

# HEALTHSPAN POTENTIAL

## Telomere Length

Granulocyte Telomere Length, Mean, and Percentile

Lymphocyte Telomere Length, Mean, and Percentile

Predicted and Percentile Lymphocyte TL for Age

Average Lymphocyte Telomere Loss Rate

Estimated Age based of Telomeres (TAT and qPCR)

Life Length TAT 20th Percentile and Median Telomere Length

Projected Telomere Length

Median Telomere Length (Percentile)

Short Telomere Percent and Percentile

Estimated Age based of Telomeres (PBMC)

## Epigenetic Clocks

TruAge

EpiAge

Pace of Aging

Intrinsic Age

Extrinsic Age

## IgG Glycosylation Age

GlycanAge

GlycanAge Mature (G0) Score, Index

GlycanAge Health (G2) Score, Index

GlycanAge Youth (S) Score, Index

## Phenotypic Age

### Mortality Score based on:

Red Cell Distribution Width

Glucose

C-Reactive Protein

Albumin

Mean Corpuscular Volume

Lymphocyte %

Creatinine

Alkaline Phosphatase

# HEART HEALTH

## Arterial Stiffness

Ejection Duration %

Ejection Duration

SubEndocardial Viability Ratio

Arterial Wall Elasticity

Aortic Pulse Pressure

Aortic Systolic Blood Pressure

Systolic Blood Pressure (at rest and non-resting)

Diastolic Blood Pressure (at rest and non-resting)

Heart Rate (at rest and non-resting)

Augmentation Pressure

Augmentation Index @ 75

Predicted and actual Soteroqram Score

Arterial Age

Maximum Vascular Volume in Thigh at 50 mm Hg

Maximum Vascular Volume in Calf at 50 mm Hg

## Arterial Thickness

Right Distal CCA Mean CIMT, %, and Vascular Age

Right Carotid Artery Plaque

Right CIMT Angle

Left Distal CCA Mean CIMT, %, and Vascular Age

Left Carotid Artery Plaque

Left CIMT Angle

Composite Mean CIMT, %

Average Vascular Age

## Coronary Calcium

Coronary Calcium LM Lesions, Volume, Score

Coronary Calcium LAD Lesions, Volume, Score

Coronary Calcium LCX Lesions, Volume, Score

Coronary Calcium RCA Lesions, Volume, Score

Coronary Calcium Total Lesions, Volume, Score

Coronary Calcium Score Percentile

# CARDIOVASCULAR RISK

## Lipids

Total Cholesterol

HDL Cholesterol

LDL Cholesterol

Triglycerides

Very Low Density Lipoprotein

Cholesterol/HDL Ratio

HDL Cholesterol to Triglyceride Ratio

Apolipoprotein B

LDL Cholesterol Pattern, Particles, Size

Lipoprotein (a)

Small Dense LDL Cholesterol, %

Modified LDL Cholesterol Cells

Apolipoprotein A1

HDL Particles

Large HDL Cholesterol Cells

HDL as % of Cholesterol

Non-HDL Cholesterol

LDL/HDL Ratio

Apolipoprotein B to A1 Ratio

Lipoprotein-Associated Phospholipase A2

Homocysteine

## Inflammation

Coenzyme Q10

Myeloperoxidase

Fibrinogen

D-Dimer

Galectin-3

Troponin I

NT-proBNP

## Omegas

HS-Omega-3 Index
Omega-3 Fatty Acid Index
Eicosapentaenoic Acid
Docosahexaenoic Acid
Alpha-Linolenic Acid Percent
Docosapentaenoic Acid
Omega-6 Fatty Acid Index
Linoleic Acid
Monounsaturated Fatty Acids Total
Trans Fatty Acid Index
Saturated Fatty Acid Index
Arachidonic Acid
Lipemia Concentration

## Diabetes & Glucose

### Diabetes & Glucose

Hemoglobin A1C
Estimated Average Glucose
Fructosamine
Glucose, fasting and non-fasting
Insulin, fasting and non-fasting
Insulin Resistance
Adiponectin
C-Peptide
Free Fatty Acids
Ketones in Urine

