



*Essential + Advanced*

# Blood & Urine Biomarkers.

A side-by-side view of our diagnostic panels across our two programmes — **Health+ Essential** and **Health+ Advanced**. Every marker is interpreted by your medical team — not just flagged as in or out of range. What matters is what each result means for your biology specifically.

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01

# In-Person Medical Assessment.

Test	Health+ Essential	Health+ Advanced
Height & Weight	✓	✓
Body Mass Index (BMI)	✓	✓
Waist Circumference	✓	✓
Hip Circumference	✓	✓
Waist/Hip Ratio	✓	✓
Pulse	✓	✓
Systolic Blood Pressure	✓	✓
Diastolic Blood Pressure	✓	✓
Basal Metabolic Rate (BMR)	✓	✓
Fat %	✓	✓
Fat Mass (FM)	✓	✓
Fat Free Mass (FFM)	✓	✓
Total Body Water (TBW)	✓	✓
Bone Mineral Content (BM)	✓	✓
Muscle Mass (MM)	✓	✓
Protein Mass (PM)	✓	✓
Intracellular Water (ICW)	✓	✓
Extracellular Water (ECW)	✓	✓
Skeletal Muscle Index (SM)	✓	✓
Visceral Fat Area (VFA)	✓	✓
Metabolic Age (AGEM)	✓	✓
Body Impedance	✓	✓



02

# Comprehensive Blood Panel.

Test	Health+ Essential	Health+ Advanced
Haemoglobin	✓	✓
Haematocrit	✓	✓
Mean Cell Haemoglobin (MCH)	✓	✓
Mean Cell Haemoglobin Concentration (MCHC)	✓	✓
Red Blood Cell Mean Cell Volume (MCV)	✓	✓
Red Blood Cell Count (RBC)	✓	✓
Basophil Count	✓	✓
Eosinophil Count	✓	✓
Lymphocyte Count	✓	✓
Monocyte Count	✓	✓
Neutrophil Count	✓	✓
White Blood Cell Count (WBC)	✓	✓
Platelet Count	—	✓
Blood Group	—	✓
Rhesus Factor	—	✓
Red Cell Distribution Width (RDW)	—	✓
Mean Platelet Volume (MPV)	—	✓
Protein, Total	—	✓
Eosinophils, absolute	—	✓
Lymphocytes, absolute	—	✓
Basophils, absolute	—	✓
Monocytes, absolute	—	✓
Neutrophils, absolute	—	✓
Lymphocyte-to-Monocyte Ratio (LMR)	—	✓
Platelet-to-WBC Ratio	—	✓
Neutrophil-to-Lymphocyte Ratio	—	✓



02

## Comprehensive Blood Panel.

Test	Health+ Essential	Health+ Advanced
Monocyte-to-Lymphocyte Ratio (MLR)	—	✓
Neutrophil-to-Lymphocyte & Platelet Ratio (NLPR)	—	✓
Rheumatoid factor	—	✓
CCP Antibody	—	✓
RDW / MCV Ratio	—	✓
ANA (Antinuclear antibody)	—	✓
Celiac Disease Comprehensive Panel	—	✓

03

## Nutritional Health.

Test	Health+ Essential	Health+ Advanced
Folic acid (Folate)	—	✓
Vitamin B12 (Cobalamin)	—	✓
Vitamin D	✓	✓
Magnesium	—	✓
Zinc	—	✓
Vitamin C	—	✓
Selenium	—	✓
Vitamin K	—	✓
Vitamin E	—	✓
Homocysteine	—	✓
Folate, RBC	—	✓
Vitamin B6 (Plasma)	—	✓
Methylmalonic Acid (MMA)	—	✓



04

## Thyroid Health.

Test	Health+ Essential	Health+ Advanced
Thyroid Stimulating Hormone (TSH)	✓	✓
Free Thyroxine (FT4)	✓	✓
Free Tri-iodothyronine (FT3)	✓	✓
Thyroxine (T4), Total	—	✓
Anti-thyroid peroxidase antibody (Anti-TPO)	—	✓
Thyroglobulin Antibodies (TgAb)	—	✓
Triiodothyronine (T3), Free	—	✓

05

## Inflammatory Health.

Test	Health+ Essential	Health+ Advanced
Serum cortisol	✓	✓
High-sensitivity C-reactive Protein (hs-CRP)	✓	✓
Erythrocyte sedimentation rate (ESR)	—	✓
Systemic Immune-inflammation index (SII)	—	✓
Ferritin-to-Albumin Ratio (FAR)	—	✓
Monocyte-to-HDL Ratio (MHR)	—	✓
CRP / Albumin ratio (CAR)	—	✓
Platelet-to-lymphocyte Ratio	—	✓
Insulin like growth factor (IGF-1)	—	✓
Systemic Inflammation Response Index (SIRI)	—	✓



