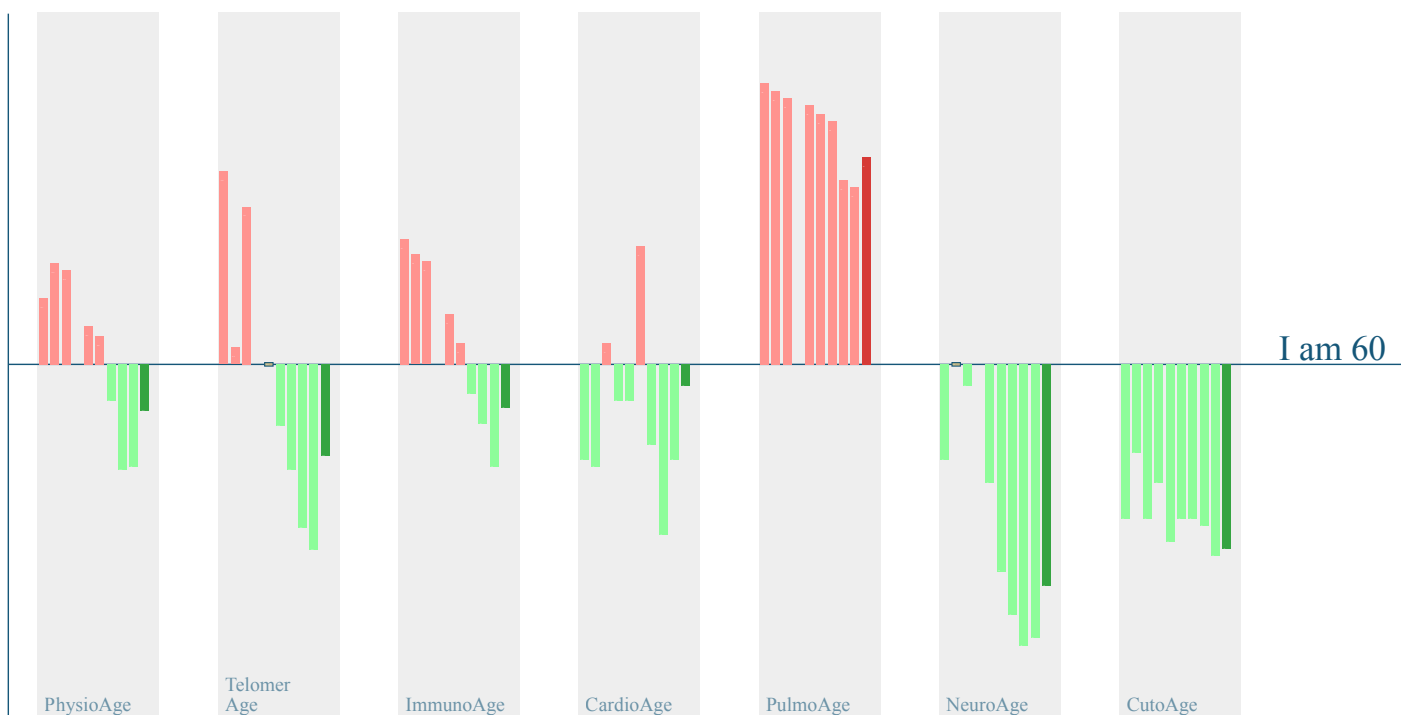


PHYSICIAN'S REPORT

NAME FEMALE PATIENT **IDENTIFIER** 5254

VISIT DATE MARCH 1, 2021 **TIMEPOINT** FOLLOW-UP 9



EXCEPTIONAL RESULTS

Name	Result	Units	Lab Ref Range	Optimal Range	Baseline	Change	Source
Arterial Thickness							
Right Carotid Artery Plaque	ABSENT					ABSENT	
Left Carotid Artery Plaque	ABSENT					ABSENT	
Cardiovascular Risk							
Total Cholesterol	167	mg/dL	125 - 200	125-175		173	-3%
Very Low Density Lipoprotein	16	mg/dL	5 - 40	<30		24	-33%
Cholesterol/HDL Ratio	1.6	Ratio		<3.0		3.3	-52%
Coenzyme Q10	1.8	mg/L	0.44 - 1.64	1.50-3.00			
LDL/HDL Ratio	1.9	Ratio		<2.0		2	-5%
Diabetes & Glucose							
Insulin	10	μIU/mL	<16	<5.0		12.8	-22%
Cognitive Function							
Standard Composite Memory	117		90 - 109	>109		106	10%
Standard Verbal Memory	122		90 - 109	>109		109	12%
Standard Visual Memory	118		90 - 109	>109		100	18%
Standard Psychomotor Speed	109		90 - 109	>109		94	16%
Standard Cognitive Flexibility	110		90 - 109	>109		110	0%
Sex Hormones							
Free Testosterone	5	pg/mL	0.1 - 6.4	4.0-10.0		4.4	14%
Free Testosterone %	2	%	0.5 - 1.8	1.00-2.00		1.00	100%
Estradiol	67	pg/mL		50.0-200.0		8.7	670%
Thyroid Function							
Thyroid Stimulating Hormone	1.2	mIU/L	0.4 - 4.5	0.025-1.500		1.400	-14%
Corticosteroids							
Cortisol	13	μg/dL		9.5-16.1		14.8	-12%

