



# SMART HEALTH REPORT

a comprehensive analysis of your health

Patient Name: Demo User

Date of Test: 22-09-2022 03:04 PM



[www.optimizedbodyandmind.co.uk](http://www.optimizedbodyandmind.co.uk)

## REPORT SUMMARY

Name	Sample No	Lab No	Date of Birth	Date of Test
Demo User ( M   41 )	001026522 OPTIM000003		20/07/1981	22-09-2022 03:04 PM

### Full Blood Counts



Test Name	Result Unit	Range
Haemoglobin	155 g/L	130-170
Haematocrit	0.466 L/L	0.38-0.5
Red Blood Cells	5.06 x10 <sup>12</sup> /L	4.4-5.8
Red Cell Distribution	13.5 %	11.5-14.4
MCHC	332 g/L	300-350
Mean Cell Haemoglobin	30.6 pg	27-33
Mean Cell Volume	92.1 fl	81-98
MPV	11.00 fl	7-13
Platelets	181 x10 <sup>9</sup> /L	150-400
White Blood Cells	4.9 x10 <sup>9</sup> /L	3-10
Monocytes	0.44 x10 <sup>9</sup> /L	0.2-1
Basophils	0.07 x10 <sup>9</sup> /L	< 0.1
Eosinophils	0.08 x10 <sup>9</sup> /L	< 0.4
Neutrophils	2.04 x10 <sup>9</sup> /L	2-7.5
Lymphocytes	2.25 x10 <sup>9</sup> /L	1.2-3.65
CRP (High Sensitivity)**	<0.3 mg/L	< 5

### Kidney Function



Test Name	Result Unit	Range
Urea	5.2 mmol/L	2.5-7.8
Creatinine	91 umol/L	59-104
eGFR(Caucasian Only)	84 mL/min/1.73m <sup>2</sup>	>60
Uric Acid	536 umol/L	200-430

## REPORT SUMMARY


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### Liver Function




Test Name	Result Unit	Range
<input type="radio"/> ALP	54 IU/L	30-130
<input type="radio"/> ALT	38 U/L	< 50
<input type="radio"/> CK	154 U/L	39-308
<input checked="" type="radio"/> GGT	<b>146</b> U/L	8-61
<input type="radio"/> Total Bilirubin	3.3 umol/L	< 24
<input type="radio"/> Total Protein	78.9 g/L	60-80
<input type="radio"/> Albumin	43.7 g/L	35-50
<input checked="" type="radio"/> Globulin	<b>35.2</b> g/L	19-35

### Diabetes



Test Name	Result Unit	Range
<input checked="" type="radio"/> HbA1c-(IFCC)**	<b>42</b> mmol/mol	< 42

### Iron Status



Test Name	Result Unit	Range
<input type="radio"/> Iron	31.0 umol/L	5.8-34.5
<input type="radio"/> TIBC	54.9 umol/L	45-81
<input type="radio"/> UIBC	23.9 umol/L	22.3-61.7
<input checked="" type="radio"/> Transferrin Saturation	<b>56.4</b> %	20-50
<input checked="" type="radio"/> Ferritin	<b>402.0</b> ug/L	30-400

### Cholestrol Status



Test Name	Result Unit	Range
<input checked="" type="radio"/> Cholesterol	<b>6.10</b> mmol/L	< 5
<input type="radio"/> Chol:HDL ratio	3.55 ratio	< 4
<input type="radio"/> HDL	1.72 mmol/L	>1.1
<input checked="" type="radio"/> LDL	<b>3.89</b> mmol/L	< 3
<input checked="" type="radio"/> Non HDL Cholesterol	<b>4.38</b> mmol/L	< 4
<input type="radio"/> Triglycerides	1.07 mmol/L	< 1.7

## REPORT SUMMARY

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### Thyroid Function

Test Name	Result Unit	Range
<input checked="" type="radio"/> TSH	0.87 mU/L	0.27-4.2
<input checked="" type="radio"/> Free T3	4.04 pmol/L	3.1-6.8
<input checked="" type="radio"/> Free T4	16.1 pmol/L	12-22

### Vitamins

Test Name	Result Unit	Range
<input checked="" type="radio"/> B12-Active	147.0 pmol/L	37.5-150
<input checked="" type="radio"/> Serum Folate	9.65 nmol/L	8.83-60.8
<input checked="" type="radio"/> Vitamin D (25 OH)	31 nmol/L	50-75

