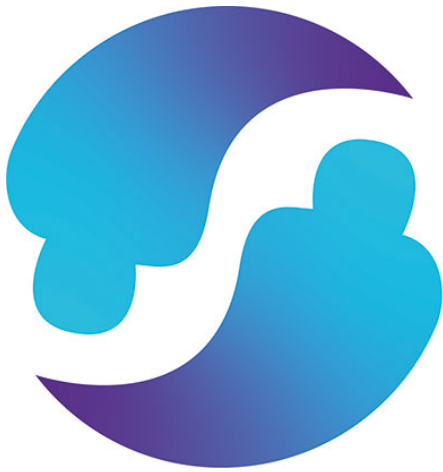




SPA FLOAT THERAPY

Ready Made Panels

TEST NAME	BIOMARKERS	SAMPLE COLLECTION METHODS
Ultimate Longevity Blood Test	<u>FULL BLOOD COUNT</u> - White Blood Cell Count (WBC) - Red Blood Cell Count (RBC) - Haemoglobin (HGB) - Hematocrit (HCT) - Mean Corpuscular Volume (MCV) - Mean Corpuscular Haemoglobin (MCH) - Mean Corpuscular Haemoglobin Concentration (MCHC) - Red Cell Distribution Width (RDW) - Platelets (PLT) (Venous samples only) - Mean Platelet Volume (MPV) (Venous samples only) - Lymphocytes (LYM) (Venous samples only) - Monocytes (MON) (Venous samples only) - Neutrophils (NEU) (Venous samples only) - Eosinophils (EOS) (Venous samples only) - Basophils (Venous samples only) <u>THYROID FUNCTION</u> - Unbound thyroxine (Free T4) - Unbound triiodothyronine (Free T3) - Thyroid Stimulating Hormone (TSH) - Thyroglobulin antibodies (TG Ab) - Thyroid peroxidase antibodies (TPO Ab)	Venous only

- MICRONUTRIENTS
 - Total Vitamin B12
 - Active Vitamin B12
 - Folate serum
 - Ferritin
 - Iron
 - Transferrin
 - Zinc
 - Vitamin D
- AMINO ACIDS
 - Homocysteine *(must be spun after sample collection)*
- DIABETES
 - HbA1c
- HORMONES
 - Oestradiol/estrogen
 - Luteinizing Hormone (LH)
 - Follicle Stimulating Hormone (FSH)
 - Sex Hormone Binding Globulin (SHBG)
 - Total Testosterone
 - Free Testosterone
 - Testosterone to Free Testosterone Ratio
 - Free Testosterone to Cortisol Ratio
 - Prolactin
 - Cortisol
 - Free Androgen Index (FAI)
 - DHEA Sulphate
- KIDNEY FUNCTION
 - Uric Acid
 - Urea
 - Creatinine
 - eGFR
- LIVER FUNCTION
 - Globulin calculation
 - Albumin
 - Total protein
 - Bilirubin
 - Alanine AminoTransferase (ALT)
 - Gamma-GlutamylTransferase (GGT)
 - Alkaline Phosphatase (ALP)
- CHOLESTEROL
 - LDL cholesterol
 - Non-HDL cholesterol
 - HDL cholesterol

	○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides ● <u>ADVANCED CHOLESTEROL</u> ○ Apolipoprotein A1 (Apo A) ○ Apolipoprotein B (Apo B) ○ Lipoprotein (a) (Lipo A) ● <u>ELECTROLYTES</u> ○ Magnesium ○ Potassium (<i>must be spun after sample collection</i>) ○ Calcium ○ Corrected Calcium ○ Sodium ○ Chloride ● <u>INFLAMMATION</u> ○ C-Reactive Protein ○ CRP	
Ultimate Performance Blood Tests	● <u>FULL BLOOD COUNT</u> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) (<i>Venous samples only</i>) ○ Mean Platelet Volume (MPV) (<i>Venous samples only</i>) ○ Lymphocytes (LYM) (<i>Venous samples only</i>) ○ Monocytes (MON) (<i>Venous samples only</i>) ○ Neutrophils (NEU) (<i>Venous samples only</i>) ○ Eosinophils (EOS) (<i>Venous samples only</i>) ○ Basophils (<i>Venous samples only</i>) ● <u>THYROID FUNCTION</u> ○ Unbound thyroxine (Free T4) ○ Unbound triiodothyronine (Free T3) ○ Thyroid Stimulating Hormone (TSH) ● <u>MICRONUTRIENTS</u> ○ Total Vitamin B12 ○ Folate serum ○ Ferritin ○ Iron ○ Transferrin	Venous & capillary

