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Comprehensive Bloodwork Guide

This guide outlines the extensive biomarkers we test to give you greater clarity on what we look for, what each marker can reveal, and why this information matters when building a more personalized, informed care plan.

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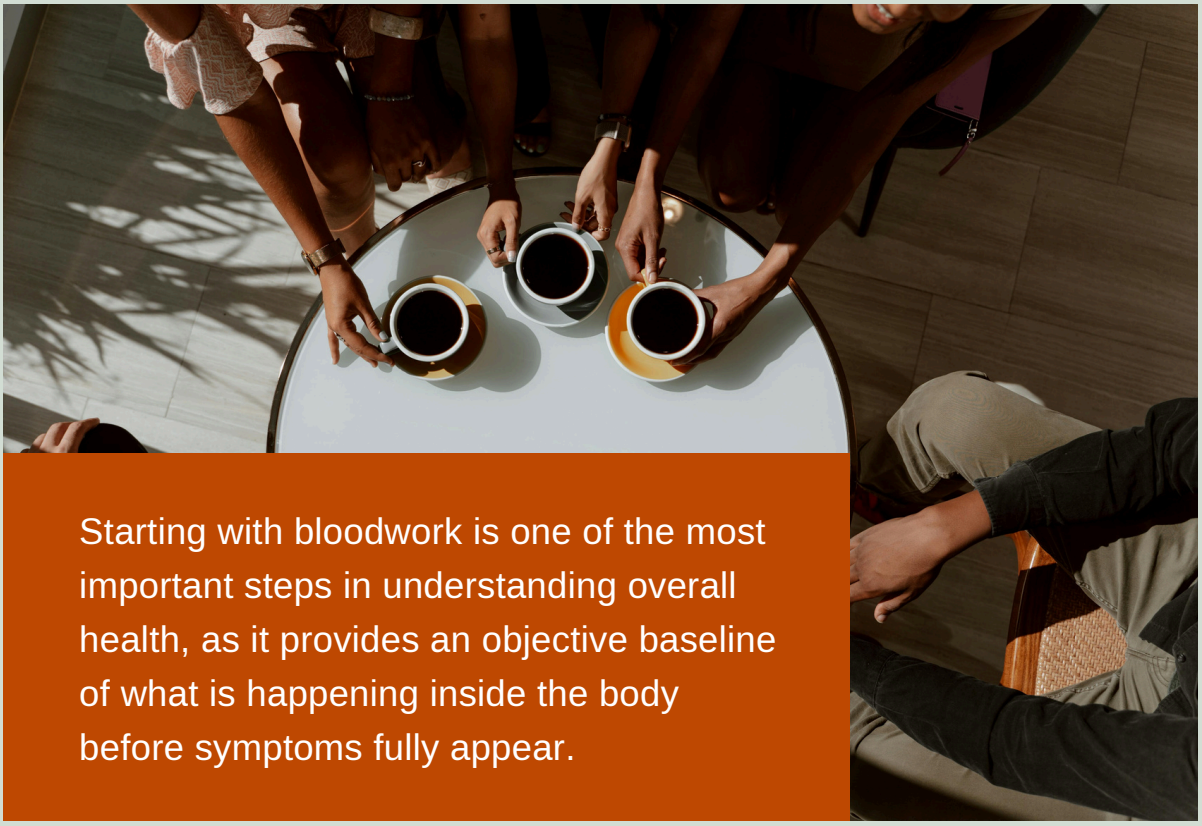
The importance of starting with bloodwork.



Starting with bloodwork is one of the most important steps in understanding overall health, as it provides an objective baseline of what is happening inside the body before symptoms fully appear.

Bloodwork can reveal early changes before symptoms are obvious and help explain issues like fatigue, brain fog, weight changes, low libido, menstrual irregularities, poor recovery, and mood shifts. It allows care to be personalized, tracked over time, and focused on prevention, while also showing the bigger picture through how biomarkers relate to one another.

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What bloodwork can and can't do.

CAN

What Bloodwork Does Best.

Bloodwork is especially useful for identifying broad patterns in how the body is functioning, tracking how it responds to treatment or lifestyle changes over time, and supporting risk assessment and early prevention before more serious issues develop.

CAN'T

What Bloodwork Cannot Do on Its Own

Bloodwork cannot diagnose every condition by itself or replace symptoms, history, exam, or imaging when those are needed. It also must be interpreted in context, since factors like fasting, cycle phase, illness, and supplements can affect results.

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Panel Categories

We test over 60 biomarkers across 11 categories to create a more comprehensive view of your body and help personalize your care plan with greater precision.

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Lipids

The lipid panel looks at how fats are carried and used in the body, which is closely tied to heart and metabolic health. It focuses on cholesterol and triglycerides to help show patterns related to energy use, artery plaque risk, and the balance between protective and less protective lipids.

