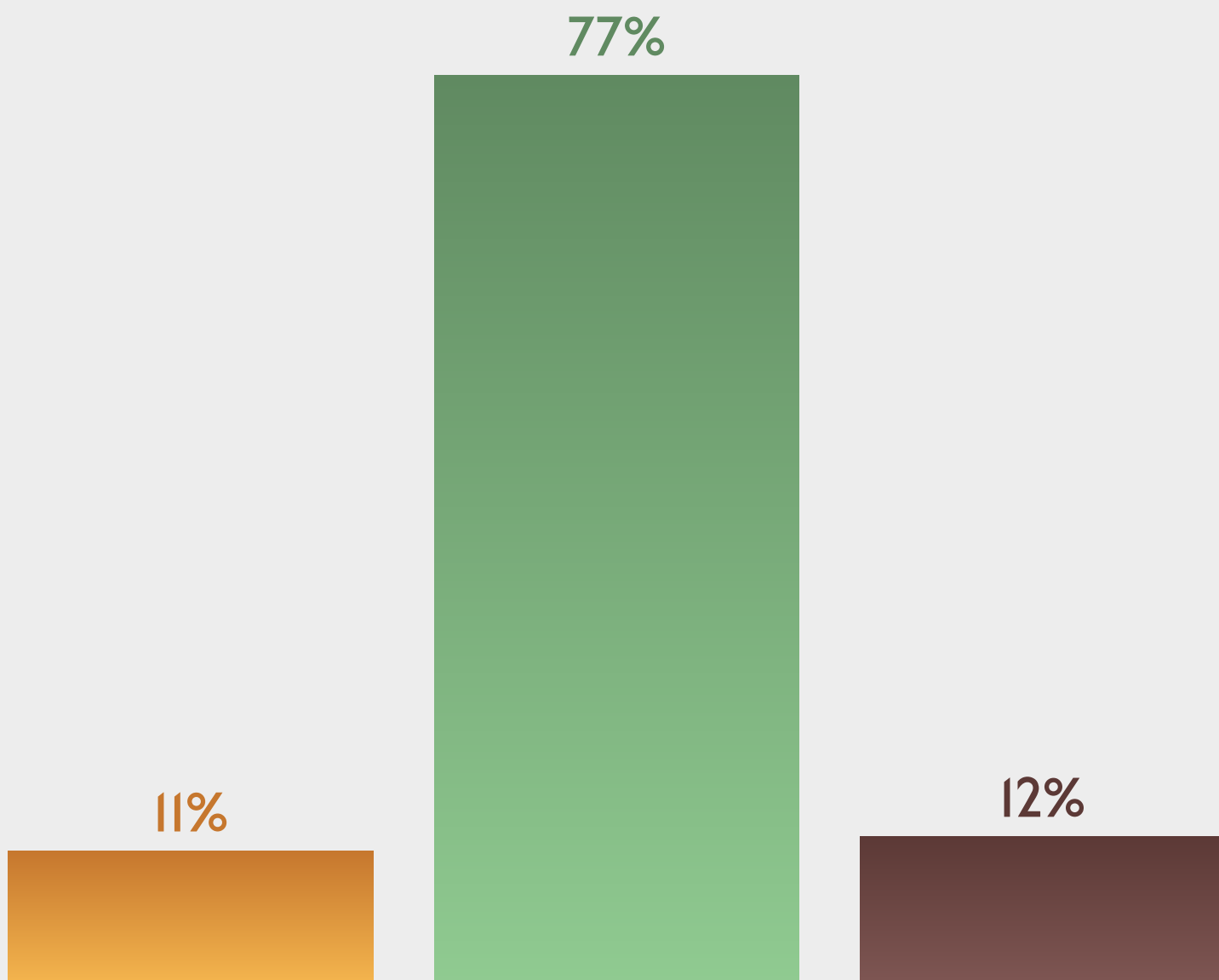
# Analytics

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

# JOHN DOE

## Blokes Optimization Score (BOS)

81 biomarkers analyzed