### Hormones

Test Name	Result Unit	Range
<input checked="" type="radio"/> Testosterone	9.91 nmol/L	8.64-29
<input checked="" type="radio"/> Free-Testosterone(Calculated)	0.235 nmol/L	0.2-0.62
<input checked="" type="radio"/> SHBG	22 nmol/L	18.3-54.1
<input type="radio"/> LH	5.9 IU/L	
<input type="radio"/> FSH	2.5 IU/L	
<input type="radio"/> Oestradiol	120 pmol/L	
<input checked="" type="radio"/> Prolactin	238 mU/L	86-324
<input type="radio"/> Cortisol (Random)	441.0 nmol/L	
<input checked="" type="radio"/> DHEA-Sulphate	11.80 umol/L	2.41-11.6
<input checked="" type="radio"/> PSA (Prostate)	0.470 ng/mL	< 4

### Minerals

Test Name	Result Unit	Range
<input checked="" type="radio"/> Magnesium	1.03 mmol/L	0.7-1

Name: Demo User ( M | 41 )      Sample No: 001026522      Lab No: OPTIM000003      Date of Birth: 20/07/1981      Date of Test: 22-09-2022 03:04 PM



**Hello Demo User**

Thank you for taking a blood test with Optimized Body & Mind. We have reviewed your results and can provide the following advice in general terms for you.

## Full Blood Counts



Blood is a specialised bodily fluid that supplies essential substances like sugars, oxygen, hormones - around the body and also removes waste from the cells.

Solid part of your blood (roughly 45%): RBCs (red blood cells), WBCs (white blood cells), and platelets

Liquid part of your blood (roughly 55%, usually called plasma): Water, Salts, and Proteins.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

### Red Blood Cells

**Haemoglobin: 155 g/L** ● NORMAL

Haemoglobin is an oxygen binding protein in your RBCs.



**Haematocrit: 0.466 L/L** ● NORMAL

It tells how much of your blood is made up of RBCs. Haematocrit is also called PCV (Packed Cell Volume).



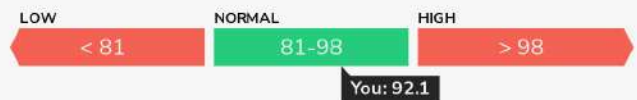
**Red Blood Cells: 5.06 x10<sup>12</sup>/L** ● NORMAL

It measures the number of red blood cells in 1 microlitre of your blood.



**Mean Cell Volume: 92.1 fl** ● NORMAL

This test indicates the size of RBCs. Healthy RBCs are neither too large nor too small.



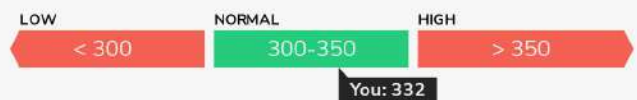
**Mean Cell Haemoglobin: 30.6 pg** ● NORMAL

It is the average amount of haemoglobin in RBCs.



**MCHC: 332 g/L** ● NORMAL

It is the average concentration of haemoglobin in your red blood cells.



**Red Cell Distribution: 13.5%** ● NORMAL

Red Cell Distribution





Name: Demo User ( M | 41 )      Sample No: 001026522 OPTIM000003      Lab No:      Date of Birth: 20/07/1981      Date of Test: 22-09-2022 03:04 PM

### Clotting Status

**Platelets: 181**  $\times 10^9/L$  ● NORMAL

Platelets are essential for blood clot formation. Too high or too low platelet count leads to serious health problems.



**MPV: 11.00** fl ● NORMAL

It is the average size of your platelets.



**CRP (High Sensitivity)\*\*: <0.3** mg/L ● NORMAL

This results in inflammation. hs-CRP (High Sensitivity C-reactive protein) can detect even low grade inflammation.



### White Blood Cells

**White Blood Cells: 4.9**  $\times 10^9/L$  ●



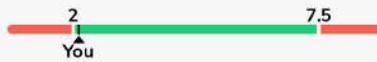
It measures the total number of WBCs (also called as leukocytes) in your blood. WBCs are part of your immune system. They help fight off infections and have a role in inflammation and allergic reactions.

**Basophils: 0.07**  $\times 10^9/L$  ●



Basophils makeup only a small portion of your WBCs but play an important role in inflammatory and allergic reactions of your body. They release histamine and other chemicals. Histamine is the chemical that causes symptoms of allergy (runny nose, sneezing, etc.)