Blood						
Red Blood Cells	4.4	million/ μ L	3.8 - 5.1	4.10-5.10	4.68	-6%
Hematocrit	42.6	%	35 - 45	40.0-46.5	44.1	-3%
Mean Corpuscular Volume	92	fL	80 - 100	85.0-95.0	94.0	-2%
Mean Corpuscular Hemoglobin	31	pg	27 - 33	28.5-31.5	31.4	-1%
Mean Corpuscular Hemoglobin Concentration	32.7	g/dL	32 - 36	32.0-36.0	33.3	-2%
Platelets	252	thousand/ μ L	140 - 400	200-400	260	-3%
Mean Platelet Volume	8.1	fL	7 - 11	7.5-9.0		
Vitamins						
Vitamin D	49	ng/mL	20 - 100	40-60	36	36%
Trace Essential Minerals						
Ferritin	72	ng/mL		50-100	43	67%
Iron	63	μ g/dL	40 - 160	50-100	133	-53%
Transferrin Saturation	23	%		20-30	44	-48%
Kidney Function						
Cystatin-C	0.7	mg/L		0.43-0.70	0.68	3%
Creatinine	0.8	mg/dL	0.5 - 1.2	0.50-0.80	0.62	29%
Uric Acid	5.1	mg/dL	2.5 - 7	2.5-6.0	3.9	31%
Liver Function						
Protein	6.1	g/dL	6.2 - 8.3	6.0-8.0	6.7	-9%
Bilirubin, Direct	0.1	mg/dL	<0.2	0.00-0.20	0.12	-17%
Bilirubin, Total	0.9	mg/dL	0.2 - 1.2	0.6-1.2	0.4	125%
Immune Health						
White Blood Cells	4700	cells/ μ L	3500 - 9500	4000-7500	5200	-10%
Neutrophils	3421	cells/ μ L		3000.0-5000.0	3000	14%
Eosinophils	142	cells/ μ L	15 - 550	50-250	0	
Basophils	0	cells/ μ L		0-50	0	
Advanced Immune Health						

T Cell Ratio	1.75	Ratio		1.50-2.50	1.44	22%
NK Cell %	8	%	3 - 26	8-14	12	-33%
Helper T-Cell %	51	%	32 - 59	45-55	46	11%
Healthy Suppressor T-Cell %	96	%		90-100	89	8%
Senescent Suppressor Cells	19	cells/ μ L		<50.00	49	-61%
Senescent Suppressor Cell %	4	%	4 - 51	<10	11	-64%
CMV Antibodies (IGG)	0.9	U/mL	<5	<0.91	0.90	0%
Viruses						
CMV Antibodies (IGG)	0.9	U/mL	<5	<0.91	0.90	0%

CONCERNING RESULTS

Name	Result	Units	Lab Ref Range	Optimal Range	Baseline	Change	Source
Arterial Stiffness							
Diastolic Blood Pressure (at rest)	92	mm Hg	60 - 80	65-75	90	2%	I
Coronary Calcium							
Coronary Calcium Score Percentile	78	%		1-20	78	0%	G
Muscle and fat							
Percent Bodyfat	38.1	%		<21.0	46.7	-18%	A
Extracellular / Total Body Water	0.417			0.340-0.375	0.385	8%	A
Handgrip							
Handgrip Left	24.3	kg	24.0-33.5	31.1-33.5	24.3	0%	A
Handgrip Right	27	kg	26.7-35.2	33.0-35.2	27	0%	A
Lung Health							
FVC Percent Predicted	4	%		>110			A
FEV1 Percent Predicted	3	%		>110			A
Growth/IGF Hormones							
Insulin-Like Growth Factor 1	149	ng/mL		250-450	185	-19%	E
Major Essential Minerals							
Calcium	8.1	mg/dL	8.6 - 10.2	9.0-9.8	9.4	-14%	E

COMPLETE DATA

Grade	Name	Result	Units	Lab Ref Range	Optimal Range	Baseline	Change	Source
Telomere Length								
C	Granulocyte Telomere Length	74	kb	5.5 - 10	>8.5	6.0	23%	F
C	Lymphocyte Telomere Length	6.3	kb	4.5 - 9	>8.0	5.2	21%	F
Arterial Stiffness								
	Have you ever been treated for high blood pressure?	Current				Current		H
	Anti-hypertensive	NO						G
	Patient Had Caffeine Within Last 6 Hours	NO				NO		G
C	SubEndocardial Viability Ratio	131	%	186 - 240	220-350	105	25%	J
C	Aortic Pulse Pressure	36	mm Hg	30 - 50	<25	43	-16%	G
C	Aortic Systolic Blood Pressure	129	mm Hg	102 - 129	70-93	134	-4%	G
C	Systolic Blood Pressure (at rest)	134	mm Hg	90 - 129	70-110	144	-7%	I
D	Diastolic Blood Pressure (at rest)	92	mm Hg	60 - 80	65-75	90	2%	I
B	Resting Heart Rate	72	bpm	50 - 99	33-55	78	-8%	I
C	Augmentation Pressure	13	mm Hg	7 - 20	<2	8	63%	G
B	Augmentation Index @ 75	26	%	19 - 42	<8	21	24%	G
Arterial Thickness								
B	Right Distal CCA Mean CIMT	0.643	mm	0.4 - 0.8	0.400-0.600	0.821	-22%	E
	Right Distal CCA Mean %	0	%			75% - 100%		E
A	Right Carotid Artery Plaque	ABSENT				ABSENT		E
	Right CIMT Angle	169	°					E

