

# An Approach to Optimal Wellness

BIOMARKER ASSESSMENTS FOR CARDIOMETABOLIC HEALTH



## Metabolic

Glucose  
Insulin  
OGTT  
Adiponectin  
HbA1c  
GlycoMark®  
TMAO



## Lipids

Standard Lipid Panel  
ApoB

ApoA1  
sdLDL  
Lp(a)  
HDL2b

NMR LipoProfile®  
Ion Mobility, Fractionation

inflammation  testing™



## Inflammation

F<sub>2</sub>-IsoPs  
OxLDL  
ADMA/SDMA  
Urine Albumin

hsCRP  
Lp-PLA<sub>2</sub>  
Activity  
MPO



## 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  
Free • Bioavailable • Total

Estrogen  
Estriol • Estradiol • Estrone

Progesterone  
Pregnenolone  
Prolactin  
IGF-1

FSH  
LH  
TSH  
T3 and T4  
Free • Total  
Reverse T3  
TG Ab  
TPO Ab

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