

## ♥ Heart Health (\$25)

This panel goes beyond standard cholesterol testing to help identify hidden heart health risks and track improvement over time

### What's included?



#### ApoB

Counts the number of cholesterol particles that build up in the arteries, often predicting heart health better than standard cholesterol tests



#### Lipoprotein(a) - Lp(a)

Lp(a) is mostly determined by genetics and can increase heart disease risk even if other cholesterol levels are normal



#### hs-CRP

Inflammation plays a key role in heart health, insulin resistance, and weight gain; hs-CRP helps show whether inflammation may be affecting your health

\$25 patient cost (\$49 in NY)

### Which goals is this best for?

- ✓ Weight loss
- ✓ Blood sugar control
- ✓ Blood pressure
- ✓ Lowering cholesterol
- ✓ Long-term heart health



## Hormone Health (\$49)

Measures key hormones that affect weight, energy, mood, and stress to better understand symptoms and response to nutrition

### What's included?



#### Thyroid Hormones (Free T3, Free T4)

Influence metabolism, energy, and weight regulation which may explain slow or stalled weight loss and fatigue or low energy



#### Estrogen and Progesterone

Influence cycles, mood, sleep, and metabolism, and help explain menstrual symptoms and support hormonal balance



#### Testosterone

Affects body composition, energy, and metabolic health in both men and women



#### SHBG

Regulates how much hormone your body can use and helps interpret hormone levels and metabolic health



#### DHEA-S

Reflects adrenal hormone activity and long-term stress patterns, why may be helpful to understand energy levels and stress-related changes

\$49 patient cost (\$119 in NY)

### Consider this panel if you experience:

- ✓ Stubborn weight changes
- ✓ Fatigue
- ✓ Irregular cycles
- ✓ PCOS symptoms
- ✓ Hormone-related symptoms