	Left Distal CCA Mean %	75	%			25% - 75%		E
B	Left Distal CCA Mean CIMT	0.739	mm	0.4 - 0.8	<0.600	0.799	-8%	E
A	Left Carotid Artery Plaque	ABSENT				ABSENT		E
	Left CIMT Angle	192	°					E
Coronary Calcium								
	Coronary Calcium LM Lesions	0				0		G
	Coronary Calcium LM Volume	0				0		G
	Coronary Calcium LM Score	0				0		G
	Coronary Calcium LAD Lesions	1				1	0%	G
	Coronary Calcium LAD Volume	22				22	0%	G
	Coronary Calcium LAD Score	26				26	0%	G
	Coronary Calcium LCX Lesions	0				0		G
	Coronary Calcium LCX Volume	0				0		G
	Coronary Calcium LCX Score	0				0		G
	Coronary Calcium RCA Lesions	1				1	0%	G
	Coronary Calcium RCA Volume	6				6	0%	G
	Coronary Calcium RCA Score	8				8	0%	G
	Coronary Calcium Total Lesions	2				2	0%	G
	Coronary Calcium Total Volume	30				30	0%	G
C	Coronary Calcium Total Score	34			<0.00	34	0%	G
D	Coronary Calcium Score Percentile	78	%		1-20	78	0%	G
Cardiovascular Risk								

	Have you been treated for high cholesterol?	No				No		H
B	C-Reactive Protein	1.2	mg/L	<2.9	<1.00	1.79	-33%	E
A	Total Cholesterol	167	mg/dL	125 - 200	125-175	173	-3%	E
B	HDL Cholesterol	59	mg/dL	>46	>60	48	23%	E
B	LDL Cholesterol	110	mg/dL	<129	50-100	97	13%	E
B	Triglycerides	82	mg/dL	<149	<50	121	-32%	E
A	Very Low Density Lipoprotein	16	mg/dL	5 - 40	<30	24	-33%	H
A	Cholesterol/HDL Ratio	1.6	Ratio		<3.0	3.3	-52%	E
C	Homocysteine	12	μmol/L	<11.3	6.0-8.0	8.4	43%	E
A	Coenzyme Q10	1.8	mg/L	0.44 - 1.64	1.50-3.00			E
A	LDL/HDL Ratio	1.9	Ratio		<2.0	2	-5%	A
Diabetes & Glucose								
	Do you have blood sugar problems?	No				Glucose Intolerant		H
C	Hemoglobin A1C	5.6	%	<6	<5.2	5.7	-2%	E
C	Estimated Average Glucose	114	mg/dL		<102.5	116.9	-2%	A
B	Glucose	99	mg/dL	65 - 99	<89	99	0%	E
A	Insulin	10	μIU/mL	<16	<5.0	12.8	-22%	E
Muscle and fat								
	Height	68	inches			68	0%	C
B	Weight	168	lbs			215.4	-22%	I
	Body Mass Index	25.5	kg/m2			32.8	-22%	A
	Fat Mass	64	lbs			100.5	-36%	D
	Lean Body Mass	108	lbs			114.9	-6%	D

F	Percent Bodyfat	38.1	%		<21.0	46.7	-18%	A
B	Visceral Fat Level	11	Index		1-4			D
	Skeletal Muscle Mass	59	lbs					D
	Total Body Water	78	lbs			84.2	-7%	D
	Intracellular Water	45.5				51.8	-12%	A
	Extracellular Water	32.5	lbs			32.4	0%	D
D	Extracellular / Total Body Water	0.417			0.340-0.375	0.385	8%	A
	Basal (Resting) Metabolic Rate	1440	kCal/day					F
Skin Elasticity								
B	Skin Elasticity	78	%		90-100	80	-2%	A
Handgrip								
D	Handgrip Left	24.3	kg	24.0-33.5	31.1-33.5	24.3	0%	A
D	Handgrip Right	27	kg	26.7-35.2	33.0-35.2	27	0%	A
Lung Health								
	Smoker?	Past				Current		H
	Spirometry Interpretation	Mild obstruction						C
	Forced Vital Capacity	3.447	L			2.573	34%	A
D	FVC Percent Predicted	4	%		>110			A
	FVC Predicted	84	L					C
	Forced Exhaled Volume in 1 seconds	1.927	L			1.723	12%	A
D	FEV1 Percent Predicted	3	%		>110			A
	FEV1 Predicted	71	L					C
	FEV1/FVC	56	%			67	-16%	A
	FEF25-75%	0.863	L/sec			1.073	-20%	A

