

An Approach to Optimal Wellness

BIOMARKER ASSESSMENTS FOR CARDIOMETABOLIC HEALTH



Metabolic

Glucose
Insulin
OGTT
Adiponectin
HbA1c
GlycoMark®
TMAO



Lipids

Standard Lipid Panel	ApoA1
ApoB	sdLDL
	Lp(a)
	HDL2b

NMR LipoProfile®
Ion Mobility, Fractionation

inflammation testing™
from ClevelandHeartLab



Inflammation

F ₂ -IsoPs	hsCRP
OxLDL	Lp-PLA ₂ Activity
ADMA/SDMA	MPO
Microalbumin	



Vitamins/Supplements

OmegaCheck®
CoQ10
Vitamin D, 25 OH
Vitamin B12
Folate
Magnesium



Genetics

CYP2C19
ApoE
MTHFR
Factor V (Leiden)
Factor II (Prothrombin)
KIF6
9p21
4q25-AF
LPA Aspirin
LPA Intron-25



Hormones

Testosterone <small>Free • Bioavailable • Total</small>	FSH
	LH
Estrogen <small>Estriol • Estradiol • Estrone</small>	TSH
	T3 and T4 <small>Free • Total</small>
Progesterone	Reverse T3
Pregnenolone	TG Ab
Prolactin	TPO Ab
IGF-1	

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