

OPTIMAL FITNESS PANEL

Complete Blood Count:

RDW
RBC
Platelets
MPV
MCV
MCHC
MCH
Hemoglobin
Hematocrit
WBC
Neutrophil Count
Monocyte Count
Lymphocyte Count
Eosinophil Count
Basophil Count
Neutrophil %
Monocyte %
Lymphocyte %
Eosinophil %
Basophil %

Metabolic Panel:

Total Protein
Total Bilirubin
Albumin
Globulin
Albumin/Globulin Ratio
AST
ALT
Alkaline Phosphatase
Carbon Dioxide
Sodium
Potassium
Chloride
eGFR
Creatinine
Calcium
BUN
Fasting Glucose
Fasting Insulin
Hemoglobin A1C

Hormone Panel:

TSH
T3 Free
T4 Free
rT3
Thyroid Peroxidase Antibodies
Thyroglobulin Antibodies
Vitamin D
Salivary Cortisol
DHEA

Cholesterol Panel:

Triglycerides
Total Cholesterol
Total Cholesterol/HDL Ratio
HDL Cholesterol
LDL Cholesterol

Nutrients Panel:

RBC Zinc
RBC Magnesium
Iron
Iron Saturation
Ferritin

Inflammation Panel:

hs-CRP
Homocysteine

Biological Age Panel:

Biological Age Report
Pace of Aging
Telomere Length
Max V02
Immune Report
Inflammation Report
Weight Loss Resistance Report