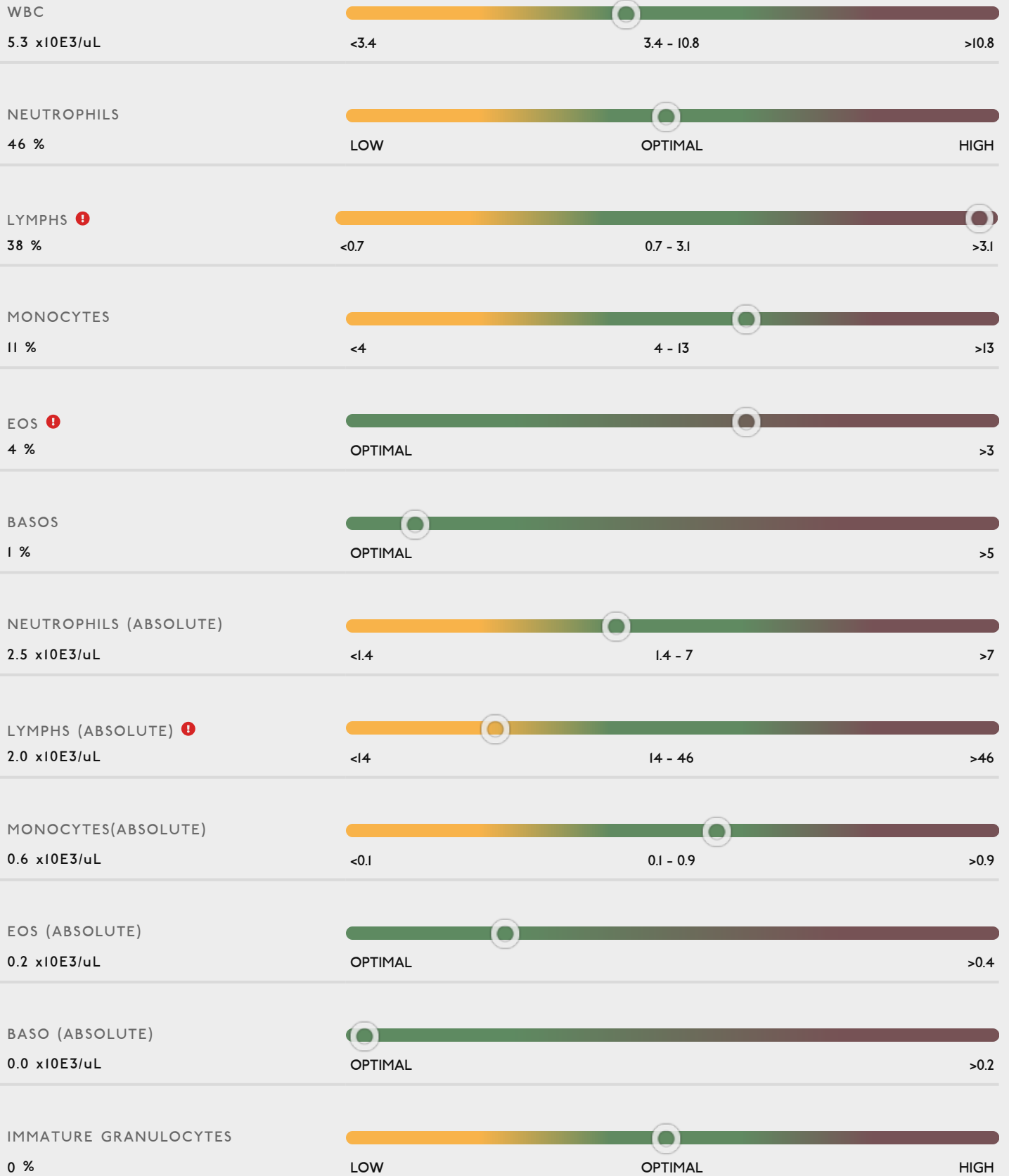


■ SUB-OPTIMAL RANGE 9 MARKERS

■ OPTIMAL RANGE 62 MARKERS

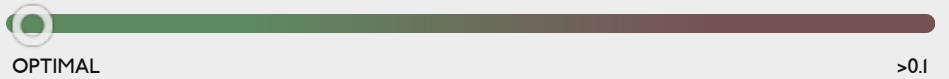
■ HIGH RANGE 10 MARKERS

WBCS



IMMATURE GRANS (ABS)