**Neutrophils: 2.04**  $\times 10^9/L$  ●



Neutrophils are the most abundant type of WBCs and are present in large numbers in pus of wounds. They increase in number and respond rapidly in inflammatory processes, tissue injury and bacterial/fungal infection. They ingest, kill and digest microorganisms.

**Lymphocytes: 2.25**  $\times 10^9/L$  ●



Lymphocytes are a type of WBCs that have an important role in your immune system, especially in your acquired or adaptive immunity (acquired immunity is the sub-type of immunity which is not present by birth and develops with time). Lymphocytes secrete antibodies, kill virus infected cells and tumour cells.

**Eosinophils: 0.08**  $\times 10^9/L$  ●



Eosinophils are a type of WBCs that have the ability to fight parasitic infections (infections because of worms). Normally your body has a very small number of eosinophils but they increase in number if you have allergic disorders (eg. asthma), parasitic or fungal infections or some skin diseases. Allergies are the most common cause of high eosinophils.

**Monocytes: 0.44**  $\times 10^9/L$  ●



Monocytes are a type of WBCs that have an important role in inflammation and fighting infections. They have the ability to ingest & remove microorganisms and dead/damaged cells. Monocytes also help other WBCs in performing their role in immunity related functions.

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## Kidney Function



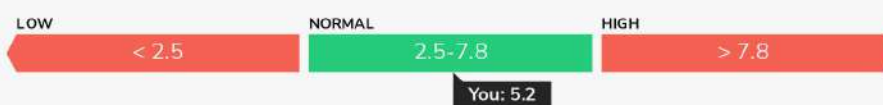
This panel checks the health status of your kidneys. Kidneys filter waste from your blood and produce urine. Healthy kidneys also maintain proper dilution of your blood and maintain electrolyte balance of your body.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

**Urea: 5.2** mmol/L

● NORMAL

Urea is the waste product generated from protein breakdown. Kidney removes urea from your body.



**Creatinine: 91** umol/L

● NORMAL

Creatinine is a waste product that your kidneys regularly remove from your body. A high level of creatinine in your blood simply means your kidneys are not functioning properly.



**eGFR(Caucasian Only): 84** ml/min/1.73m<sup>2</sup>

● NORMAL

eGFR is Estimated Glomerular Filtration Rate and it takes into account your age, gender, ethnicity and your serum creatinine level. It tells how well your kidneys are removing waste from your body. This test is superior to the serum creatinine test alone. This test may help your doctor diagnose chronic kidney disease even if the serum creatinine test has missed diagnosis (i.e. in case there might be an underlying kidney disease but your serum creatinine results are within normal range).

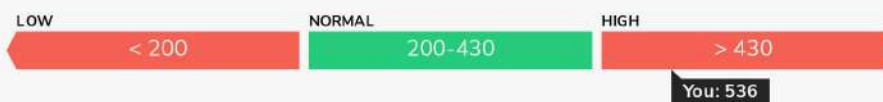


## Gout Risk

**Uric Acid: 536** umol/L

● HIGH

Uric acid is a normal waste product that is continuously produced in your body. High levels of uric acid in blood, signals that a) too much uric acid is produced by your body or that b) your body's ability to remove uric acid is weak.





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## Facts



**Your kidneys can be ill even if you're fine.** Your kidneys can have a disease but your body might not show any effects of that.



**Your BP (blood pressure)** is an important factor for the health of your kidneys. Your doctor may check your BP - high BP for a long time can damage your kidneys.



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## Liver Function



Liver is a very important organ in your body as it performs a variety of functions. One of the main functions of the liver is to make proteins that are secreted in your blood. It also makes enzymes which convert food into energy and processes old muscles and cells. When your liver is damaged, enzymes leak into your blood and appear in the blood test.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

**ALP: 54**<sup>IU/L</sup>

● NORMAL

This test estimates the level of Alkaline phosphatase (ALP) enzyme in your blood. ALP is primarily present in your liver and bones.



## Enzymes

### About

Different types of enzymes are present inside your liver. When your liver is damaged, these enzymes may leak into your blood circulation. Consequently, levels of these enzymes in blood, rises. Measuring the levels of these enzymes in your blood, can be useful for diagnosis and monitoring of liver disease.