	PEF	3.927	L/sec			4.013	-2%	A
	Respiratory Rate	16	breaths / min			16	0%	I
Cognitive Function								
A	Standard Composite Memory	117		90 - 109	>109	106	10%	A
A	Standard Verbal Memory	122		90 - 109	>109	109	12%	A
A	Standard Visual Memory	118		90 - 109	>109	100	18%	A
A	Standard Psychomotor Speed	109		90 - 109	>109	94	16%	A
B	Standard Processing Speed	101		90 - 109	>109	113	-11%	A
C	Standard Reaction Time	85		90 - 109	>109	86	-1%	A
A	Standard Cognitive Flexibility	110		90 - 109	>109	110	0%	A
B	Standard Executive Functioning	103		90 - 109	>109	109	-6%	A
B	Standard Motor Speed	101		90 - 109	>109			A
Sex Hormones								
	Menstrual Phase	menopausal				menopausal		I
B	Follicle Stimulating Hormone	119	mIU/mL			124	-4%	E
C	Sex Hormone Binding Globulin	59	nmol/L	14 - 73	60-100	44	34%	E
B	Testosterone	50	ng/dL	2 - 45	30-45	44	14%	E
A	Free Testosterone	5	pg/mL	0.1 - 6.4	4.0-10.0	4.4	14%	E
A	Free Testosterone %	2	%	0.5 - 1.8	1.00-2.00	1.00	100%	E
B	Dihydrotestosterone	29	ng/dL		30-46	7	314%	E
B	Dehydroepiandrosterone Sulfate	220	µg/dL	<145	250-350	232	-5%	E
A	Estradiol	67	pg/mL		50.0-200.0	8.7	670%	E

B	Estrone Sulfate	3800	pg/mL		1500-2600	20	18900%	E
B	Progesterone	500	ng/dL		1000.0-3000.0	80.0	525%	E
Thyroid Function								
A	Thyroid Stimulating Hormone	1.2	mIU/L	0.4 - 4.5	0.025-1.500	1.400	-14%	E
B	Thyroxine	5.4	µg/dL	4.5 - 12		7	-23%	E
	Triiodothyronine	129	ng/dL			129.0	0%	J
B	Free T3	3.3	pg/mL	2.3 - 4.2	3.8-4.5	3.6	-8%	E
	Reverse T3	13	ng/dL			17	-24%	E
Growth/IGF Hormones								
D	Insulin-Like Growth Factor 1	149	ng/mL		250-450	185	-19%	E
B	IGF Binding Protein-3	3.5	mg/L	3.5 - 6.9	5.0-7.8	4.0	-12%	E
B	Prolactin	7	ng/mL		10.0-20.0	5.3	32%	E
Corticosteroids								
A	Cortisol	13	µg/dL		9.5-16.1	14.8	-12%	E
Blood								
A	Red Blood Cells	4.4	million/µL	3.8 - 5.1	4.10-5.10	4.68	-6%	E
B	Hemoglobin	12	g/dL	11.7 - 15.5	13.3-15.5	14.7	-18%	E
A	Hematocrit	42.6	%	35 - 45	40.0-46.5	44.1	-3%	E
A	Mean Corpuscular Volume	92	fL	80 - 100	85.0-95.0	94.0	-2%	E
A	Mean Corpuscular Hemoglobin	31	pg	27 - 33	28.5-31.5	31.4	-1%	E
A	Mean Corpuscular Hemoglobin Concentration	32.7	g/dL	32 - 36	32.0-36.0	33.3	-2%	E
B	Red Cell Distribution Width	13	%	11 - 15	<12.5	14.2	-8%	E

	Nucleated Red Blood Cell Percent	0	%					H
A	Platelets	252	thousand/ μL	140 - 400	200-400	260	-3%	E
A	Mean Platelet Volume	8.1	fL	7 - 11	7.5-9.0			E
	Immature Cells	NP						H
Vitamins								
A	Vitamin D	49	ng/mL	20 - 100	40-60	36	36%	E
B	Vitamin D2	0	ng/mL	<75				E
B	Vitamin D3	62	ng/mL	20 - 100	40-60			E
B	Folate	14	ng/mL		>15.0	18.5	-24%	E
B	Vitamin B12	668	pg/mL		700-1100	607	10%	E
B	Skin Antioxidant Score	35000			>50000	23000	52%	K
Trace Essential Minerals								
A	Ferritin	72	ng/mL		50-100	43	67%	E
A	Iron	63	μg/dL	40 - 160	50-100	133	-53%	E
A	Transferrin Saturation	23	%		20-30	44	-48%	A
B	Total Iron Binding Capacity	269	μg/dL	250 - 450		305	-12%	E
B	Unsaturated Iron Binding Capacity	166	μg/dL	131 - 425		172	-3%	H
Major Essential Minerals								
B	Sodium	141	mmol/L	135 - 146		144	-2%	E
B	Potassium	4.6	mmol/L	3.5 - 5.3	4.0-4.4	3.8	21%	E
C	Chloride	96	mmol/L	98 - 110	101-106	104	-8%	E
B	Carbon Dioxide	23	mmol/L	21 - 33	24-28	22	5%	E
D	Calcium	8.1	mg/dL	8.6 - 10.2	9.0-9.8	9.4	-14%	E