	● <u>DIABETES</u> ○ HbA1c ● <u>HORMONES</u> ○ Oestradiol ○ Luteinizing Hormone (LH) ○ Follicle Stimulating Hormone (FSH) ○ Sex Hormone Binding Globulin (SHBG) ○ Testosterone ○ Prolactin ○ Cortisol ○ Free Androgen Index (FAI) ○ DHEA Sulphate ● <u>KIDNEY FUNCTION</u> ○ Uric Acid ○ Urea ○ Creatinine ○ eGFR ● <u>LIVER FUNCTION</u> ○ Globulin calculation ○ Albumin ○ Total protein ○ Bilirubin ○ Alanine AminoTransferase (ALT) ○ Gamma-GlutamylTransferase (GGT) ○ Alkaline Phosphatase (ALP) ● <u>CHOLESTEROL</u> ○ LDL cholesterol ○ Non-HDL cholesterol ○ HDL cholesterol ○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides ● <u>ELECTROLYTES</u> ○ Magnesium ● <u>INFLAMMATION</u> ○ C-Reactive Protein	
Cholesterol Profile Blood Test	● LDL cholesterol ● Non-HDL cholesterol ● HDL cholesterol ● Total cholesterol ● Total cholesterol/HDL ratio ● Triglycerides	Venous & Capillary

**Ultimate Healthy
Man Blood Test**

Venous &
Capillary

- FULL BLOOD COUNT *
 - White Blood Cell Count (WBC)
 - Red Blood Cell Count (RBC)
 - Haemoglobin (HGB)
 - Hematocrit (HCT)
 - Mean Corpuscular Volume (MCV)
 - Mean Corpuscular Haemoglobin (MCH)
 - Mean Corpuscular Haemoglobin Concentration (MCHC)
 - Red Cell Distribution Width (RDW)
 - Platelets (PLT) (Venous samples only)
 - Mean Platelet Volume (MPV) (Venous samples only)
 - Lymphocytes (LYM) (Venous samples only)
 - Monocytes (MON) (Venous samples only)
 - Neutrophils (NEU) (Venous samples only)
 - Eosinophils (EOS) (Venous samples only)
 - Basophils (Venous samples only)
- IMMUNOGLOBULINS
 - IgA
- THYROID FUNCTION
 - Unbound thyroxine (Free T4)
 - Unbound triiodothyronine (Free T3)
 - Thyroid Stimulating Hormone (TSH)
- MICRONUTRIENTS
 - Vitamin B12
 - Folate serum
 - Ferritin
 - Iron
 - Transferrin
- HORMONES
 - Testosterone
- KIDNEY FUNCTION
 - Creatinine
 - eGFR
 - Urea
 - Uric acid
- LIVER FUNCTION
 - Globulin calculation
 - Albumin
 - Total protein
 - Bilirubin
 - Alanine AminoTransferase (ALT)
 - Gamma-GlutamylTransferase (GGT)
 - Alkaline Phosphatase (ALP)
- CHOLESTEROL
 - LDL cholesterol
 - Non-HDL cholesterol
 - HDL cholesterol

