

## TEST MENU

### Micronutrient

Asparagine  
 Biotin  
 Calcium  
 Carnitine  
 Choline  
 Chromium  
 Coenzyme Q10  
 Copper  
 Cysteine  
 Folate  
 Fructose Sensitivity  
 Glucose-Insulin Interaction  
 Glutamine  
 Glutathione  
 IMMUNIDEX®  
 Inositol  
 Lipoic Acid  
 Magnesium  
 Manganese  
 Oleic Acid  
 Pantothenate  
 Selenium  
 Serine  
 SPECTROX™  
 Vitamin A  
 Vitamin B1  
 Vitamin B12  
 Vitamin B2  
 Vitamin B3  
 Vitamin B6  
 Vitamin C  
 Vitamin D3  
 Vitamin E  
 Vitamin K2  
 Zinc

### Genetics

Apolipoprotein E  
 Factor V Leiden  
 MTHFR  
 Prothrombin G20210A  
 Telomere

### CardioMetabolic

Adiponectin  
 Apolipoprotein A-I  
 Apolipoprotein B  
 C-peptide  
 Direct LDL  
 Glucose  
 HDL Cholesterol  
 Hemoglobin A1c  
 Homocysteine  
 hs-CRP  
 Insulin  
 Leptin  
 Lipoprotein (a)  
 Lipoprotein Fractionation  
 Lipoprotein Particle Numbers  
 OmegaCheck™  
 Total Cholesterol  
 Triglycerides

### Pre-Diabetes

Adiponectin  
 C-peptide  
 Glucose  
 HDL Cholesterol  
 Hemoglobin A1c  
 hs-CRP  
 Insulin  
 Leptin  
 Triglycerides

### Inflammation

MPO  
 Lp-PLA<sub>2</sub>  
 hs-CRP  
 OxLDL

### Thyroid + Adrenals

Anti-Thyroglobulin Ab  
 Anti-TPO  
 Cortisol  
 DHEA-S  
 Thyroglobulin  
 Thyroxine-Binding Globulin (TBG)  
 TSH  
 T3 Free (FT3)  
 T4 Free (FT4)

### Hormones/Markers

Androstenedione  
 DHEA-S  
 Estradiol (E2)  
 Estriol, unconjugated (E3)  
 Estrone (E1)  
 FSH  
 IGF-1  
 LH  
 Progesterone  
 Prolactin  
 PSA Total  
 SHBG  
 Testosterone, Free (calc)  
 Testosterone, Total

### Add-On

CMP - Comprehensive Metabolic Panel  
 BMP - Basic Metabolic Panel  
 Hepatic Function  
 CBC w/diff  
 TSH  
 Creatine Kinase  
 Reverse T3  
 OmegaCheck™  
 Cystatin C  
 NT-proBNP

## NUTRITIONAL

SpectraCell's Micronutrient test provides the most comprehensive nutritional analysis available by measuring functional deficiencies at the cellular level. It is an assessment of how well the body utilizes 33 vitamins, minerals, amino/fatty acids, antioxidants, and metabolites, while conveying the body's need for these micronutrients that enable the body to produce enzymes, hormones, and other substances essential for proper growth, development, and good health. Repletion recommendations are made based on need.

## CARDIOVASCULAR

**CardioMetabolic** - SpectraCell's CardioMetabolic test offers a clinically-relevant evaluation to help define risk for ASCVD, progression toward Type 2 Diabetes (T2D), and inflammation. The advanced **Lipoprotein Particle Profile™ Plus (LPP Plus)** measures lipoprotein size and density, triglycerides, cardiovascular risk stratification, and includes traditional cholesterol screening. The **CardioMetabolic Risk Assessment** is an indication of risk (low, moderate, or high) for developing cardiovascular disease, including stroke and diabetes; the **Type 2 Diabetes Risk Assessment** estimates one's risk for developing T2D. **OmegaCheck™** measures the ratio of omega-6 to omega-3 fatty acids in one's blood. The higher the content of omega-3 fatty acids, the lower the risk of a fatal heart attack and other inflammatory conditions. Collectively, these check points help patients understand that not just one factor, but rather a constellation of factors, contributes to the genesis and progression toward ASCVD.