C	Phosphorus	4	mg/dL	2.5 - 4.5	2.5-2.9	4.2	-5%	E
Kidney Function								
A	Cystatin-C	0.7	mg/L		0.43-0.70	0.68	3%	E
A	Creatinine	0.8	mg/dL	0.5 - 1.2	0.50-0.80	0.62	29%	E
C	Urea Nitrogen in Blood	29	mg/dL	7 - 25		17	71%	E
C	BUN/Creatinine Ratio	33	Ratio		10.00-20.00	27.00	22%	E
A	Uric Acid	5.1	mg/dL	2.5 - 7	2.5-6.0	3.9	31%	E
Liver Function								
C	Albumin / Globulin ratio	1.3			1.7-2.2	1.6	-19%	E
B	Albumin	3.9	g/dL	3.6 - 5.1	>4.5	4.1	-5%	E
B	Globulin	2.2	g/dL	2.2 - 3.9	2.4-2.8	2.6	-15%	E
A	Protein	6.1	g/dL	6.2 - 8.3	6.0-8.0	6.7	-9%	E
B	Gamma-Glutamyl Transferase	20	IU/L	3 - 70	<10	21	-5%	E
B	Alanine Aminotransferase	21	IU/L	6 - 40	<20	41	-49%	E
B	Aspartate Aminotransferase	29	IU/L	10 - 35	<20	32	-9%	E
C	Alkaline Phosphatase	62	IU/L	33 - 130	0-40	89	-30%	E
A	Bilirubin, Direct	0.1	mg/dL	<0.2	0.00-0.20	0.12	-17%	E
A	Bilirubin, Total	0.9	mg/dL	0.2 - 1.2	0.6-1.2	0.4	125%	E
	Lactate Dehydrogenase	140	IU/L	120 - 250	152-218	197	-29%	E
Immune Health								
A	White Blood Cells	4700	cells/ μ L	3500 - 9500	4000-7500	5200	-10%	E
A	Neutrophils	3421	cells/ μ L		3000.0-5000.0	3000	14%	E

B	Neutrophil %	54	%	38 - 80	40.0-48.0	58.0	-7%	E
B	Monocytes	356	cells/ μ L	200 - 950		50	612%	E
B	Monocyte %	8	%	<13		10.0	-20%	E
A	Eosinophils	142	cells/ μ L	15 - 550	50-250	0		E
B	Eosinophil %	2	%	<8	<2.0	4.0	-50%	E
A	Basophils	0	cells/ μ L		0-50	0		E
C-	Basophil %	0	%	<2	0.1-1.5	0.0		E
B	Immature Granulocyte Count	0	thousand/ μ L	0.0 - 0.1		0		H
B	Immature Granulocyte Percent	0	%			0		H
B	Lymphocytes	1489	cells/ μ L			1404	6%	E
B	Lymphocyte %	32	%	20 - 48		27.0	19%	E
Advanced Immune Health								
A	T Cell Ratio	1.75	Ratio		1.50-2.50	1.44	22%	A
B	NK Cells	127	cells/ μ L		150-250	168	-24%	H
A	NK Cell %	8	%	3 - 26	8-14	12	-33%	H
B	B-Cells	126	cells/ μ L			112	13%	H
B	B-Cell %	10	%	5 - 22		8	25%	H
B	Helper T-Cells	768	cells/ μ L		>900	646	19%	H
A	Helper T-Cell %	51	%	32 - 59	45-55	46	11%	H
	Suppressor T-Cells	440	cells/ μ L			449	-2%	H
	Suppressor T-Cell %	28	%	13 - 38		32	-12%	H
	Healthy Suppressor T-Cells	422	cells/ μ L			400	6%	A
A	Healthy Suppressor T-Cell %	96	%		90-100	89	8%	A

A	Senescent Suppressor Cells	19	cells/ μ L		<50.00	49	-61%	H
A	Senescent Suppressor Cell %	4	%	4 - 51	<10	11	-64%	H
B	Naive Suppressor Cells	120	cells/ μ L		>250.0	49	145%	H
B	Naive Suppressor Cell %	24	%	11 - 57	>35	11	118%	H
A	CMV Antibodies (IGG)	0.9	U/mL	<5	<0.91	0.90	0%	E
Inflammation								
B	C-Reactive Protein	1.2	mg/L	<2.9	<1.00	1.79	-33%	E
Viruses								
A	CMV Antibodies (IGG)	0.9	U/mL	<5	<0.91	0.90	0%	E

