

Test Name	Biomarkers included	Symptoms/Health Concerns
Advanced Well Man	Urea Creatinine Sodium eGFR Albumin Alkaline Phosphatase (ALP) Alanine Transaminase (ALT) Gamma GT Globulin Total Protein Total Bilirubin Iron Ferritin Unsaturated Iron Binding Capacity (UIBC) Total Iron Binding Capacity (TIBC) Transferrin Saturation Uric acid Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine) C-Reactive Protein Vitamin B12 (Active) Vitamin B9 (Serum Folate) Prostate Specific Antigen (PSA) Vitamin D Magnesium Testosterone HbA1c Haemoglobin (Hb) Red Cell Count (RBC) Packed Cell Volume (PCV) Mean Cell Volume (MCV) Platelets White Blood Cells (WBC) White Cell Differential	A complete health check in areas including: Liver Function Kidney Function Gout Iron Levels Thyroid Health Inflammation Vitamin Deficiency Testosterone Prostate Health Type 2 Diabetes Full Blood Count
Advanced Well Woman	Urea Creatinine Sodium eGFR Albumin Alkaline Phosphatase (ALP) Alanine Transaminase (ALT) Gamma GT Globulin Total Protein Total Bilirubin Iron Ferritin Unsaturated Iron Binding Capacity (UIBC) Total Iron Binding Capacity (TIBC) Transferrin Saturation Uric acid Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine) C-Reactive Protein Vitamin B12 (Active) Vitamin B9 (Serum Folate) CA 125	A complete health check in areas including: Liver Function Kidney Function Gout Iron Levels Thyroid Health Inflammation Vitamin Deficiency Hormones Ovarian Cancer risk Type 2 Diabetes Full Blood Count

	Vitamin D Magnesium Luteinising Hormone Prolactin Oestradiol HbA1c Haemoglobin (Hb) Red Cell Count (RBC) Packed Cell Volume (PCV) Mean Cell Volume (MCV) Platelets White Blood Cells (WBC) White Cell Differential	
Anaemia	Serum Iron Ferritin Transferrin Saturation Total Iron Binding Capacity (TIBC) Vitamin B12 (Active) Vitamin B9 (Serum Folate)	Anaemia symptoms include weakness, pale skin, fatigue, dry or brittle hair and nails, headaches, heart palpitations, tinnitus.
Autoimmune Disease	Thyroid Peroxidase Antibodies Antinuclear Antibodies Mitochondrial Antibodies Smooth Muscle Antibodies Gastric Parietal Cell Antibodies Reticulin Antibodies LKM Antibodies	Common symptoms include Fatigue, joint pain or swelling, abdominal pain, digestive issues, recurring fevers, swollen glands, achy muscles, trouble concentrating.
Cardiac Risk	Total Cholesterol HDL Cholesterol LDL Cholesterol Non-LDL Cholesterol Triglycerides HbA1c C-Reactive Protein	Heart disease symptoms can include chest pain, chest tightness, pain in the neck, jaw or back, shortness of breath, painful, numb or weak arms or legs.
Cholesterol	Total Cholesterol HDL Cholesterol LDL Cholesterol Non-LDL Cholesterol Triglycerides	High cholesterol has no symptoms. Indicators include poor diet, overweight, lack of exercise, family history of high cholesterol.
Coeliac Disease	Total IgA Tissue Transglutaminase IgA	Constipation, excessive wind, diarrhoea, recurrent stomach pain or bloating, unexplained nausea or vomiting.
Complete Allergy	C. 300 allergens including grass, tree & weed pollens, dander & epithelia, mites and cockroaches, moulds and yeasts, insect venoms, cereals & seeds, egg & milk, fruits, legumes & nuts, meat, seafood, spices and vegetables	Coughing, wheezing, breathlessness, itchy skin or rashes, sneezing, swelling of eyes, lips, mouth or throat, watery eyes, stomach cramps, vomiting.
Diabetes	HbA1c	Increased thirst, excessive urination, increased hunger, weight loss, fatigue, blurry vision, tingly fingers, slow healing, frequent infections.
Erectile Dysfunction	Total Cholesterol HDL Cholesterol	Trouble keeping or getting an erection, reduced libido.