**ALT: 38**<sup>U/L</sup>

● NORMAL

This test estimates the amount of ALT enzyme in your blood. ALT enzyme is very specific to the liver, i.e. it is predominantly present only in your liver. ALT is a vital indicator of your liver health.



**CK: 154**<sup>U/L</sup>

● NORMAL

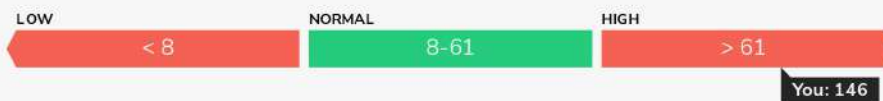
Creatine Kinase is present in muscle tissues of heart, brain and skeletal muscles. Its level rises when any of the muscles in these tissues are damaged.



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**GGT: 146 U/L** ● HIGH

GGT (*Gamma-Glutamyl Transferase*) is the most sensitive enzyme of your liver. It rises whenever there is an obstruction in the passage between your liver and intestine. Regular alcohol drinking increases GGT levels.



**Some causes for a high GGT level**



ALCOHOL, SMOKING



CERTAIN MEDICINES - ASK YOUR DOCTOR

**Total Bilirubin: 3.3 umol/L** ● NORMAL

Too much bilirubin in your bloodstream can turn your eyes and skin yellow. This condition is known as jaundice. Signs of jaundice, along with a bilirubin blood test, can help your doctor diagnose a liver disease.

Total bilirubin = Direct bilirubin + Indirect bilirubin.

Your liver converts indirect bilirubin to direct bilirubin to enable its clearance from your body.

Direct bilirubin is excreted out of your body in the form of bile (via stool or via urine). Bile pigments give yellowish colour to your stool.



**Proteins**

**Total Protein: 78.9 g/L** ●



It tells the total amount of protein in your blood. A total protein test can give some general information on your health. Abnormally low protein levels can indicate liver or kidney disease.

**Albumin: 43.7 g/L** ●



Albumin is the most abundant circulating protein in your blood. Synthesis of albumin takes place in your liver, after which it is released into your bloodstream. It helps prevent leakage of fluids from your blood vessels. It carries substances like hormones and vitamins throughout your bloodstream.

**Globulin: 35.2 g/L** ●



Globulin is a group of proteins mainly produced by your liver. It plays many important roles in your body, especially in the immune system of your body. IgA, IgE, IgG are some examples of globulins, specifically immunoglobulins.

**Tips**



**Exercising regularly** uses triglycerides as fuel and keeps your liver healthy.



**Avoid excess alcohol**  
Alcoholic beverages destroy and scar your liver cells.



**Olive oil** is an excellent choice. It accumulates less fat in your liver.

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## Diabetes



Diabetes panel is used to check how much glucose / sugar is in your blood. Too much blood glucose might indicate diabetes.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

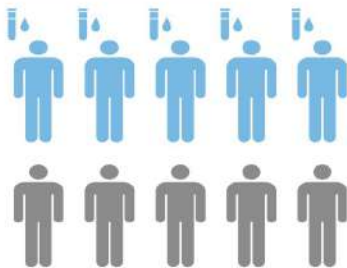
**HbA1c-(IFCC)\*\*: 42** mmol/mol

● **BORDERLINE**

HbA1c is your average blood glucose (sugar) levels for the last three months.



### Importance of test



Out of 10 people who already have diabetes, 5 of them *don't even know* that they have diabetes.

### Diabetes Myths



**Does diabetes happen ONLY because of sugar?**

No. If you don't eat sugar or sweets, but still eat a lot of unhealthy foods, you can gain too much weight. That can also lead to diabetes.

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## Iron Status



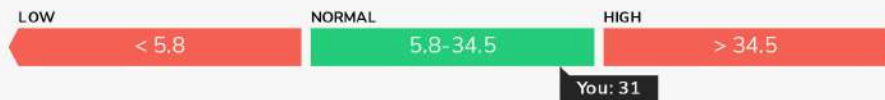
Anemia is the condition where your body has less Red Blood Cells (RBCs) or RBCs do not have enough haemoglobin. Haemoglobin is an oxygen binding protein inside RBC. RBCs carry oxygen to different parts of your body. Anemia, if left untreated for a prolonged period of time, can lead to cardiovascular diseases and multiorgan failure.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

**Iron: 31.0** umol/L

● NORMAL

Your body uses iron to make hemoglobin. Symptoms of iron deficiency may go unnoticed for years. Iron deficiency is the most common cause of anemia. People at higher risk of iron deficiency are young children and women of childbearing age, especially pregnant women. In children, iron deficiency anemia causes growth problems, and in pregnant women, it causes premature deliveries.



