



Athlete - Recommend Blood Tests

Category	Test	Details	Why It's Important	Completed?
General Health	Complete Blood Count (CBC)	Measures red and white blood cells, hemoglobin, hematocrit, and platelets	Assesses overall health, detects various disorders such as anemia	
	Full Biochemistry Panel	Includes electrolytes, liver function tests, kidney function tests, etc.	Evaluates metabolic functions and organ health	
Cardiovascular Health	Lipid Profile	Includes Total Cholesterol, LDL, and Triglycerides	Assesses risk for cardiovascular diseases	
	Fasting HDL	Measures High-Density Lipoprotein cholesterol	HDL is known as "good" cholesterol; high levels can reduce heart disease risk	
	Apolipoprotein B (ApoB)	Measures levels of ApoB, an indicator of cardiovascular risk	Provides a more accurate measure of LDL particles	
	Lipoprotein(a) [Lp(a)]	Measures Lp(a) levels, a genetic risk factor for cardiovascular diseases	Elevated levels increase risk of cardiovascular diseases	
Metabolic Health	Fasting Glucose	Measures blood sugar levels	Important for detecting diabetes and managing blood sugar levels	
	Fasting Insulin	Measures fasting insulin levels	Assesses insulin resistance and pancreatic function	
	HbA1c	Indicates average blood sugar levels over the past 2-3 months	Useful for diagnosing and monitoring diabetes	
Mineral and Vitamin Levels	Magnesium (RBC)	Measures magnesium levels in red blood cells	Essential for muscle and nerve function, heart health	
	Zinc	Measures zinc levels	Crucial for immune function, protein synthesis, wound healing	
	Vitamin B6	Measures vitamin B6 levels	Important for brain health and metabolism	
	Active B12 (holoTC)	Measures active vitamin B12 levels	Essential for nerve function and the production of DNA and red blood cells	
	Vitamin D3	Measures vitamin D3 levels	Important for bone health, immune function	
Hormone Levels	TSH	Measures Thyroid Stimulating Hormone	Crucial for regulating metabolism, energy production, and overall hormonal balance	
	Free T3	Measures Free Triiodothyronine	Active form of thyroid hormone, important for metabolism	
	Free T4	Measures Free Thyroxine	Precursor to T3, important for metabolism	
	Free Testosterone	Measures free testosterone levels	Important for muscle mass, bone density, and overall energy levels	
Fatty Acid Levels	Omega Index	Measures the overall omega-3 levels	High levels of omega-3 reduce inflammation and cardiovascular risk	
	Omega 6:3 Ratio	Measures the ratio of omega-6 to omega-3 fatty acids	A balanced ratio is important for reducing inflammation	