	○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides ● <u>INFLAMMATION</u> ○ C-Reactive protein ● <u>ELECTROLYTES</u> ○ Magnesium	
Ultimate Healthy Woman Blood Test	● <u>FULL BLOOD COUNT</u> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) (Venous samples only) ○ Mean Platelet Volume (MPV) (Venous samples only) ○ Lymphocytes (LYM) (Venous samples only) ○ Monocytes (MON) (Venous samples only) ○ Neutrophils (NEU) (Venous samples only) ○ Eosinophils (EOS) (Venous samples only) ○ Basophils (Venous samples only) ● <u>IMMUNOGLOBULINS</u> ○ IgA ● <u>THYROID FUNCTION#</u> ○ Unbound thyroxine (Free T4) ○ Unbound triiodothyronine (Free T3) ○ Thyroid Stimulating Hormone (TSH) ● <u>MICRONUTRIENTS</u> ○ Vitamin B12 ○ Folate serum ○ Ferritin ○ Iron ○ Transferrin ● <u>HORMONES</u> ○ Oestradiol ○ Luteinizing Hormone (LH) ○ Follicle Stimulating Hormone (FSH) ● <u>KIDNEY FUNCTION</u> ○ Creatinine ○ eGFR ○ Urea ○ Uric acid	Venous & Capillary

	● <u>LIVER FUNCTION</u> ○ Globulin calculation ○ Albumin ○ Total protein ○ Bilirubin ○ Alanine AminoTransferase (ALT) ○ Gamma-GlutamylTransferase (GGT) ○ Alkaline Phosphatase (ALP) ● <u>CHOLESTEROL</u> ○ LDL cholesterol ○ Non-HDL cholesterol ○ HDL cholesterol ○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides ● <u>INFLAMMATION</u> ○ C-Reactive protein ● <u>ELECTROLYTES</u> ○ Magnesium	
Female Hormones Blood Test	● Estradiol ● Free T3 ● Free T4 ● FSH ● LH ● Progesterone ● Prolactin ● Thyroid Stimulating Hormone ● SHBG ● Testosterone ● Free Androgen FAI Index	Venous & capillary
Male Hormones Blood Test	● Albumin ● LH ● Estradiol ● Testosterone ● Prolactin ● FSH ● Vitamin B21 ● DHEA sulphate ● SHBG ● Free Androgen FAI Index	Venous & capillary
Thyroid Function Blood Test	● Unbound thyroxine (Free T4) ● Unbound triiodothyronine (Free T3) ● Thyroid Stimulating Hormone (TSH)	Venous & capillary

Ultimate Thyroid Function Blood Test	● <u>THYROID FUNCTION</u> ○ Unbound thyroxine (Free T4) ○ Unbound triiodothyronine (Free T3) ○ <u>Thyroid Stimulating Hormone (TSH)</u> ● <u>THYROID ANTIBODIES</u> ○ Thyroglobulin antibodies (TG Ab) ○ Thyroid peroxidase antibodies (TPO Ab)	Venous & capillary
Liver Function Blood Test	● Globulin calculation ● Albumin ● Total protein ● Bilirubin ● Alanine AminoTransferase (ALT) ● Gamma-GlutamylTransferase (GGT) ● Alkaline Phosphatase (ALP) - Aspartate AminoTransferase (AST)	Venous & capillary
Kidney Function Blood Test	● Sodium ● Creatinine ● eGFR ● Urea	Venous & capillary
Ozempic, Wegovy and Monjaro Blood Test	● <u>FULL BLOOD COUNT</u> <i>(must not be spun)</i> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) ○ Mean Platelet Volume (MPV) ○ Lymphocytes (LYM) ○ Monocytes (MON) ○ Neutrophils (NEU) ○ Eosinophils (EOS) ○ Basophils ● <u>KIDNEY FUNCTION</u> ○ Sodium ○ Urea ○ Creatinine ○ eGFR ○ Albumin	Venous