**TIBC: 54.9** umol/L

● NORMAL

This test measures the total iron carrying capacity of your blood.



**UIBC: 23.9** umol/L

● NORMAL

It measures the reserve (extra or unused) iron binding capacity of your blood.



**Transferrin Saturation 56.4** %

● HIGH

It compares the actual amount of iron that is bound to transferrin with the maximum amount of iron that can bind to transferrin.



**Ferritin: 402.0** ug/L

● HIGH

Ferritin level in your serum gives estimation of iron stored in your body. Iron deficiency is a common malnutrition disorder. Young children, premenopausal women and pregnant women are at higher risk.



Name

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## Overall Diet and Lifestyle to avoid Anemia



Eat plenty of iron-rich foods like green-leafy vegetables, lentils, and beans.



Food rich in vitamin C can improve iron absorption and thus help in preventing iron deficiency anaemia.

This includes fruits such as oranges, strawberries, kiwi and vegetables such as broccoli, cauliflower, sprouts and capsicum.



Eat folate rich foods like fruits, dark green leafy vegetables, green peas, kidney beans (Rajma), black eyed peas (Lobia), broccoli, cereals fortified with folate and peanuts.



Avoid drinking tea or coffee with your meals, as they can affect iron absorption.



Take Vitamin A rich foods like red and yellow fruits as this vitamin increases iron absorption from food.



If you are a strict vegetarian then you might be vitamin B12 deficient. This vitamin is naturally present in meat, fish, egg and dairy products. You can try cereals fortified with B12, mushrooms or B12 supplements.

Name	Sample No	Lab No	Date of Birth	Date of Test
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## Cholestrol Status



This panel measures lipids, a kind of fatty substance in your blood. Some fat is good for you but when it increases , the fat tends to settle down in blood vessels which can obstruct the forward blood flow. This puts you at risk of developing a heart attack or stroke.

● Normal (N)  
 ● Low (L)  
 ● Borderline (BL)  
 ● High (H)

**Cholesterol: 6.10** mmol/L ● HIGH

Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. But too much cholesterol is unhealthy.

Excess cholesterol in your blood can combine with other substances to form plaque. This plaque sticks to the walls of your arteries. This buildup of plaque narrows down and may even block your arteries, and increases your risk of heart problems and stroke.



## Ratios

### About

Ratios are calculated to check the amount of good lipids as compared to bad lipids in the body. In a healthy person, good lipids should be greater than bad lipids. As per latest research, ratios are better predictors of heart disease risk as compared to individual biomarkers like LDL.

**Chol:HDL ratio: 3.55** ratio ● NORMAL

This ratio is also known as atherogenic index, as it gives estimation of the risk of atherosclerosis. The higher the ratio, the higher is the risk of heart disease. The ideal ratio is <3 for women and <4 for men.



**LDL: 3.89** mmol/L ● HIGH

LDL cholesterol is often called "Atherogenic" or "bad cholesterol" as high levels of this cholesterol increase the risk of atherosclerosis and other cardiovascular diseases.



**HDL: 1.72** mmol/L ● NORMAL

HDL cholesterol is often called "heart friendly cholesterol" or "good cholesterol" as its high levels reduce the risk of heart disease. HDL picks up excess cholesterol from your arteries and takes it back to your liver. The liver then flushes it out from your body.



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**Non HDL Cholesterol: 4.38** mmol/L ● HIGH

Non-HDL = Total cholesterol - HDL cholesterol.  
The higher the result value, the higher the total amount of all **bad** cholesterol in your body.



**Triglycerides: 1.07** mmol/L ● NORMAL

It is the most common type of fat stored in your body. Its level rises in your blood after a meal, as your body converts calories that are not needed right away, into triglycerides.



**Factors outside your control**



**People older than age 65** are more prone to heart diseases. Additionally, men are more prone than women.



**If your family has heart disease**, you are also at risk.

**Factors in your control**



**High BP (blood pressure)** increases the load on your heart. BP can be controlled to reduce the risk.



**Regular exercise** keeps the heart healthy. It should be moderate to vigorous physical activity.



**In case you are overweight**, reducing your weight helps reduce your cholesterol.



**Diabetes patients** also risk having heart disease because high blood glucose over a long period of time damages the blood vessels and nerves in your body.