# Heart & Vascular Health.

Test	Health+ Essential	Health+ Advanced
Total Cholesterol	✓	✓
LDL Cholesterol	✓	✓
HDL Cholesterol	✓	✓
VLDL Cholesterol	✓	✓
Total Cholesterol/HDL Cholesterol Ratio	✓	✓
Triglycerides	✓	✓
LDL/HDL Ratio	—	✓
Apolipoprotein B	—	✓
Lipoprotein A	—	✓
LDL P	—	✓
Neutrophil-to-HDL Cholesterol Ratio (NHR)	—	✓
Triglyceride / HDL Cholesterol (Molar ratio)	—	✓
Atherogenic Index of Plasma (AIP)	—	✓
Small LDL P	—	✓
HDL Size	—	✓
Large VLDL P	—	✓
Atherogenic Coefficient	—	✓
LDL Cholesterol / Total Cholesterol (Mass Ratio)	—	✓
HDL P	—	✓
VLDL size test	—	✓
LDL-C / ApoB	—	✓
Uric Acid / HDL - C	—	✓
TG / ApoB	—	✓
Non-HDL Cholesterol / ApoB	—	✓
Lipoprotein fractionation	—	✓
Omega-3 Index	—	✓



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## Heart & Vascular Health.

Test	Health+ Essential	Health+ Advanced
ADMA	—	✓
SDMA	—	✓

07

## Liver Health.

Test	Health+ Essential	Health+ Advanced
Alanine Aminotransferase (ALT)	✓	✓
Alkaline Phosphatase (ALP)	✓	✓
Aspartate-Aminotransferase (AST)	✓	✓
Gamma-Glutamyltransferase (GGT)	✓	✓
Total Bilirubin	✓	✓
Total Protein	✓	✓
Albumin/Globulin Ratio	—	✓
Albumin	—	✓
Globulin	—	✓
Bilirubin Direct	—	✓
Bilirubin Indirect	—	✓
GGT-to-HDL Cholesterol Ratio	—	✓
Indirect-to-direct bilirubin ratio	—	✓
Bilirubin-to-albumin ratio (BAR)	—	✓

08

## Hormonal Health.

Test	Health+ Essential	Health+ Advanced
Testosterone (Total)	✓	✓



08

# Hormonal Health.

Test	Health+ Essential	Health+ Advanced
Oestradiol (E2)	✓	✓
Progesterone	✓	✓
Prolactin (PRL)	✓	✓
Follicle Stimulating Hormone (FSH)	✓	✓
Luteinising hormone (LH)	✓	✓
Sex Hormone-Binding Globulin (SHBG)	✓	✓
Testosterone, Bioavailable	✓	✓
Testosterone, Free	✓	✓
DHEA Sulfate (DHEA-S)	✓	✓
PSA - Free	—	✓
PSA - Total	—	✓
Free Androgen Index (FAI)	—	✓
Testosterone / Estradiol (T:E2)	—	✓
17-hydroxyprogesterone	—	✓
Estradiol	—	✓
Cardio IQ Insulin	—	✓
Thyroid antibodies	—	✓
Glucose, plasma	—	✓
AMH	—	✓
Semen Analysis	—	✓
Ultra-sensitive Estradiol	—	✓



09

## Metabolic Health.

Test	Health+ Essential	Health+ Advanced
Fasting glucose	✓	✓
Hemoglobin A1c (HbA1c)	✓	✓
Estimated Average Glucose (mmol/L)	—	✓
Estimated Average Glucose (mg/dL)	—	✓
Uric Acid	—	✓
Insulin	✓	✓
Corrected Calcium (Albumin adjusted)	—	✓
Triglycerides-Glucose Index (TyG)	—	✓
Leptin	—	✓
Cardio IQ Insulin Resistance	—	✓
Adiponectin	—	✓
Fructosamine	—	✓
TyG Index	—	✓

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## Urinalysis.

Test	Health+ Essential	Health+ Advanced
Bilirubin	✓	✓
Glucose	✓	✓
Ketones	✓	✓
Nitrite	✓	✓
pH	✓	✓
Protein	✓	✓
Red Blood Cells (RBCs)	✓	✓
Urobilinogen	✓	✓



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## Urinalysis.

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Test	Health+ Essential	Health+ Advanced
White Blood Cells (WBCs)	✓	✓
Specific Gravity	✓	✓

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## Iron Status.

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Test	Health+ Essential	Health+ Advanced
Iron, total	✓	✓
Ferritin	✓	✓
Total Iron Binding Capacity (TIBC)	—	✓
Transferrin	—	✓
Transferrin Saturation	—	✓
Iron Saturation	—	✓

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## Kidney Health.

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Test	Health+ Essential	Health+ Advanced
Creatinine	✓	✓
Phosphate	✓	✓
Potassium	✓	✓
Sodium	✓	✓
Urea	✓	✓
Uric Acid	✓	✓
eGFR	✓	✓
Chloride	✓	✓
Calcium (adjusted)	✓	✓



# Kidney Health.

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Test	Health+ Essential	Health+ Advanced
Calcium	—	✓
Carbon Dioxide (CO2)	—	✓
Ammonia	—	✓
BUN/Creatinine Ratio	—	✓
Blood Urea Nitrogen (BUN)	—	✓

## **Longevity+**

*The Longevity+ programme includes everything in Health+ Advanced, plus:*

- Longevity specialist consultation
- FibroScan liver health assessment
- CT coronary angiography
- Advanced ECG & cardiac systems testing
- AI-powered health optimisation tools
- Cellular regeneration protocol
- Lifelong AdeaHealth network access