	○ Total protein ○ Sodium ○ Potassium <i>(must be spun after collection)</i> ○ Chloride ● <u>LIVER FUNCTION</u> ○ Globulin calculation ○ Albumin ○ Total protein ○ Bilirubin ○ Alanine AminoTransferase (ALT) ○ Gamma-GlutamylTransferase (GGT) ○ Alkaline Phosphatase (ALP) ○ Aspartate AminoTransferase (AST) ● Amylase (Pancreas function) ● Hba1c ● Thyroid Stimulating Hormone	
Ultimate TRT Blood Test	● <u>FULL BLOOD COUNT</u> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) <i>(Venous samples only)</i> ○ Mean Platelet Volume (MPV) <i>(Venous samples only)</i> ○ Lymphocytes (LYM) <i>(Venous samples only)</i> ○ Monocytes (MON) <i>(Venous samples only)</i> ○ Neutrophils (NEU) <i>(Venous samples only)</i> ○ Eosinophils (EOS) <i>(Venous samples only)</i> ○ Basophils <i>(Venous samples only)</i> ● <u>KIDNEY FUNCTION</u> ○ Creatinine ○ eGFR ● <u>LIVER FUNCTION</u> ○ Globulin calculation ○ Albumin ○ Total protein ○ Bilirubin ○ Alanine AminoTransferase (ALT) ○ Gamma-GlutamylTransferase (GGT)	Venous & Capillary

	○ Alkaline Phosphatase (ALP) ● <u>INFLAMMATION</u> ○ C-Reactive Protein ○ Creatine Kinase (CK) ● <u>HORMONES</u> ○ Total Testosterone ○ Free Testosterone ○ Testosterone : Free Testosterone Ratio ○ Free Androgen Index ○ Sex Hormone Binding Globulin (SHBG) ○ Total Prostate Specific Antigen (PSA) ○ Luteinising Hormone (LH) ○ Oestradiol/Estrogen ○ Follicle Stimulating Hormone (FSH) ○ Prolactin ● <u>THYROID FUNCTION</u> ○ Unbound thyroxine (Free T4) ○ Unbound triiodothyronine (Free T3) ○ Thyroid Stimulating Hormone (TSH) ● <u>ELECTROLYTES</u> ○ Ferritin ● <u>CHOLESTEROL</u> ○ LDL cholesterol ○ Non-HDL cholesterol ○ HDL cholesterol ○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides	
Ultimate PSA Blood Test	● PSA Free ● PSA Total ● Free/Total PSA Ratio Calculation	Venous & capillary
Female Fertility Insights Blood Test	● Follicle Stimulating Hormone ● Luteinizing Hormone (LH) ● Prolactin ● Sex Hormone Binding Globulin ● Testosterone ● Thyroid Stimulating Hormone (TSH) ● Oestradiol ● DHEA Sulphate ● Anti-Mullerian Hormone (AMH) ● Free Androgen Index (Calculation)	Venous & capillary
Male Fertility Blood Test	● Testosterone ● Luteinizing Hormone (LH) ● Follicle Stimulating Hormone (FSH) ● Prolactin	Venous & capillary

Ultimate PCOS Blood Test	● <u>CHOLESTEROL</u> ○ LDL cholesterol ○ Non-HDL cholesterol ○ HDL cholesterol ○ Total cholesterol ○ Total cholesterol/HDL ratio ○ Triglycerides ● <u>HORMONES</u> ○ Anti-Mullerian Hormone (AMH) ○ Free T3 ○ Free T4 ○ Oestradiol ○ Follicle Stimulating Hormone (FSH) ○ Luteinizing Hormone (LH) ○ Progesterone ○ Prolactin Sex Hormone Binding Globulin (SHBG) ○ Testosterone ○ Cortisol ● <u>PROTEINS</u> ○ C-Reactive Protein (CRP) ○ Albumin ○ Total Protein ○ CRP/Albumin Ratio ● <u>DIABETES</u> ○ HbA1c	Venous & capillary
Female Hair Loss Blood Test	● <u>FULL BLOOD COUNT</u> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) (Venous samples only) ○ Mean Platelet Volume (MPV) (Venous samples only) ○ Lymphocytes (LYM) (Venous samples only) ○ Monocytes (MON) (Venous samples only) ○ Neutrophils (NEU) (Venous samples only) ○ Eosinophils (EOS) (Venous samples only) ○ Basophils (Venous samples only) ● <u>THYROID FUNCTION</u> ○ Unbound thyroxine (Free T4)	Venous & Capillary