## Body Composition

### Vitals

Height, Weight, BMI
Waist Circumference

### Muscle and fat

Skeletal Muscle Mass Index
Fat Mass

Android Fat Mass

Lean Body Mass

Android Lean Mass

Gynoid Percent Fat

Percent Bodyfat

Android Percent Fat

Android-Gynoid Percent Fat Ratio

Visceral Fat Level

Skeletal Muscle Mass

Visceral Adipose Tissue

Phase Angle

## Body Water

Total Body Water

Intracellular Water

Extracellular Water

Extracellular / Total Body Water

## Metabolism

Estimated Total Energy Expenditure

Basal (Resting) Metabolic Rate

## Bone Density

AP Spine L1-L4 T-Score, BMD

Dualfemur Neck Mean T-Score, BMD

Dualfemur Troch Mean T-Score, BMD

Dualfemur Total Mean T-Score, BMD

Collagen CTx

Collagen NTx

## Skin Elasticity

Skin Elasticity %

## Fitness

### Oxygen Consumption

Starting Oxygen Consumption  
AeT and AT Oxygen Consumption  
AeT and AT Heart Rate  
Peak Oxygen Consumption  
Starting Heart Rate  
Peak Heart Rate  
Starting Caloric Consumption  
AeT and AT Caloric Consumption  
Peak Caloric Consumption  
Starting Metabolic Equivalent  
AeT and AT Metabolic Equivalent  
Peak Metabolic Equivalent  
Recovery Heart Rate Peak, 1 Min, 2 Min

## Handgrip

Right Handgrip  
Left Handgrip

## Lung Health

### Lung Health

Spirometry Interpretation  
Forced Vital Capacity  
FVC Percent Predicted, Predicted  
FVC  
Forced Exhaled Volume in 1 seconds  
FEV1 Percent Predicted, Predicted  
FEV1  
FEV1/FVC, Percent Predicted  
FEF25-75%  
PEF  
Respiratory Rate

## Brain Health

### Cognitive Function

Composite Memory

Verbal Memory

Visual Memory

Psychomotor Speed

Processing Speed

Reaction Time

Cognitive Flexibility

Executive Functioning

Motor Speed

## Neurotransmitters

Homovanillate in Urine

Vanilmandelate in Urine

5-Hydroxyindoleacetate in Urine

Cholinesterase, blood

Neuron-Specific Enolase

## Hormone Health

### Sex Hormones

Anti-Müllerian Hormone

Follicle Stimulating Hormone

Luteinizing Hormone

Sex Hormone Binding Globulin

Testosterone Total, Free, %

Dihydrotestosterone

Dehydroepiandrosterone Sulfate

Estradiol Total, Free, %

Estrone Sulfate

Estrone serum, urine

Estriol serum, urine

Estrogen serum, urine

Progesterone

Estrogen / Progesterone Ratio

17 Hydroxyprogesterone Concentration

HCG Total (Qualitative), Quantitative

Human Chorionic Gonadotropin

Pregnenolone

a-Pregnanediol, urine

b-Pregnanediol, urine

2-OH-E1, urine

4-OH-E1, urine

16-OH-E1 in urine

2-Methoxy-E1, urine

2-OH-E2, urine

4-OH-E2, urine

2-Methoxy-E2, urine

DHEA-S, urine

Androsterone, urine

Etiocholanolone, urine

Testosterone in Urine

5a-DHT, urine

5a-Androstanediol, urine

5b-Androstanediol, urine

Epi-Testosterone, urine

## Growth/IGF Hormones

Growth Hormone

Insulin-Like Growth Factor 1

IGF Binding Protein-3

Prolactin

## Thyroid Function

Thyroid Stimulating Hormone

Thyroxine

Free T4

Triiodothyronine

Free T3

Reverse T3

Thyroxine Binding Globulin

Thyroid Peroxidase Antibody

Thyroglobulin Antibody

Thyroid Microsomal Antibody

Thyroglobulin

Thyroid Stimulating Hormone Receptor Antibody



## Parathyroid/Calcitonin

Ionized Calcium

Adjusted Calcium

Parathyroid Hormone

Procalcitonin

## Corticosteroids

Cortisol

Adrenocorticotrophic Hormone

## Urinary

Cortisone A, B, C, D (Waking, Morning, Afternoon, Night)

Cortisone, 24hr free

Cortisol A, B, C, D (Waking, Morning, Afternoon, Night)

Cortisol, 24hr free

a-Tetrahydrocortisol in Urine

b-Tetrahydrocortisol in Urine

b-Tetrahydrocortisone in Urine

Metabolized Cortisol (THF + THE), urine

## Salivary

Cortisol - Waking (W) + 30 min, +60 min

Cortisol - Afternoon, Night

Cortisone - Waking (W) + 30 min, +60 min

Cortisone- Afternoon, Night

Cortisol Total, saliva

Cortisone Total, saliva

## Melatonin

Melatonin (Waking), urine

## Nutrition

### Vitamins

Vitamin A

Vitamin D

Vitamin D2  
Vitamin D3  
Folate  
Vitamin B6  
Vitamin B12  
Methylmalonic Acid  
Vitamin E (Beta / Gamma Tocopherol)  
Vitamin C  
Vitamin E (Alpha-Tocopherol)  
Vitamin K  
Skin Antioxidant Score

