

# High Sensitivity Predictive Biomarker Tests to Determine Your Functional Age

Test Name	Test Descriptions	Specimen Needed	Predictive Goal Values
<b>hsHgb A1c</b> (Hemoglobin A1c)	Sugar/insulin/energy... <b>AGE</b>	Blood Spot (Self collected finger prick)	<5%
<b>hsCRP</b> (High sensitivity C reactive protein)	Repair and inflammation immune status	Blood Spot (Self collected finger prick)	<0.5 mg/L
<b>hsHomocysteine</b> (cardiovascular risk)	Detox, epigenetic, methylation... <b>Sulfur</b>	Blood Draw 1 tube	< 6 $\mu$ mol/L
<b>hsLRA by ELISA/ACT™</b>	Immune memory/immune tolerance	Must Use LRA Kit 4 tubes	<b>No delayed reactions</b>
<b>1<sup>st</sup> AM Urine pH</b> (Metabolic acidosis assessment)	Assess mineral need and cell acid/alkaline balance	<b>1<sup>st</sup> Morning Urine</b> (or after 6 hrs of rest)	<b>6.5 – 7.5</b>
<b>Vitamin D</b> (25-Hydroxy-cholecalciferol)	Vitamin D level for cell communication status	<b>Blood Spot</b> (Self collected finger prick)	<b>50 – 80 ng/mL</b>
<b>Omega-3 Index</b> (Omega 3/6 ratio)	Omega 3:6 ratio; EFAs	<b>Blood Spot</b> (Self collected finger prick)	>8%
<b>8-Oxo-Guanine</b> (8-OHdG)	Oxidative stress and antioxidant status in cell nucleus	<b>Urine</b> 1 <sup>st</sup> morning sample	<5 ng/mg creatinine