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## Thyroid Function



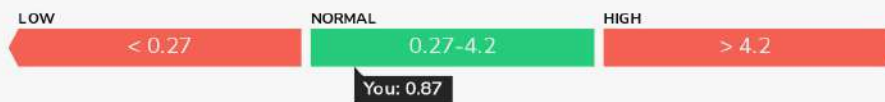
Thyroid hormone regulates your body temperature, your muscle strength, body weight, energy levels and even your mood. Abnormal thyroid function may even affect your cardiac health and sleep cycle.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

**TSH: 0.87** mU/L

● NORMAL

TSH hormone stimulates and regulates the thyroid gland to secrete thyroid hormones. TSH maintains the right amount of thyroid hormones in your body. Changes in TSH can serve as an "early warning system" – often occurring before the actual level of thyroid hormones in the body becomes too high or too low.



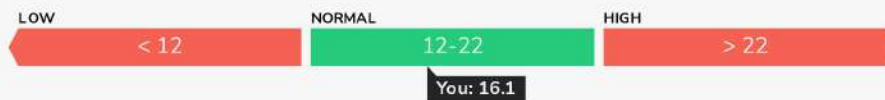
**Free T3: 4.04** pmol/L

● NORMAL



**Free T4: 16.1** pmol/L

● NORMAL



## Thyroid disorders

**Hypothyroidism:** Caused by too less production of thyroid hormones in your body, this leads to unintentional weight gain, fatigue, and slow heart rate.

**Hyperthyroidism:** Caused by too much production of thyroid hormones in your body, this leads to unintentional weight loss, nervousness, and rapid heart rate.

## Tips



**Over-stressing** slows down your thyroid function and is unhealthy. Get enough *sleep breathing techniques* and *meditation* to relax yourself.

**Yoga postures** like *bow pose*, *bridge pose*, *camel pose*, *cobra pose* and *fish pose* have shown good results in thyroid patients.

**Diet: Food items** such as *yogurt, milk, nuts, berries* should be taken. **Reduce** the intake of *soy and soy products*. Avoid gluten and processed foods as much as possible.



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## Vitamins



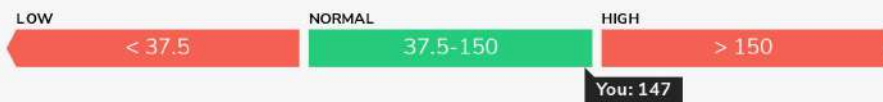
Vitamins and minerals are considered essential nutrients as they perform hundreds of roles in the body. They help maintain bones, heal wounds, and strengthen your immune system. They also convert food into energy, and repair cellular damage.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

### B12-Active: 147.0<sub>pmol/L</sub>

● NORMAL

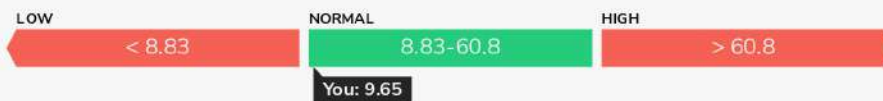
Vit B12 plays an important role in protein metabolism, DNA synthesis, formation of red blood cells and in maintenance of the central nervous system. A person can develop deficiency within weeks/months, when on a Vit B12 deficient diet.



### Serum Folate: 9.65<sub>nmol/L</sub>

● NORMAL

In folate-deficiency anemia, the RBCs become abnormally large. Your body does not store folate in large amounts and insufficient dietary intake will lead to folate deficiency within a short period of time.



### Vitamin D (25 OH): 31<sub>nmol/L</sub>

● BORDERLINE

Known as the "sunshine vitamin", Vitamin D (Vit D) is produced by your skin when exposed to sunlight. Vit D helps in digestive absorption of calcium from your diet. Vit D has an important role in maintaining healthy bones and is said to play a role in preventing cancer and autoimmune diseases. It is anti-inflammatory, and maintains a healthy immune system.



#### Vitamin-D Tips



**GET SOME SUN:** EXPOSE YOUR SKIN TO THE SUN FOR A LIMITED TIME. SUNLIGHT CREATES VITAMIN D IN OUR BODY BUT THE PROCESS DEPENDS ON SEVERAL FACTORS.