HISTORICAL DATA

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Telomere Length										
Granulocyte Telomere Length	6.0	7.0	5.9		6.9	6.9	7.1	7.4	7.5	7.4
Lymphocyte Telomere Length	5.2	6.0	5.3		6.0	6.3	6.5	6.8	6.9	6.3
Arterial Stiffness										
Have you ever been treated for high blood pressure?	Current	Current	Current	Current	No	Current	Current	Current		
Anti-hypertensive							YES	YES	NO	NO
Patient Had Caffeine Within Last 6 Hours	NO	NO				NO	NO	NO	NO	NO
SubEndocardial Viability Ratio	105	179	147	99	164	131				
Aortic Pulse Pressure	43	26	33	37	30	43	34	30	35	36
Aortic Systolic Blood Pressure	134	119	120	115	117	142	104	101	125	129
Systolic Blood Pressure (at rest)	144	126	126		122	146	128	122	126	134
Diastolic Blood Pressure (at rest)	90	92	86		86	80	84	82	88	92
Resting Heart Rate	78	77	72		73	75	70	66	64	72
Augmentation Pressure	8	8	13	11	11	17	10	7	10	13
Augmentation Index @ 75	21	30	37	38	32	39	24	20	27	26
Arterial Thickness										
Right Distal CCA Mean CIMT	0.821					0.643				
Right Distal CCA Mean %	75% - 100%					0				
Right Carotid Artery Plaque	ABSENT					ABSENT				
Right CIMT Angle						169				
Left Distal CCA Mean %	25% - 75%					75				
Left Distal CCA Mean CIMT	0.799					0.739				

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Left Carotid Artery Plaque	ABSENT					ABSENT				
Left CIMT Angle						192				
Coronary Calcium										
Coronary Calcium LM Lesions	0									
Coronary Calcium LM Volume	0									
Coronary Calcium LM Score	0									
Coronary Calcium LAD Lesions	1									
Coronary Calcium LAD Volume	22									
Coronary Calcium LAD Score	26									
Coronary Calcium LCX Lesions	0									
Coronary Calcium LCX Volume	0									
Coronary Calcium LCX Score	0									
Coronary Calcium RCA Lesions	1									
Coronary Calcium RCA Volume	6									
Coronary Calcium RCA Score	8									
Coronary Calcium Total Lesions	2									
Coronary Calcium Total Volume	30									
Coronary Calcium Total Score	34									
Coronary Calcium Score Percentile	78									
Cardiovascular Risk										
Have you been treated for high cholesterol?	No	No	No	No	No	No	No	No	No	No
C-Reactive Protein	1.79	1.5	1.2		1.3	0.98	0.77	1	0.75	1.2
Total Cholesterol	173	155	154		150	171	163	158	150	167

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
HDL Cholesterol	48	48	54		43	53	57	60	63	59
LDL Cholesterol	97	88	88		86	102	110	105	98	110
Triglycerides	121	74	61		103	79	82	78	68	82
Very Low Density Lipoprotein	24					16				
Cholesterol/HDL Ratio	3.3	3	2.9		3.5	3.2	2.9	2.6	1.4	1.6
Homocysteine	8.4	8.2	13.1		14.8	9.4	11	11	10.6	12
Coenzyme Q10		0.73	2.81		3.09	2.18		1.3	2.0	1.8
LDL/HDL Ratio	2	1.8	1.6		2	1.9	1.9	1.8	1.6	1.9
Diabetes & Glucose										
Do you have blood sugar problems?	Glucose Intolerant	Glucose Intolerant	Glucose Intolerant	Glucose Intolerant	Glucose Intolerant	Glucose Intolerant	No	No		
Hemoglobin A1C	5.7	5.9	6		5.9	5.7	5.5	5.4	5.3	5.6
Estimated Average Glucose	116.9	122.6	125.5		122.6	116.9	111.2	108.3	105.4	114
Glucose	99	101	91		75	92	89	93	95	99
Insulin	12.8	16	6.2		6.2	4.6	9	6	8	10
Muscle and fat										
Height	68	68	68		68	68	68	68	68	68
Weight	215.4	196.2	191.3		175.2	179.7	174	168	160	168
Body Mass Index	32.8	29.8	29.1		26.6	27.3	26.5	25.5	24.3	25.5
Fat Mass	100.5	81.8	79.8		66.6	70.5	64.8	57.8	57	64
Lean Body Mass	114.9	114.4	111.6		108.7	109.1	109.1	110.2	112	108
Percent Bodyfat	46.7	41.7	41.7		38	39.2	37.2	34.4	35.6	38.1
Visceral Fat Level					15	16	13	10	9	11
Skeletal Muscle Mass					60.4	60.2	60.4	61.4	62	59
Total Body Water	84.2	83.8	82		80.0	80.7	79.8	78	79	78
Intracellular Water	51.8	52.1	51.1		49.6	49.6	49.7	48.5	50.5	45.5
Extracellular Water	32.4	31.7	30.9		30.4	31.1	30.1	29.5	28.5	32.5
Extracellular / Total Body Water	0.385	0.378	0.377		0.38	0.385	0.377	0.378	0.361	0.417

