

**Name:** \_\_\_\_\_

**Your Goals:**

\_\_\_\_\_  
Improve overall health and nutrition  
\_\_\_\_\_  
Improve digestive and absorption issues  
\_\_\_\_\_

**Your Results:**

Optimized \_\_\_\_\_ Needs Work \_\_\_\_\_ At Risk \_\_\_\_\_

**Bloodwork:**

***Metabolism & Weight Control***

			Analysis
1)	Glucose (mg/dL)	_____	_____
			_____
			Reccomendation
		Nutrition	_____
		Supplement	_____
		Other	_____
			Analysis
2)	Total cholesterol (md/dL)	_____	_____
			_____
			Reccomendation
		Nutrition	_____
		Supplement	_____
		Other	_____
			Analysis
3)	HDL (md/dL)	_____	_____
			_____
			Reccomendation
		Nutrition	_____
		Supplement	_____
		Other	_____

4) LDL (md/dL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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5) Triglycerides (md/dL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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### ***Bone & Muscle Health***

6) Calcium (md/dL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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7) Vitamin D (md/mL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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### *Electrolytes & Fluid Balance*

8) Potassium (mmol/L) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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9) Sodium (mmol/L) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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### *Cognition*

10) Magnesium (mg/dL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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11) Vitamin B12 (pg/dL) \_\_\_\_\_

Analysis

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Reccomendation

Nutrition  
Supplement  
Other

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12) Folate (ng/dL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_

\_\_\_\_\_

***Inflammation***

13) White blood cells  
(thousands/uL)/dL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

14) hsCRP (mg/L) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

15) Neutrophils (cells/uL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_

\_\_\_\_\_

# BIO-METRIC SCREENING REPORT

Basophils (cells/uL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Eosinophils (cells/uL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Lymphocytes (cells/uL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Monocytes (cells/uL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Neutrophils (percent)(%)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Eosinophils (percent)(%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Basophils (percent)(%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Lymphocytes (percent)(%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Monocytes (percent)(%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_

\_\_\_\_\_

**Strength & Endurance**

16) Creatine kinase (U/L) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

17) Testosterone (ng/dL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition \_\_\_\_\_

Supplement \_\_\_\_\_

Other \_\_\_\_\_

18) Cortisol (ug/L) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition \_\_\_\_\_

Supplement \_\_\_\_\_

Other \_\_\_\_\_

18) Free testosterone (pg/mL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition \_\_\_\_\_

Supplement \_\_\_\_\_

Other \_\_\_\_\_

19) SHBG (nmol/L) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition \_\_\_\_\_

Supplement \_\_\_\_\_

Other \_\_\_\_\_

## Oxygen Transfer & Blood Function

20) Ferritin (ng/mL) \_\_\_\_\_

Analysis

Reccomendation

Nutrition  
Supplement  
Other

21) Hemoglobin (g/dL) \_\_\_\_\_

Analysis

Reccomendation

Nutrition  
Supplement  
Other

22) Iron (ug/dL) \_\_\_\_\_

Analysis

Reccomendation

Nutrition  
Supplement  
Other

23) TIBC (ug/dL) \_\_\_\_\_

Analysis

Reccomendation

Nutrition  
Supplement  
Other



24) TS (%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

25) Red blood cells (x10E6/uL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

26) Hematocrit (%) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MCV (fL) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

MCH (pg) \_\_\_\_\_

Analysis

\_\_\_\_\_

\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_

\_\_\_\_\_

MCHC (g/dL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_  
\_\_\_\_\_

RDW (%)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

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\_\_\_\_\_  
\_\_\_\_\_

Platelets (thousands/uL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

MPV (fL)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### *Liver Function & Toxicity*

27)

ALT (U/L)

\_\_\_\_\_

Analysis

\_\_\_\_\_  
\_\_\_\_\_

Reccomendation

Nutrition  
Supplement  
Other

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

28)	Albumin (g/dL)			Analysis	

				Reccomendation	
		Nutrition			
		Supplement			
		Other			

29)	AST (U/L)			Analysis	

				Reccomendation	
		Nutrition			
		Supplement			
		Other			

30)	GGT (U/L)			Analysis	

				Reccomendation	
		Nutrition			
		Supplement			
		Other			

***Female Health***

31)	DHEAS (ug/dL)			Analysis	

				Reccomendation	
		Nutrition			
		Supplement			
		Other			