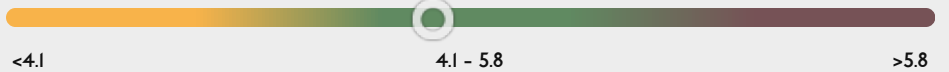
0.0 x10E3/uL



CBC

RBC

4.66 x10E6/uL



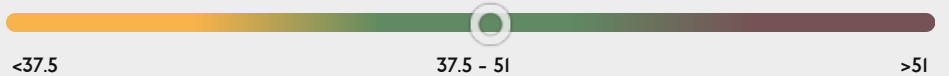
HEMOGLOBIN

14.5 g/dL



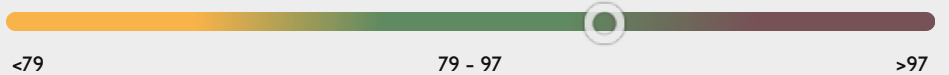
HEMATOCRIT

44.3 %



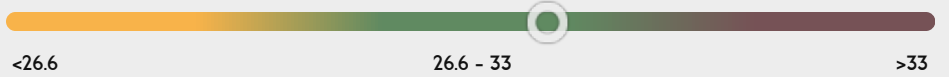
MCV

95 fL



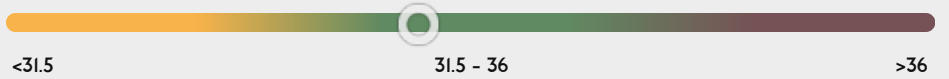
MCH

31.1 pg



MCHC

32.7 g/dL



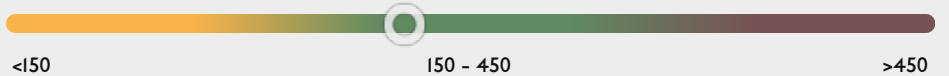
RDW

13.3 %



PLATELETS

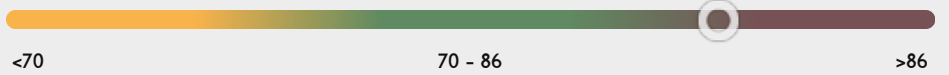
216 x10E3/uL



BLOOD GLUCOSE

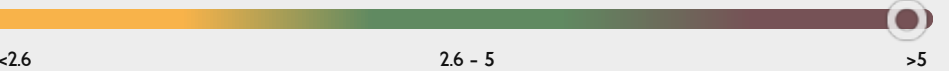
GLUCOSE !

90 mg/dL



INSULIN !