Biomarker	What it Measures	Why it Matters
Total Cholesterol	The total amount of cholesterol carried in the blood.	A broad snapshot of lipid status and cardiovascular risk, best interpreted alongside HDL, LDL, triglycerides, and non-HDL cholesterol.
HDL Cholesterol	High-density lipoprotein cholesterol, often called “good” cholesterol.	HDL helps carry cholesterol away from arteries and back to the liver. Higher levels are generally associated with lower cardiovascular risk.
LDL Cholesterol	Low-density lipoprotein cholesterol, often called “bad” cholesterol	LDL is a major driver of plaque buildup in arteries and is a key target in prevention of heart attack and stroke.

Reference ranges, timing, and clinical relevance vary by person and by laboratory. Use these explanations as a guide to meaning, not as stand-alone medical advice.

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Lipids

Biomarker	What it Measures	Why it Matters
Triglycerides	The main form of stored fat circulating in the bloodstream.	Elevated levels can reflect insulin resistance, excess calories, alcohol intake, metabolic syndrome, or genetic factors.
Cholesterol / HDL Ratio	A comparison between total cholesterol and HDL cholesterol.	Provides another view of cardiovascular risk by balancing overall cholesterol against protective HDL.
Non-HDL Cholesterol	Total cholesterol minus HDL cholesterol.	Captures all potentially atherogenic cholesterol particles, not just LDL, and can be especially helpful when triglycerides are elevated.

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Metabolic

This panel provides a broad look at how the body is managing energy, hydration, and organ function. It focuses on blood sugar, electrolytes, and key markers of kidney and liver health, offering insight into how well these systems are working together to support metabolism and overall balance.

Biomarker	What it Measures	Why it Matters
Glucose	The amount of sugar circulating in the blood.	Glucose is the body's main fuel source. Abnormal levels may point toward impaired glucose regulation, diabetes, stress response, or medication effects.
Urea Nitrogen (BUN)	A waste product formed when the body breaks down protein.	BUN helps assess kidney function, hydration, and overall protein metabolism
Creatinine	A waste product created by normal muscle metabolism.	Creatinine is commonly used to assess kidney filtration and is part of the calculation for eGFR.
eGFR	Estimated glomerular filtration rate, a calculation of how well the kidneys filter blood.	Helps detect early kidney dysfunction and monitor kidney health over time.

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Metabolic

Biomarker	What it Measures	Why it Matters
BUN / Creatinine Ratio	A comparison of two kidney-related blood markers.	Can help distinguish patterns such as dehydration versus intrinsic kidney issues when interpreted with other findings.
Sodium	A key electrolyte that helps regulate fluid balance, nerve function, and muscle activity.	Abnormal sodium can reflect hydration changes, hormone issues, kidney problems, medications, or acute illness.
Potassium	An electrolyte essential for heart rhythm, nerve signaling, and muscle contraction.	Both high and low potassium can affect the heart and may require prompt attention depending on severity.
Chloride	An electrolyte that works closely with sodium and bicarbonate to maintain fluid and acid base balance.	Useful for assessing hydration and metabolic balance.
Carbon Dioxide	In most chemistry panels, this reflects bicarbonate, which helps regulate the body's acid-base balance.	Provides insight into metabolic and respiratory balance.

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Metabolic

Biomarker	What it Measures	Why it Matters
Calcium	A mineral needed for bone health, muscle contraction, nerve signaling, and heart function.	Abnormal sodium can reflect hydration changes, hormone issues, kidney problems, medications, or acute illness.
Total Protein	The total amount of albumin and globulins in the blood.	Offers a broad look at nutritional status, liver function, kidney loss, and immune protein levels.
Albumin	The main protein made by the liver and circulated in the blood.	Albumin helps maintain fluid balance and carry hormones, vitamins, and medicines through the bloodstream.
Globulin	A group of blood proteins involved in immune function and transport.	Changes may reflect inflammation, immune activity, liver disease, or certain blood disorders.
Albumin / Globulin Ratio	The balance between albumin and globulin proteins.	Can help identify shifts related to liver function, inflammation, or abnormal protein production.

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Metabolic

Biomarker	What it Measures	Why it Matters
Total Bilirubin	A yellow pigment produced when red blood cells are broken down.	Used to assess liver function, bile flow, and red blood cell turnover.
Alkaline Phosphatase	An enzyme found mainly in the liver, bile ducts, and bones.	Can rise with bile flow issues, liver conditions, bone turnover, pregnancy, or growth in adolescents
AST	Aspartate aminotransferase, an enzyme found in the liver and also in muscle and other tissues.	Can rise with liver injury, muscle injury, heavy exercise, alcohol use, or certain medications.
ALT	Alanine aminotransferase, an enzyme found mostly in the liver.	A key marker used to evaluate liver cell irritation or injury.

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Diabetes

This section looks at how the body is regulating blood sugar over time, primarily through Hemoglobin A1c, which reflects average glucose levels over the past few months. It helps identify patterns in glucose control that impact energy, metabolism, and long-term health, making it an important marker for early detection and prevention.

Biomarker	What it Measures	Why it Matters
Hemoglobin A1C	A measure of the percentage of hemoglobin with glucose attached.	Reflects average blood sugar exposure over roughly the prior 3 months and is widely used to screen for prediabetes and diabetes and to monitor glucose control.