**CONSIDER SUPPLEMENTS:** ASK YOUR DOCTOR IF VITAMIN D SUPPLEMENTS OR EATING FOODS FORTIFIED WITH VITAMIN D ARE RIGHT FOR YOU.

#### Tips



A balanced diet can take care of all the vitamin needs of your body.



Consult your doctor before taking any vitamin supplements.

Name: Demo User ( M | 41 )      Sample No: 001026522      Lab No: OPTIM000003      Date of Birth: 20/07/1981      Date of Test: 22-09-2022 03:04 PM

## Hormones



Hormones are chemicals in your body that do a variety of functions- growth, metabolism, sexual functions, and regulation of mood. These tests are usually performed to check if there is any hormone disorder.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

**Testosterone: 9.91** nmol/L ● NORMAL

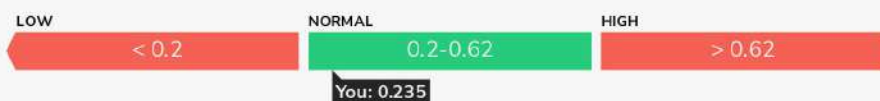


**Testosterone** is a sex hormone and is involved in variety of functions in males like regulation of sex drive, sperm production, fat distribution, bone & muscles mass and strength. Low levels might lead to depression, low sex drive, moodiness decreased overall energy.



**Free-Testosterone(Calculated): 0.235** nmol/L

Testosterone is present in the body either attached to a protein or unattached. This test measures the amount of unattached or 'free' testosterone in your blood.



**SHBG: 22** nmol/L ● NORMAL



**SHBG** stands for sex hormone binding globulin. It is protein which bind to sex hormones like testosterone and estrogen. Mainly this test is used to check if testosterone is delivered in the right amount to your body tissues.

Low levels in males lead to low sex drive, fertility problems. High level in females lead to irregular periods, weight gain, acne and fertility problems.



**Oestradiol: 120** pmol/L



**Oestradiol** is one of the main hormones in your body required for maintaing female reproductive system, including regular menstrual cycle and pregnancy. Not just related to reproductive health, but this also helps in maintaing bone and brain health in both male and females.

**High oestradiol** can lead to symptoms like weight gain, acne and menstrual problem.

**Low levels** can lead to low sexual drive, mood swings in both females and excess belly fat in males.

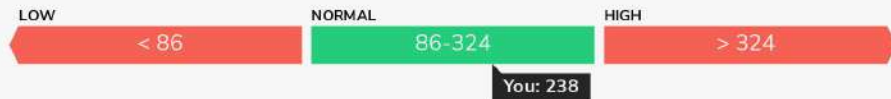
Type	Follicular	Ovulation	Luteal	Postmenopause
Ranges	45.4 - 854	151 - 1461	82 - 1251	0 - 100

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**Prolactin: 238** mU/L ● NORMAL



**Prolactin** also known as 'milk hormone', is responsible for secretion of milk after pregnancy. This also has a role in immune function and other behaviours in humans.



**Cortisol (Random): 441.0** nmol/L



**Cortisol** is a very important hormone of your body as it affects almost every organ of your body. It helps in regulating stress, helps fight infection, maintain healthy levels of sugar and blood pressure as well as regulates how body utilises food and energy.

Type	6am-10am	4pm-8pm	Midnight
Ranges	166 - 507	73.8 - 291	0 - 64

**DHEA-Sulphate: 11.80** umol/L ● HIGH



**DHEA** is responsible for making male sex hormones testosterone and female sex hormone estrogen. It is made in adrenal gland (responsible for maintaining heart rate, blood pressure). This test is usually ordered to check if your adrenal glands are working fine.



**LH: 5.9** IU/L



This hormone control function of reproductive organs.

**Ovaries in females** : responsible for production of egg, and regulation of menstrual cycle,

**Testes in males**: responsible for secretion of testosterone (male hormone) required for sperm production.

Both too little and too high level of LH can lead to reduced fertility in males and females.