	LDL Cholesterol Non-LDL Cholesterol Triglycerides HbA1c Thyroid Stimulating Hormone (TSH) Prolactin Testosterone Prostate Specific Antigen (PSA)	
Female Hormones & Fertility	Follicular Stimulating Hormone (FSH) Luteinising Hormone (LH) Testosterone Prolactin Sex Hormone Binding Globulin (SHBG) Free Androgen Index Oestradiol	Irregular or lack of periods, hair loss, excess body hair, heavy or painful periods, infertility, acne on face, chest or back, low libido, mood swings, anxiety.
General Health	Albumin Alkaline Phosphatase (ALP) Alanine Transaminase (ALT) Gamma GT Globulin Total Protein Total Bilirubin Urea Sodium Creatinine eGFR Uric Acid Iron Ferritin Unsaturated Iron Binding Capacity (UIBC) Total Iron Binding Capacity (TIBC) Transferrin Saturation Total Cholesterol HDL Cholesterol LDL Cholesterol Non-LDL Cholesterol Triglycerides Cholesterol:HDL ratio	General health check in key areas of health including: Kidney Function Liver Function Gout Iron Levels Cholesterol Levels
Iron	Iron Ferritin Transferrin Saturation Unsaturated Iron Binding Capacity (UIBC) Total Iron Binding Capacity (TIBC)	Iron deficiency can cause fatigue, weakness, pale skin, heart palpitations, cold hands and feet, brittle nails. Iron overload can cause fatigue, heart flutters, pain in finger joints, stomach pain, weight loss.
Kidney	Albumin Protein Sodium Urea Creatinine	Kidney disease can cause symptoms including weight loss, poor appetite, swollen ankles, shortness of breath, blood in urine, increased urination, itchy skin, insomnia.
Liver	Albumin Protein Bilirubin Alkaline Phosphatase (ALP) Alanine Transaminase (ALT) Gamma GT	Yellow skin and eyes, abdominal pain, leg and ankle swelling, itchy skin, dark urine, pale stools, fatigue, nausea and vomiting.

Male Hormones & Fertility	Follicular Stimulating Hormone (FSH) Luteinising Hormone (LH) Testosterone Prolactin Sex Hormone Binding Globulin (SHBG) Free Androgen Index	Depression, erectile dysfunction, muscle loss, fatigue, hair loss, low sex drive, memory loss.
Menopause	Luteinising Hormone (LH) Follicular Stimulating Hormone (FSH) Oestradiol Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine)	Irregular or lack of periods, vaginal dryness, hot flushes, night sweats, mood swings, insomnia, weight gain.
Polycystic Ovary Syndrome	Testosterone Sex Hormone Binding Globulin (SHBG) Luteinising Hormone (LH) Follicular Stimulating Hormone (FSH) Total Cholesterol HDL Cholesterol LDL Cholesterol Non-LDL Cholesterol Triglycerides Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine)	Irregular periods, infertility, excessive hair growth on face, chest or back, weight gain, thinning hair on head, oily skin or acne.
Pregnancy	Human Chorionic Gonadotropin (hCG)	Missed period, tender breasts, nausea, fatigue, increased urination.
Prostate PSA	Total Prostate Specific Antigen (PSA) Free PSA Total PSA:Free PSA ratio	Pain when urinating or ejaculating, frequent urination especially at night, erectile dysfunction, blood in urine or semen.
Sports & Fitness	Luteinising Hormone (LH) Follicular Stimulating Hormone (FSH) Oestradiol Testosterone Free Testosterone Albumin Free Androgen Index Progesterone Prolactin Sex Hormone Binding Globulin (SHBG) DHEA-Sulphate	Inability to build muscle or lose weight, slow muscle gain, long recovery periods, recurring sports injury, weakness, poor fitness.
Testosterone	Total Testosterone	Low testosterone in men can lead to Low sex drive, erectile dysfunction, low mood and depression, irritability, inability to concentrate or lack of focus. Too much testosterone in women can cause acne, deep voice, facial hair, low libido, low mood, irregular periods.
Thyroid Function	Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine) Triiodothyronine (Free T3)	Hypothyroidism: Feeling cold, tired, weight gain, constipation, depression, muscle cramps. Hyperthyroidism:

		Nervousness, anxiety, tiredness, sensitive to heat, heart palpitations.
Thyroid Function with Antibodies	Thyroid Stimulating Hormone (TSH) Free T4 (Thyroxine) Triiodothyronine (Free T3) Anti-thyroid Peroxidase Antibodies Anti-thyroglobulin Antibodies	As above. Thyroid Autoimmune disease symptoms also include: Tiredness, puffy face, hair loss, constipation, weight gain, brittle hair and nails.
Tiredness & Fatigue	Free T4 (Thyroxine) Vitamin D Iron Ferritin Transferrin Saturation Unsaturated Iron Binding Capacity (UIBC) Total Iron Binding Capacity (TIBC) Haemoglobin (Hb) Red Cell Count (RBC) Packed Cell Volume (PCV) Mean Cell Volume (MCV) Platelets White Blood Cells (WBC) White Cell Differential	Chronic tiredness, headaches, dizziness, sore muscles or cramps, slowed reflexes or responses, irritability, low mood, impaired judgement.
Trace Metal	Aluminium Iron Zinc Copper Mercury Chromium Manganese Calcium Magnesium Cadmium Lead	Heavy metal poisoning symptoms can include: Frequent diarrhoea Nausea Abdominal pains Chills Weakness Tingling in hands or feet
Vitamins	Vitamin D (25-OH) Vitamin B9 (Serum Folate) Vitamin B12 (Active)	Fatigue, bone pain, weakness, irritability, low mood, heart palpitations, poor concentration
Advanced Vitamins	Vitamin A Beta Carotene Vitamin B1 Vitamin B2 Vitamin B6 Vitamin C Vitamin E Vitamin B3 Vitamin B9 (Serum Folate) Vitamin B12 (Active) Vitamin D (25-OH)	As above but also: Poor eyesight, especially at night, extreme tiredness, headaches, feeling faint, nosebleeds, easy bruising, low immune system