17.4 uIU/mL



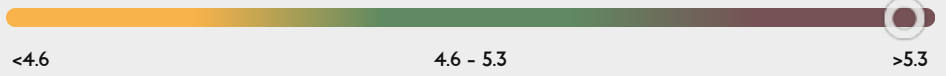
C-PEPTIDE, SERUM

2.7 ng/mL



HEMOGLOBIN A1C ⓘ

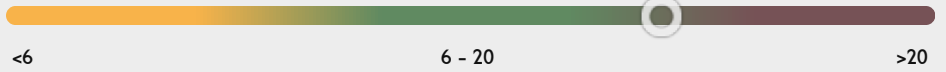
5.9 %



KIDNEY

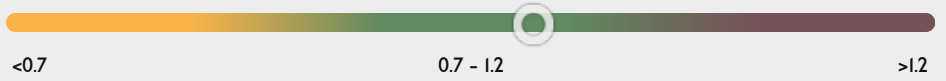
BUN ⓘ

21 mg/dL



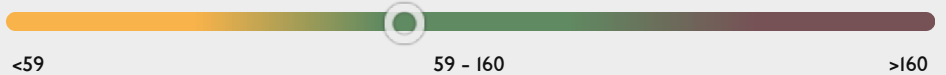
CREATININE

1.03 mg/dL



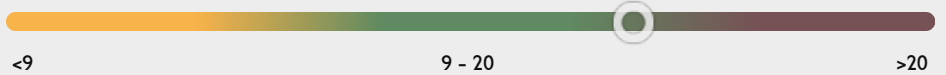
EGFR

85 mL/min/1.73



BUN/CREATININE RATIO

20



ELECTROLYTES

SODIUM

138 mmol/L



POTASSIUM

4.4 mmol/L



CHLORIDE

101 mmol/L



CARBON DIOXIDE, TOTAL

24 mmol/L

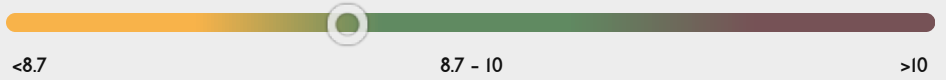




## MINERALS

CALCIUM

8.8 mg/dL



MAGNESIUM

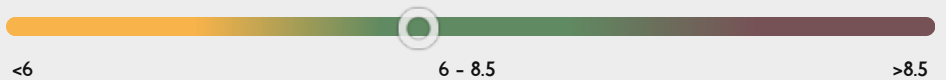
2.1 mg/dL



## PROTEINS

PROTEIN, TOTAL

6.7 g/dL



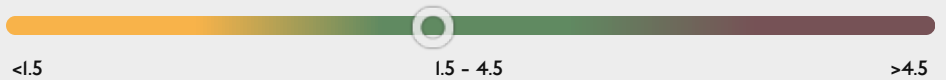
ALBUMIN

4.2 g/dL



GLOBULIN, TOTAL

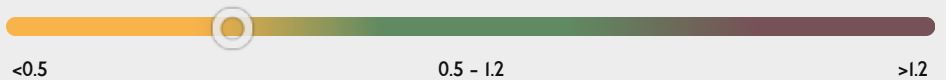
2.5 g/dL



## LIVER AND GB

BILIRUBIN, TOTAL !

0.3 mg/dL



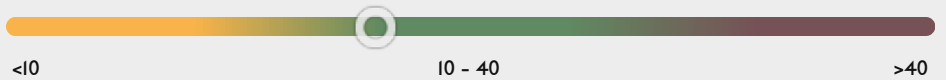
ALKALINE PHOSPHATASE

82 IU/L



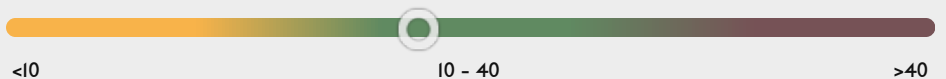
AST (SGOT)

15 IU/L



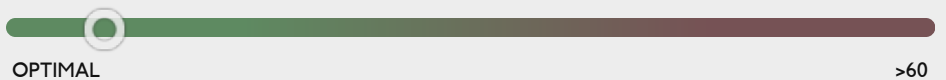
ALT (SGPT)

18 IU/L



GGT

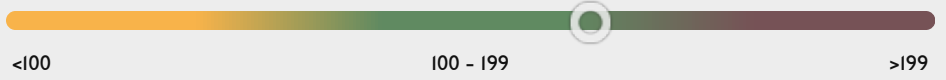
12 IU/L



LIPIDS

CHOLESTEROL, TOTAL

180 mg/dL



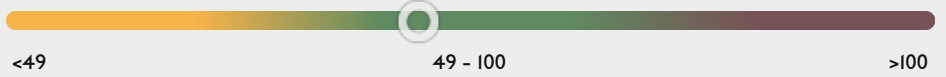
TRIGLYCERIDES ⓘ

54 mg/dL



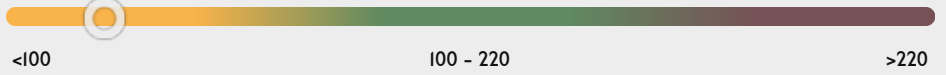
HDL CHOLESTEROL

64 mg/dL



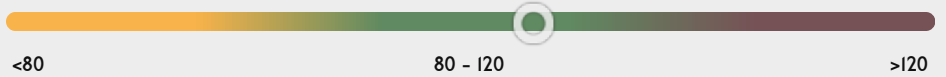
VLDL CHOLESTEROL CALC ⓘ

11 mg/dL



LDL CHOL CALC (NIH)

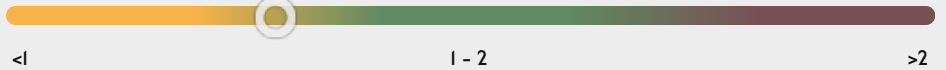
105 mg/dL



THYROID

TSH ⓘ

0.813 uIU/mL



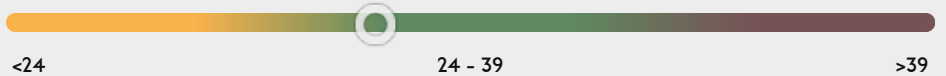
THYROXINE (T4)

7.2 ug/dL



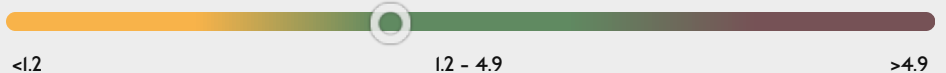
T3 UPTAKE

26 %



FREE THYROXINE INDEX

1.9



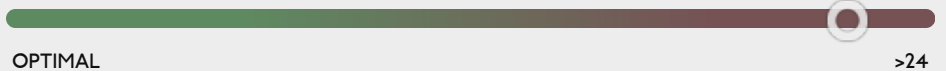
T4, FREE (DIRECT)