Type	Follicular	Perioovulatory	Luteal	Postmenopause
Ranges	2.12 - 10.89	19.18 - 103	1.20 - 12.86	10.87 - 58.6
Type	Adult Male			
Ranges	1.24 - 8.68			

**FSH: 2.5** IU/L

Type	Follicular	Perioovulatory	Luteal	Postmenopause
Ranges	3.85 - 8.78	4.54 - 22.5	1.79 - 5.12	16.7 - 114
Type	Adult Male			
Ranges	1.27 - 19.26			



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**PSA (Prostate): 0.470 ng/mL** ● NORMAL

The PSA test measures the amount of a substance called prostate-specific antigen (PSA) in your blood. If your PSA is high (greater than 4.0 ng/ml), it might indicate prostate cancer. This test can help in early detection of cancer. Sometimes, PSA can be high without prostate cancer. Your doctor may look at some other tests to get a better understanding of your health condition as the PSA test alone is not a confirmatory test.



### Did you know



Night shift jobs and sleep deprivation can cause hormonal imbalance



Hormonal imbalance can cause delayed puberty, hirsutism(excessive facial hair in females), PCOS, infertility, obesity, osteoporosis, depression, baldness, cardiovascular diseases, skin problems etc.



PCOS is associated with many medical problems including insulin resistance. Insulin resistance can increase your risk of developing diabetes.

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## Minerals



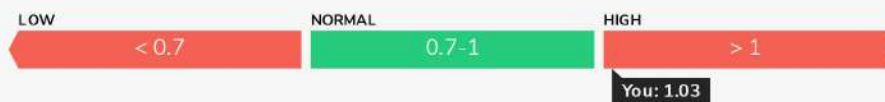
Electrolytes are electrically charged minerals in your blood, body fluids and urine. They control the amount of water in your body. They also regulate the pH of your blood and are essential in proper functioning of muscles and nerves. Your body needs a balanced level of these electrolytes. Both too high and too low levels of these electrolytes may indicate a medical problem.

● Normal (N)   ● Low (L)   ● Borderline (BL)   ● High (H)

### Magnesium: 1.03<sub>mmol/L</sub>

● HIGH

Magnesium is naturally present in many foods. In a healthy body, this mineral is present in abundance. Magnesium is required for healthy bones and is essential for many biochemical processes of your body.



#### Foods rich in Magnesium



PEANUTS AND PUMPKIN SEEDS, CHIA SEEDS, ALMONDS AND CASHEWS



WHOLE GRAINS, FORTIFIED CEREALS

## Diet and lifestyle tips



Consult your doctor- Electrolyte imbalance can indicate underlying medical conditions needing treatment. If left untreated, it can cause nausea, dizziness, fatigue and other medical complications.



Sea salt, coconut water are good electrolyte boosters.



Avoid processed foods (as it contains more salts than what your body needs), increase your intake of fruits & vegetables and maintain proper hydration of your body.



### Need to Speak to a Doctor?

If you have any health concerns or would like to talk through your blood test results, then we would recommend a private GP consultation for only £45.

#### Book your GP Consultation here:

 <https://obm1.co/gp>



### Vitamin Boosts

Vitamins are essential for a healthy immune system, normal growth and proper organ function. We have a wide range of health boosting Vitamin Injections to suit your needs:

#### Vitamin B12

Helps to boost energy and speed up metabolism

 <https://obm1.co/b12>

#### Vitamin D

Essential vitamin for immunity and healthy teeth, bones and muscles

 <https://obm1.co/vd>

#### Glutathione

Increases energy levels, detoxifies the liver, anti-aging and improves the skin

 <https://obm1.co/vg>

#### Vitamin C

Detox and boost skin health

 <https://obm1.co/vc>

#### Vitamin B-Complex

All the B vitamins necessary for metabolism and energy-boosting.

 <https://obm1.co/vbc>

#### Biotin

An excellent supplement for healthier hair and nails

 <https://obm1.co/vb>

#### Fat Burner

Vitamins, minerals, and amino acids to speed up metabolism and burn fat

 <https://obm1.co/vfb>



A repeat blood test every 12 months is a great way to track & monitor your health and pick up any early signs of illness

If you have any questions then please email us at [info@optimizedbodyandmind.co.uk](mailto:info@optimizedbodyandmind.co.uk)

*Please note that an isolated blood test is not sufficient to diagnose or rule out any disease. If you suspect that you may be ill, or if you have any concerns about your blood results, please contact your GP as soon as possible for a full medical evaluation. These results are there to help you understand your health, and not to constitute a clinical diagnosis.*

Best of Health!

**Team Optimized Body & Mind**



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