**Pre-Diabetes** - The Pre-Diabetes Biomarkers identify metabolic abnormalities that may progress into diabetes. SpectraCell's new Type 2 Diabetes Risk Assessment is an evaluation of specific risk factors that can indicate the presence of Pre-Diabetes and assesses a person's risk for developing Type 2 Diabetes (low, moderate, or high). This test can be especially useful for identifying people within higher risk groups that are most likely to benefit from early medical and/ or lifestyle intervention.

**Inflammation** - While routine lipid screening plays a critical role in defining cardiovascular risk, it does not provide a complete picture of one's health. Recent evidence suggests that inflammation of the blood vessels - a hallmark of cardiometabolic dysfunction - may contribute to plaque formation and accelerate the rupture of atherosclerotic plaque, which can lead to an acute cardiac event. SpectraCell's inflammation assessment consists of several unique biomarkers that provide additional insight beyond standard testing, thus facilitating your development of targeted treatment plans that effectively address inflammatory risk.

## HORMONE BALANCE

Comprehensive male and female hormone tests are available. Both end-point steroid hormones and precursor hormones are included so that the precise location of imbalance in the complicated hormonal cascade can be pinpointed. Peptide hormones, a complete thyroid panel, and thyroid antibodies are also offered as part of this assessment. As with micronutrient levels, an imbalance in one hormone can initiate a cascade of events that alters levels in other hormones, so a comprehensive assessment of hormone status is essential for evaluating hormone health.

## GENETICS

**Telomere** - This superb marker for cellular aging measures the length of one's telomeres, reveals the rate of biological aging and is strongly correlated with risk for chronic diseases. Therapies directed at slowing the loss of telomere length may slow aging and the progression of age-related disease.

**MTHFR (methylenetetrahydrofolate reductase)** - Mutations in this enzyme can affect the metabolism of homocysteine, causing its accumulation, and consequently impairing methylation. Methylation is a biochemical process that is involved in nearly all of the body's functions, including detoxification, energy production, genetic expression/ DNA repair, neurotransmitter balance, immunity, among others. MTHFR mutations have been linked to an increased risk for cardiovascular disease, blood clots (thrombosis), and neurological problems.

**Apolipoprotein E** - This test measures risk for lipid irregularities. The results of this test can help inform lifestyle and treatment strategies to help reduce cardiovascular disease risk.

**Factor V Leiden and Prothrombin** - The results of these tests assess one's risk for thrombosis (formation of blood clots), deep vein thrombosis, and heart attack.

## ADD-ONS

**Complete Blood Count with Differential (CBC w/Diff)** - A commonly ordered blood test that analyzes red and white blood cells and platelets, the CBC is used to evaluate health and detect certain disorders.

**Comprehensive Metabolic Panel (CMP)** - The Comprehensive Metabolic Panel is a chemistry profile that provides information about the body's fluid and electrolyte balance, metabolism, and both kidney and liver function.

**Basic Metabolic Panel (BMP)** - The Basic Metabolic Panel is a chemistry profile that provides information about the body's fluid and electrolyte balance, metabolism, and kidney function, and is more limited in scope than the CMP.

**Hepatic Function** - A group of seven tests used to evaluate the liver for injury, infection, and inflammation.

**Creatine Kinase (CK)** - This test is used to determine CK activity, a proven tool in the detection of muscle damage/inflammation and myocardial infarction (MI).

**Cystatin C** - A strong indicator of kidney function. Some suggest that elevated cystatin C may also be linked to heart disease in a way that is independent of kidney function.

**NT-proBNP** - Released in response to increased tension on the heart walls, this marker is predictive of reduced heart rate variability and independently associated with cardiometabolic risk and considered a biomarker for heart failure.