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Basal (Resting) Metabolic Rate						1440				
Skin Elasticity										
Skin Elasticity	80	74	79	75	80	78	77	77	79	78
Handgrip										
Handgrip Left	24.3									
Handgrip Right	27									
Lung Health										
Smoker?	Current	Current	Current	Current	Current	Current	Past	Past		
Spirometry Interpretation						Moderately severe obstruction	Mild obstruction	Mild obstruction	Mild obstruction	Mild obstruction
Forced Vital Capacity	2.573	2.467	2.407	2.87	2.757	2.88	3.05	3.133	3.133	3.447
FVC Percent Predicted						78	82	86	4	4
FVC Predicted									86	84
Forced Exhaled Volume in 1 seconds	1.723	1.73	1.46	1.727	1.703	1.62	1.793	2.057	2.053	1.927
FEV1 Percent Predicted						56	70	77	3	3
FEV1 Predicted									77	71
FEV1/FVC	67	70	61	60	62	56	59	66	66	56
FEF25-75%	1.073	1.077	0.733	0.783	0.863					
PEF	4.013	4.077	3.457	4.253	3.927					
Respiratory Rate	16						16	18	16	16
Cognitive Function										
Standard Composite Memory	106	95	114		118	124	122	121	119	117
Standard Verbal Memory	109	112	118		115	118	120	122	125	122
Standard Visual Memory	100	81	103		112	119	117	115	119	118
Standard Psychomotor Speed	94	90	86		97	109	110	109	110	109
Standard Processing Speed	113	97	99		113	127	130	125	132	101
Standard Reaction Time	86	82	72		90	83	87	89	87	85

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Standard Cognitive Flexibility	110	114	104		104	107	110	109	111	110
Standard Executive Functioning	109	113	103		103	106	105	100	104	103
Standard Motor Speed			83		89	97	99	101	103	101
Sex Hormones										
Menstrual Phase	meno pau s a	meno pau s a	meno pau s a		meno pau s a	menopaus al	men opau sal	men opau sal	men opau sal	men opau sal
Follicle Stimulating Hormone	124	109.2	108.4		126.6	127	120	1115	109	119
Sex Hormone Binding Globulin	44	43	55		69	69		71	62	59
Testosterone	44	38	43		63	40		52	57	50
Free Testosterone	4.4	4.3	4		4.0	2.4		5	6	5
Free Testosterone %	1.00	1.2				0.6		1.2	2	2
Dihydrotestosterone	7				15	11	15	22	26	29
Dehydroepiandrosterone Sulfate	232	252	245		327	236	234	212	240	220
Estradiol	8.7	6	5		6	8.0		52	63	67
Estrone Sulfate	20	523	447		426	300	2103	3500	3600	3800
Progesterone	80.0	70.0	<50.0		80.0	20.0	20.0	1400	600	500
Thyroid Function										
Thyroid Stimulating Hormone	1.400	1.25	1.26		1.24	0.98	0.99	0.7	1.0	1.2
Thyroxine	7	9.3	9		9.0	8.5	8	7	5.3	5.4
Triiodothyronine	129.0									
Free T3	3.6	3.4	3.4		3.4	3.0	3.6	3.6	3.2	3.3
Reverse T3	17	16			17	21.8		16	15	13
Growth/IGF Hormones										
Insulin-Like Growth Factor 1	185	171	189		176	163	170	160	172	149
IGF Binding Protein-3	4.0	4	3.6		3.5	2.7	3.3	3.9	3.8	3.5
Prolactin	5.3	5.7	4.1		6.7	6.3	6.6	7	6	7

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Corticosteroids										
Cortisol	14.8	17.0	10		21.6	10.0	12	13	12	13
Blood										
Red Blood Cells	4.68	4.77	4.66		4.55	4.45	4.4	4.5	4.2	4.4
Hemoglobin	14.7	14.9	14.4		14.5	13.8	13.7	14	13	12
Hematocrit	44.1	45.6	45.2		44.1	42.4	42.6	43.7	44.2	42.6
Mean Corpuscular Volume	94.0	95.6	97		96.8	95	95	96	94	92
Mean Corpuscular Hemoglobin	31.4	31.3	31		31.8	31.0	31	32	33	31
Mean Corpuscular Hemoglobin Concentration	33.3	32.7	32		32.9	32.5	32.5	32.7	33.8	32.7
Red Cell Distribution Width	14.2	14.4	14.9		15.1	13.8	14	13	12	13
Nucleated Red Blood Cell Percent						0.00				
Platelets	260	232	238		223	281	270	252	241	252
Mean Platelet Volume		9.6	9.4		9.7		9.5	9.6	8.7	8.1
Immature Cells						NP				
Vitamins										
Vitamin D	36	42	55		78	65	52	52	62	49
Vitamin D2		4	<4		<4			0	0	
Vitamin D3		42	55		78			52	62	
Folate	18.5						12	14	16	14
Vitamin B12	607						683	893	795	668
Skin Antioxidant Score	2300 0	2000 0	2800 0			35000				
Trace Essential Minerals										
Ferritin	43	43				57	58	60	64	72
Iron	133	145	97		101	126	68	60	70	63
Transferrin Saturation	44	47	30		33	43	33	23	18	23
Total Iron Binding Capacity	305	306	321		307	292	312	270	262	269
Unsaturated Iron Binding Capacity	172					166				