1.13 ng/dL



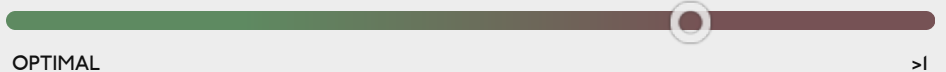
THYROID PEROXIDASE (TPO) ⓘ

155 IU/mL



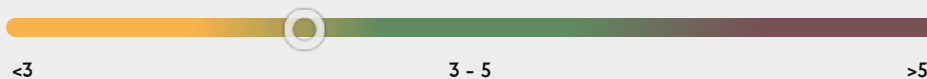
THYROGLOBULIN ANTIBODY ⓘ

1.6 IU/mL



TRIIODOTHYRONINE (T3), FR !

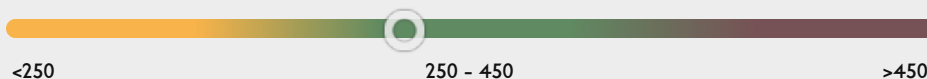
2.8 pg/mL



### IRON MARKERS

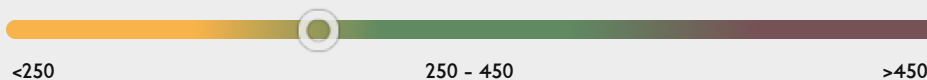
IRON BIND.CAP.(TIBC)

297 ug/dL



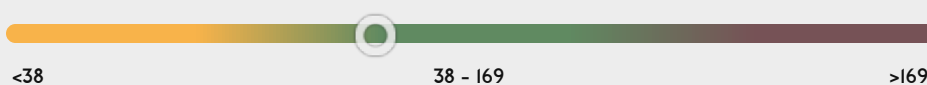
UIBC !

239 ug/dL



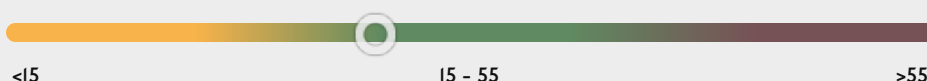
IRON

58 ug/dL



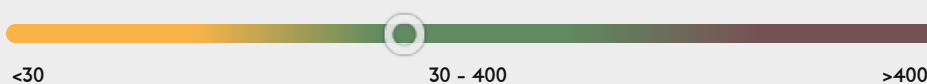
IRON SATURATION

20 %



FERRITIN

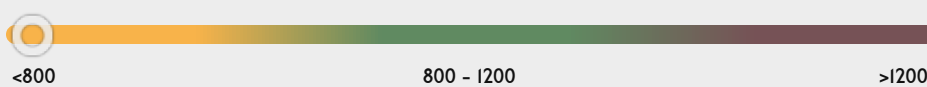
110 ng/mL



### HORMONES

TESTOSTERONE !

270 ng/dL



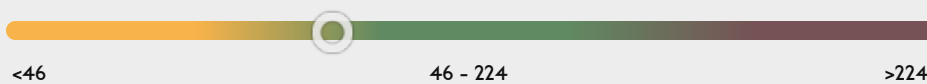
SEX HORM BINDING GLOB, SE

40.5 nmol/L



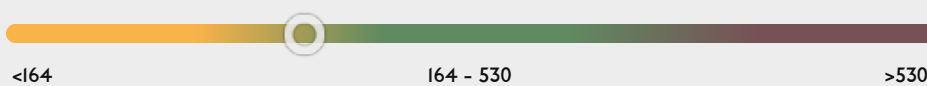
TESTOST., FREE, CALC

46.7 pg/mL



DHEA-SULFATE !

