

Predictive Biomarker Tests to Determine Your Functional Age



Test Name	Test Descriptions	Predictive Goal Values
Hgb A1c (hsHemoglobin A1c)	Sugar/insulin/energy... AGE	<5%
hsCRP (hsC reactive protein)	Repair & inflammation immune status	<0.5 mg/L
HCY (hsHomocysteine)	Detox, epigenetic, methylation... Sulfur	< 6 µmol/L
Microbiome Health	Immune Defense and Repair Status	Saliva sIgA: 70-150 µg/mL Serum IgA2: 6.9 -114.3 mg/dL Cologuard® - Negative
Ur pH >6° rest (1 st AM Urine pH)	Mineral status & cell acid/alkaline balance	6.5 – 7.5
Vitamin D (25-Hydroxy-cholecalciferol)	Cell communication status	50 – 80 ng/mL
Omega-3 Index (Omega 3/6 EFA ratio)	Omega 3:6 ratio; EFAs	>8%
8-OHdG (8-Oxo-Guanine)	Oxidative stress/antioxidant nucleus status	<5 ng/mg creatinine