	○ Unbound triiodothyronine (Free T3) ○ Thyroid Stimulating Hormone (TSH) ● <u>HORMONES</u> ○ Testosterone ○ Sex Hormone Binding Globulin (SHBG) ○ Prolactin ○ Free Androgen Index (FAI) ● <u>MICRONUTRIENTS</u> ○ Vitamin B12 ○ Ferritin ○ Vitamin D ● <u>INFLAMMATION</u> ○ CRP	
Male Hair Loss Blood Test	● <u>FULL BLOOD COUNT</u> ○ White Blood Cell Count (WBC) ○ Red Blood Cell Count (RBC) ○ Haemoglobin (HGB) ○ Hematocrit (HCT) ○ Mean Corpuscular Volume (MCV) ○ Mean Corpuscular Haemoglobin (MCH) ○ Mean Corpuscular Haemoglobin Concentration (MCHC) ○ Red Cell Distribution Width (RDW) ○ Platelets (PLT) (Venous samples only) ○ Mean Platelet Volume (MPV) (Venous samples only) ○ Lymphocytes (LYM) (Venous samples only) ○ Monocytes (MON) (Venous samples only) ○ Neutrophils (NEU) (Venous samples only) ○ Eosinophils (EOS) (Venous samples only) ○ Basophils (Venous samples only) ● <u>THYROID FUNCTION</u> ○ Unbound thyroxine (Free T4) ○ Unbound triiodothyronine (Free T3) ○ Thyroid Stimulating Hormone (TSH) ● <u>HORMONES</u> ○ Prolactin ● <u>MICRONUTRIENTS</u> ○ Vitamin B12 ○ Ferritin ○ Vitamin D ● <u>INFLAMMATION</u> ○ CRP	Venous & Capillary

Menopause insights Blood Test	• Follicle Stimulating Hormone • Luteinizing Hormone • Thyroid Stimulating Hormone (TSH) • Oestradiol • Free T4	Venous & Capillary
Ultimate Vitamins Blood Test	• Total Vitamin B12 • Active Vitamin B12 • Vitamin D • Vitamin B9 (folate)	Venous & capillary
Electrolytes Blood Test	• Sodium • Potassium <i>(reported on venous samples only and must be spun after collection)</i> • Chloride • Calcium	Venous only
Advanced Urea and Electrolytes Blood Test	• Sodium • Calcium • Corrected Calcium • Potassium <i>(reported on venous samples only and must be spun after collection)</i> • Chloride • Chloride • Albumin • Magnesium • Urea	Venous only
Full Blood Count Blood Test	• White Blood Cell Count (WBC) • Red Blood Cell Count (RBC) • Haemoglobin (HGB) • Hematocrit (HCT) • Mean Corpuscular Volume (MCV) • Mean Corpuscular Haemoglobin (MCH) • Mean Corpuscular Haemoglobin Concentration (MCHC) • Red Cell Distribution Width (RDW) • Platelets (PLT) <i>(Venous samples only)</i> • Mean Platelet Volume (MPV) <i>(Venous samples only)</i> • Lymphocytes (LYM) <i>(Venous samples only)</i> • Monocytes (MON) <i>(Venous samples only)</i> • Neutrophils (NEU) <i>(Venous samples only)</i> • Eosinophils (EOS) <i>(Venous samples only)</i> • Basophils <i>(Venous samples only)</i>	Venous & capillary
Ultimate Omega 3 and 6 Fatty acids	• Omega-3 Index • Omega-6 to Omega-3 Ratio • AA:EPA Ratio • Trans Fat Index	Venous