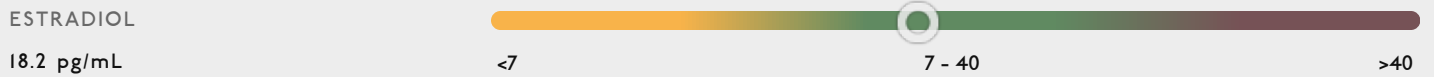
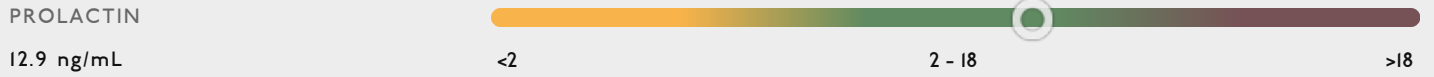
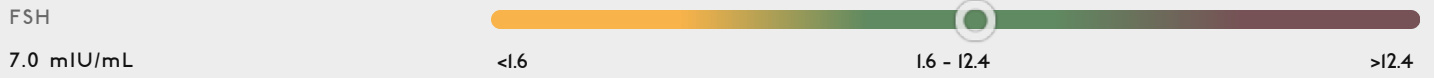
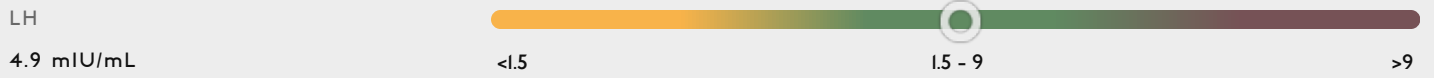
131.0 ug/dL



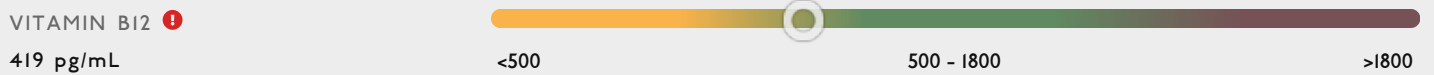
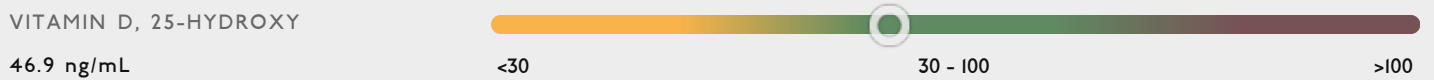
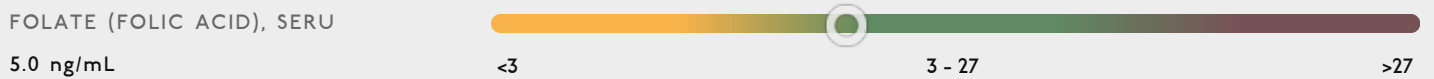
CORTISOL

10.9 ug/dL

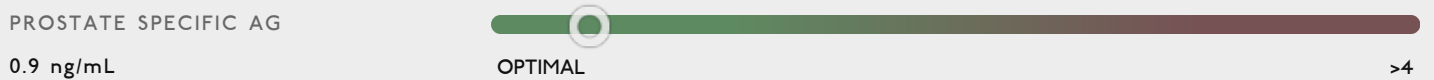




### VITAMINS



### PROSTATE



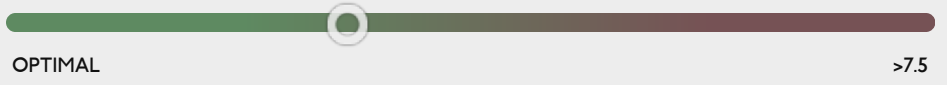
### CARDIOMETABOLIC



METABOLIC

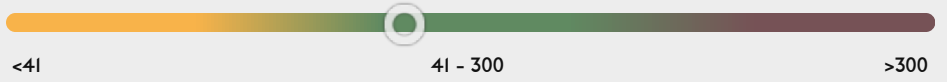
URIC ACID

5.8 mg/dL



CREATINE KINASE, TOTAL

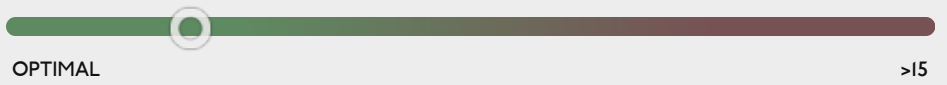
104 U/L



INFLAMMATION

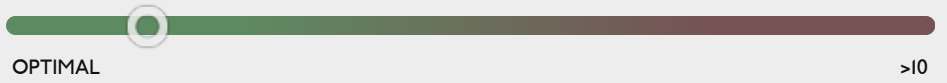
SEDIMENTATION RATE-WESTER

6 mm/hr



C-REACTIVE PROTEIN, QUANT

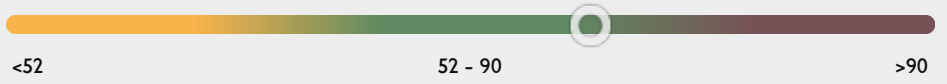
3 mg/L



LIPOPROTEINS

APOLIPOPROTEIN B

83 mg/dL



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