



2017 Understanding Lab Packages

A. Comprehensive Wellness Profile – FREE

- **Lipid Profile:**
 - **Total Cholesterol** – a naturally occurring fatty substance found in the body. Its function is to help build cells and produce hormones. By checking cholesterol levels, an individual can learn about risk for developing lipid disorders &/or heart disease and response to certain treatments.
 - **HDL** – Cholesterol is a cholesterol-protein package in the body. Its function is to remove fat in the body by transporting it to the liver for removal. By checking HDL levels, an individual can learn about their risk factors for developing heart disease.
 - **LDL** – Cholesterol is a cholesterol-protein package in the body. Its function is to transport fat from the liver to organs that need it. By checking LDL levels, an individual can learn about their risk factors for developing heart disease.
 - **Triglycerides** – are naturally occurring fatty substances found in the body. Its function is to store energy and provide energy to muscles. By checking triglyceride levels, an individual can learn about risk for developing lipid disorders &/or heart disease and response to certain treatments.
 - **Cholesterol/HDL Ratio** – a math calculation used to help determine an individual increased or decreased risk for developing cardiovascular disease from a base range.
- **Glucose (Blood Sugar)** – a form of a carbohydrate and the main source of energy used by the body. Abnormal results for glucose are primary indicators of diabetes. By checking glucose levels, an individual can learn about their risk for developing diabetes.
- **Sodium** – classified as both an electrolyte and mineral in the body. Its function is to help keep water and other electrolytes in balance. By checking sodium levels, an individual can learn about their hydration (fluid) levels, status/progression of certain kidney or adrenal diseases, or find the cause of symptoms associated with low/high sodium levels in the body.
- **Creatinine** – is a natural and normal waste product created in the body during muscle tissue breakdown. By checking creatinine levels, an individual can learn about ideal kidney function and where they fall.
- **Calcium** – is a mineral in the body found in both bone and blood. Its function is to build and maintain strong bones, aid in nerve function, heart health, blood clotting, and muscle function. By checking calcium levels, an individual can learn about parathyroid gland and kidney function, effects on an EKG test, and check symptoms of levels being too high or low.
- **Albumin** – 1 of 2 groups of proteins found in blood. Albumin is made in the liver and keeps blood from leaking out of blood vessels. It is also important in tissue growth and healing and transportation of certain medications and substances in the blood system. By checking albumin levels, an individual can learn about liver and kidney function, adequate protein amounts, and cause of ankle swelling &/or fluid collection in the lungs.



(Comprehensive Wellness Panel continued)

- **Bilirubin** – a waste product from the breakdown of dead red blood cells in bile. By checking bilirubin levels, an individual can learn about liver health and function, blockage of bile ducts, and risk factors for development of certain conditions.
- **Alkaline Phosphatase (ALP)** – is an enzyme found in blood. It is produced by the liver and bones. By checking ALP levels, an individual can learn about healthy liver and bone function. Elevations in blood levels occur during periods of bone growth and during pregnancy.
- **AST** – an enzyme found in blood and organ cells. Its function is to serve as an organ damage indicator. By checking AST levels, an individual can learn if they recently (with-in 4 days) have experienced heart or liver damage.
- **ALT** – is an enzyme found in the cells of the body, most commonly the liver. ALT testing is typically used to detect liver injury. It is often ordered in conjunction with aspartate aminotransferase (AST) or as part of a liver panel to screen for and/or help diagnose liver disease. Very high levels of ALT (more than 10 times the highest normal level) are usually due to acute hepatitis and should be discussed with your physician.
- **Chloride** – along with other electrolytes, are performed as part of a regular physical to screen for a variety of conditions. These tests may also be ordered to help diagnose the cause of signs and symptoms such as prolonged vomiting, diarrhea, weakness, and respiratory distress.
- **Blood Urea Nitrogen (BUN)** – waste product of the digestion of protein in the liver. Testing the blood for BUN along with the Creatinine help to evaluate kidney function and diagnose kidney disease. Increased BUN levels may suggest impaired kidney function.
- **Potassium** – classified as both an electrolyte and mineral in the body. Its function is to help keep water and other electrolytes in balance. By checking potassium levels, an individual can learn their hydration levels, check for side effects of treatments and effectiveness of treatments.
- **Globulin** – a protein that is produced in the liver. This protein helps with transporting essential nutrients to the body's organs. Globulin along with Albumin levels reflect nutritional status and may be used to screen for and help diagnose kidney disease or liver disease.
- **Protein** – composed of the proteins albumin and globulin and can reflect nutritional status and may be used to screen for and help diagnose kidney disease or liver disease. A low total protein level can suggest a liver disorder, a kidney disorder, or a disorder in which protein is not digested or absorbed properly. A high total protein level may be seen with chronic inflammation or infections such as viral hepatitis.



Upgraded Package Options:

B. Comprehensive Wellness Profile + CBC – \$10

- Comprehensive Metabolic Screening Panel (see description above)

Plus:

- **Complete Blood Count (CBC)**, includes:
 - **White Blood Cells** – a component of the immune system. They protect the body by finding and destroying threats such as viruses, bad bacteria, and organisms. By checking WBC levels, an individual can learn if their body has an infection and how healthy their immune system is.
 - **Red Blood Cells** – are transportation cells. They bring carbon dioxide to the lungs for removal and pick up oxygen to disperse with in the body. By checking RBC levels, an individual can learn about risk for anemia.
 - **Hemoglobin** – is a component of a red blood cell. Its function is to carry oxygen and carbon dioxide in blood. By checking Hgb levels, an individual can learn about their body's ability to carry oxygen in the blood system.
 - **Hematocrit** – is a proportional value of red blood cells in a sample i.e. 39% of the blood volume is red blood cells. By checking Hct levels, an individual can learn their risk for developing anemia.
 - **Platelets** – are the smallest blood cell type. Its function is to help stop bleeding by forming clots. By checking platelet levels, an individual can learn about their clotting ability.

C. Total Wellness Package – \$25

- Comprehensive Metabolic Screening Panel (see description above)
- Complete Blood Count (CBC) - (see description above)

Plus:

- **A1C Glycohemoglobin** – is used to monitor the way the body uses glucose (blood sugar) over a period of time. High values are associated with diabetes. The test may be used to diagnosis new diabetic patients or to monitor treatment of the disease over time.
- **TSH (Thyroid Stimulating Hormone)** – released by the pituitary gland and activates the production of 2 hormones that help control the body's metabolism. Used to diagnose Hyperthyroidism or Hypothyroidism
- **PSA (Prostate Specific Antigen)** For males over 50 – a substance produced by the prostate gland. Its function is to be an indicator of prostate issues. By checking PSA levels, a male can learn about prostate health and risk factors.



Package Add-On Options:

- CRP (C-Reactive Protein)** \$16.00 – a protein that measures inflammation levels in the body. By checking CRP levels, an individual can learn about possible infection and effectiveness of certain treatments.

- Vitamin D** \$26.00 – naturally produced by the body in reaction to sunlight. Its function is to help the body use calcium for the development of strong bones. By checking Vitamin D levels, an individual can learn if they are deficient in the vitamin and symptoms of deficiency.

- Iron** \$16.00 – a mineral component of red blood cells and needed in energy production and muscle and organ function. By checking iron levels, an individual can learn about iron deficiencies, nutrition status, effectiveness or certain treatments, and risk for hemochromatosis.