## Nutritional Organic Acids

Methylmalonate in Urine  
Xanthurenate in Urine  
Pyroglutamate, urine

## Essential Minerals

### Major Minerals

Sodium  
Potassium  
Chloride  
Carbon Dioxide  
Anion Gap  
Calcium  
Free Calcium  
Magnesium In Serum, RBC  
Phosphorus

### Trace Minerals

Ferritin  
Iron  
Transferrin, Saturation  
Total Iron Binding Capacity  
Unsaturated Iron Binding Capacity, %  
Zinc in Serum, RBC

Copper in Serum, RBC

## Kidney Function

### Kidney Function

Cystatin-C

Creatinine Clearance

Urea Nitrogen in Blood

BUN/Creatinine Ratio

Uric Acid

Microalbumin

### Urinalysis

Urine Color

Urine pH

Appearance of Urine

Hemoglobin Presence in Urine

Leukocyte Esterase Presence in Urine

Leukocyte Count in Urine

Calcium Oxalate Crystal Count in Urine

Red Blood Cell Count in Urine

Epithelial Cell Count in Urine

Hyaline Cast Count in Urine

Nitrite Presence in Urine

Protein Presence in Urine

Glucose Present in Urine

Albumin Percent

Squamous Epithelial Cell Count in Urine

Transitional Cell Count in Urine

Creatinine A, B, C, D (Waking, Morning, Afternoon, Night), urine

Bilirubin in Urine

Bacteria in Urine

Urine specific gravity

## Liver Function

### Liver Function

Bilirubin, Direct, Indirect, Total
Albumin / Globulin ratio
Globulin
Protein
Gamma-Glutamyl Transferase
Alanine Aminotransferase
Aspartate Aminotransferase
Lactate Dehydrogenase
Bile Acids

## Immune Health and Inflammation

### CBC with differential

Metamyelocyte Cell Count, %
Myelocyte Count, %
Blast Percent Count, %
Promyelocyte Count, %
Reactive Lymphocyte Concentration
Immature Granulocyte Count, %

### Advanced Immune Health

CD3 Count, %
T Cell Ratio
NK Cells count, %
B-Cells count, %
Helper T-Cells count, %
Suppressor T-Cells count, %
Healthy Suppressor T-Cells count, %
Senescent Suppressor Cells count, %
Senescent Suppressor Cells / T-Cells
Senescent Suppressor Cells / % Of T-cells
Naive Suppressor Cells count, %
Naive Suppressor Cells / T-Cell Count
Naive Suppressor Cells / % Of T-cells

### Inflammation

Interleukin-6
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Tumor Necrosis Factor- $\alpha$   
Erythrocyte Sedimentation Rate  
Amylase  
Creatine kinase  
Large Unstained Cell Percent  
Serum amyloid A  
8-OHdG (waking), urine  
Immunoglobulin E

## Cancer Screening

Galleri Grail  
Prostate-Specific Antigen, Total, Free, %  
4Kscore®  
CA 125  
Carcinoembryonic Antigen  
Alpha Fetoprotein  
CA 19-9  
CA 15-3  
CA 72-4  
CA 242

## Heavy Metals

### Heavy Metals

Mercury, Blood  
Lead, Blood  
Arsenic, Blood  
Cadium, Blood

## Infectious disease

### Viruses

SARS-CoV-2 IgA, IgM, IgG, Semi-Quantitative Total Antibody  
Hepatitis B  
Herpes simplex virus 1 IgG  
Herpes simplex virus 2 IgG  
Varicella Zoster Virus IgG

Epstein-Barr Virus Ab to Viral Capsid Antigen, IgG  
CMV Antibodies IgM, IgG  
Human Herpesvirus 6 Antibodies, IgG

## Bacteria

Clostridium Difficile  
Lyme Disease IgG Antibody  
Treponema Pallidum Screen  
Syphilis Screen  
Syphilis Titer  
Strep Gp B Cult

## Genetics

### Genetics

CYP2C19\*2\*3^  
CYP2C19\*17^  
Factor V Leiden  
Prothrombin Mutation  
MTHFR (C677T)^  
Apolipoprotein E  
9p21

## Routine/Misc Tests

### CBC

Hemolysis  
Red Blood Cells  
Hemoglobin  
Hematocrit  
Reticulocytes  
Reticulocyte Hemoglobin Equivalent  
Mean Corpuscular Hemoglobin  
Mean Corpuscular Hemoglobin Concentration  
Standard Deviation of Red Cell Volume  
Nucleated Red Blood Cell Percent  
Elliptocyte Concentration

Platelets

Mean Platelet Volume

Platelet Distribution Width

## Blood Type

Blood Group

Rh Factor

Blood Group Antibody Screen

Blood Group Antibodies Identified

Coombs Titer

## Misc

Clindamycin Present

<sup>13</sup>C Urea Breath Test

Blood pH

AspirinWorks in Urine