

Predictive BioMarker Tests

Test Name	Test Descriptions	Analysis Laboratory	Specimen Needed	Predictive Goal Values
Hgb A1c (Hemoglobin A1c)	Efficiency of sugar/insulin/energy conversion	ZRT Lab www.ZRTLab.com	Blood Spot (Self collected finger prick)	<5%
hsCRP (High sensitivity C reactive protein)	Repair and inflammation immune status	ZRT Lab www.ZRTLab.com	Blood Spot (Self collected finger prick)	<0.5 mg/L
Homocysteine (cardiovascular risk)	Detoxification and epigenetic modulation/ methylation status	Quest Diagnostics http://www.questdiagnostics.com/testcenter/BUOrderInfo.action?tc=31789&labCode=AMD	Blood Draw 1 tube	< 6 µmol/L
LRA by ELISA/ACT™	Test for immune memory/immune response to up to 491 items	ELISA/ACT™ Biotechnologies www.ELISAAC.com	Must Use LRA Kit 4 tubes	No delayed reactions
1st AM Urine pH (Metabolic acidosis assessment)	Assess mineral need and cell acid/alkaline balance	Self-test. Details available through PERQUE™ Integrative Health www.PERQUE.com/lifestyle/self-tests/first-morning-ph/	1st Morning Urine (or after 6 hrs of rest)	6.5 – 7.5
Vitamin D (25-Hydroxy-cholecalciferol)	Vitamin D level for cell communication status	ZRT Lab www.ZRTLab.com	Blood Spot (Self collected finger prick)	50 – 80 ng/mL
Omega-3 Index (Omega 3/6 ratio)	Oxidative stress and antioxidant status in cell envelope (membrane)	Omega Quant www.omegaquant.com	Blood Spot (Self collected finger prick)	>8%
8-Oxo-Guanine (8-OHdG)	Oxidative stress and antioxidant status in cell nucleus	Doctor's Data, Inc. www.doctorsdata.com	Urine 1 st morning sample	<5.3 ng/mg creatinine