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Major Essential Minerals										
Sodium	144	142	147		141	141	140	140	142	141
Potassium	3.8	4.1	5		4.2	4.4	4.3	4.5	4.3	4.6
Chloride	104	107	109		105	104	102	102	100	96
Carbon Dioxide	22	23	24		23	21	22	22	21	23
Calcium	9.4	9.2	9.3		9.2	8.7	9.6	9.3	8.8	8.1
Phosphorus	4.2	3.6	4.4		3.7	3.4	3.6	3.6	3.8	4
Kidney Function										
Cystatin-C	0.68				0.56	0.67		0.7	0.6	0.7
Creatinine	0.62	0.68	0.68		0.68	0.68	0.70	0.8	0.7	0.8
Urea Nitrogen in Blood	17	17	12		16	18	20	26	28	29
BUN/Creatinine Ratio	27.00	25	17.65		23	26	29	32.5	33.1	33
Uric Acid	3.9	3.7	3.6		4.2	4.0	4.8	6	5.5	5.1
Liver Function										
Albumin / Globulin ratio	1.6	1.9	1.9		2.0	2.0	2	1.7	1.5	1.3
Albumin	4.1	4.6	4.3		4.3	4.2	4.4	4.4	4.2	3.9
Globulin	2.6	2.4	2.3		2.1	2.1	2.2	2.6	2.8	2.2
Protein	6.7	7	6.6		6.4	6.3	6.5	6.3	6.5	6.1
Gamma-Glutamyl Transferase	21	19	18		14	16	14	14	10	20
Alanine Aminotransferase	41	20	19		18	18	17	18	12	21
Aspartate Aminotransferase	32	20	19		18	20	19	16	14	29
Alkaline Phosphatase	89	87	85		85	68	60	52	59	62
Bilirubin, Direct	0.12	0.1	0.1		0.1	0.10	0.1	0.1	0.1	0.1
Bilirubin, Total	0.4	0.4	0.4		0.5	0.3	0.3	0.7	0.8	0.9
Lactate Dehydrogenase	197	178	188		209	195	155	155	148	140
Immune Health										
White Blood Cells	5200	6800	5900		6800	5000	5200	5500	4900	4700
Neutrophils	3000	4877	3800		5120	2900.0	2900	3630	3502	3421

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Neutrophil %	58.0	65.9	64.4		75.3	59	65	66	59	54
Monocytes	50	525	437		347	300	350	385	340	356
Monocyte %	10.0	71	7.4		5.1	6	7	7	9	8
Eosinophils	0	252	142		156	100	120	110	140	142
Eosinophil %	4.0	3.4	2.4		2.3	3	2	2	2	2
Basophils	0	22	18		20	0	0	0	0	0
Basophil %	0.0	0.3	0.3		0.3	0	0	0	0	0
Immature Granulocyte Count	0					0.0				
Immature Granulocyte Percent	0					0				
Lymphocytes	1404	1496	1505		1156	1600	1600	1760	1609	1489
Lymphocyte %	27.0	22	25.5		17.0	32	30	32	35	32
Advanced Immune Health										
T Cell Ratio	1.44	1.31	1.17		3.24	1.53	1.53	1.7	1.75	1.75
NK Cells	168	194	94		102	111	121	130	128	127
NK Cell %	12	13	7		8	7	8	9	9	8
B-Cells	112	150	125		268	103	120	130	170	126
B-Cell %	8	10	8		21	7	9	11	14	10
Helper T-Cells	646	628	612		648	786	750	780	770	768
Helper T-Cell %	46	42	44		49	52	50	52	53	51
Suppressor T-Cells	449	479	521		200	515	490	460	441	440
Suppressor T-Cell %	32	32	38		16	34	32	30	29	28
Healthy Suppressor T-Cells	400	426	490		182	484	466	437	419	422
Healthy Suppressor T-Cell %	89	89	94		91	94	95	95	95	96
Senescent Suppressor Cells	49	53	34		18	24	22	20	20	19
Senescent Suppressor Cell %	11	11	6		9	6	5	5	5	4
Naive Suppressor Cells	49	48	53		30	105	130	135	150	120
Naive Suppressor Cell %	11	10	12		14	22	27	28	22	24
CMV Antibodies (IGG)	0.90	0.91	<0.91		< 0.91	<0.60	0.6	0.6		0.9

Visit Date	20/03 2013	24/03 2014	23/03 2015	08/06 2015	04/04 2016	17/04 2017	13/03 2018	12/03 2019	27/02 2020	01/03 2021
Inflammation										
C-Reactive Protein	1.79	1.5	1.2		1.3	0.98	0.77	1	0.75	1.2
Viruses										
CMV Antibodies (IGG)	0.90	0.91	<0.91		< 0.91	<0.60	0.6	0.6		0.9

SOURCES

Flag	Description	First Results Received	Last Results Received
A	Patient Survey		
B	Vitals	03/02/2021	
C	InBody 570	03/02/2021	03/02/2021
D	Cutometer MPA 580	03/02/2021	03/02/2021
E	Sphygmocor XCEL	03/02/2021	03/02/2021
F	EasyOne Air Spirometer	03/02/2021	
G	Jamar Dynamometer		
H	CNS Vital Signs	03/02/2021	
I	UCLA Immune Function Panel	03/02/2021	03/02/2021
J	Repeat Diagnostics Telomere Lengths	03/02/2021	03/02/2021
K	Quest Labs	03/02/2021	03/02/2021
L	Zymo Research DNAge		
M	GlycanAge		