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Thyroid

This section looks at how the thyroid is regulating key hormones that influence metabolism, energy, temperature, mood, and overall body function. Because thyroid hormones affect many systems and imbalances can develop gradually, this section helps identify patterns that may explain symptoms and guide more personalized care.

Biomarker	What it Measures	Why it Matters
TSH	Thyroid-stimulating hormone made by the pituitary gland.	TSH signals the thyroid to produce hormones. It is often the first and most sensitive screening test for thyroid imbalance.
Free T4	The unbound thyroxine available to tissues	Helps show how much thyroid hormone is available for the body to use.
Free T3	The unbound active thyroid hormone triiodothyronine.	Can add context in selected thyroid cases, especially when looking at hyperthyroid patterns or hormone conversion.

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Hematology

This section looks at the cells that make up the blood, including those that carry oxygen, support immunity, and help with clotting. It provides insight into overall blood health, immune activity, and how well the body is delivering oxygen and responding to stress, infection, or inflammation.

Biomarker	What it Measures	Why it Matters
White Blood Cell Count	The total number of white blood cells in the blood.	Helps assess immune activity and may shift with infection, inflammation, stress, medications, or bone marrow conditions.
Red Blood Cell Count	The number of red blood cells circulating in the blood.	Helps evaluate oxygen-carrying capacity and can support the assessment of anemia, dehydration, or overproduction states.
Hemoglobin	The oxygen-carrying protein inside red blood cells.	A core marker used to assess anemia or, when elevated, possible concentration or overproduction of red cells.
Hematocrit	The percentage of blood volume made up of red blood cells.	Useful in evaluating anemia, hydration status, and disorders affecting red cell mass.

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Hematology

Biomarker	What it Measures	Why it Matters
MCV	Mean corpuscular volume, or average red blood cell size.	Helps classify anemia as microcytic, normocytic, or macrocytic.
MCH	Mean corpuscular hemoglobin, or the avg. amount of hemoglobin in each red blood cell.	Adds detail to red cell characterization and supports anemia workups
MCHC	Mean corpuscular hemoglobin concentration, or the avg. concentration of hemoglobin inside red blood cells.	Can help identify patterns seen in anemia or red cell shape disorders.
RDW	Red cell distribution width, a measure of variation in red blood cell size.	A higher RDW can suggest mixed cell populations or evolving nutrient deficiency, blood loss, or recovery after treatment.
Platelet Count	The number of platelets in the blood.	Platelets help blood clot. Abnormal levels can affect bleeding or clotting risk and may shift with inflammation, iron deficiency, infection, or marrow conditions.

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Hematology

Biomarker	What it Measures	Why it Matters
MPV	Mean platelet volume, or average platelet size.	Can provide clues about platelet production and turnover.
Absolute Neutrophils	The actual number of neutrophils, a type of white blood cell that helps fight bacterial infection.	More clinically useful than the percentage alone when assessing infection risk or immune suppression.
Absolute Lymphocytes	The actual number of lymphocytes, white blood cells involved in viral defense and immune regulation.	Useful when assessing viral patterns, immune status, or certain hematologic conditions.
Absolute Monocytes	The actual number of monocytes, white blood cells involved in cleanup and longer-term immune response.	Can rise during recovery from infection, chronic inflammation, or certain blood disorders.
Absolute Eosinophils	The actual number of eosinophils, white blood cells involved in allergic responses and parasite defense.	May increase with allergies, asthma, eczema, some infections, medications, or inflammatory conditions.

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Hematology

Biomarker	What it Measures	Why it Matters
Absolute Basophils	The actual number of basophils, white blood cells involved in allergic and inflammatory signaling.	Usually a minor component but can contribute to the interpretation of allergic, inflammatory, or hematologic patterns.
Neutrophils (%)	The percentage of white blood cells that are neutrophils.	Shows the relative share of the white count made up by neutrophils.
Lymphocytes (%)	The percentage of white blood cells that are lymphocytes.	Helps characterize the white cell differential.
Monocytes (%)	The percentage of white blood cells that are monocytes.	Adds context to the white blood cell differential.
Eosinophils (%)	The percentage of white blood cells that are eosinophils.	Can support evaluation of allergic or eosinophilic patterns.
Basophils (%)	The percentage of white blood cells that are basophils.	A small part of the differential that may contribute to pattern recognition.

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Inflammation

This section looks at levels of inflammation in the body, which reflect how the immune system is responding to stress, injury, or underlying imbalances. While some inflammation is normal, ongoing low-grade inflammation can impact many systems over time, making this an important marker for identifying hidden stress and supporting early prevention.

Biomarker	What it Measures	Why it Matters
C-Reactive Protein (CRP)	A protein made by the liver in response to inflammation.	CRP is a broad marker that can rise with infection, injury, autoimmune activity and other inflammatory states.

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Iron / Micronutrients

This section looks at key minerals involved in oxygen transport, energy production, and overall cellular function. It helps assess whether the body has the nutrients it needs to support energy levels, cognitive function, and recovery, while also identifying potential deficiencies or imbalances that can affect how you feel and perform.

Biomarker	What it Measures	Why it Matters
Ferritin	The body's main iron storage protein.	Ferritin is one of the most useful tests for assessing iron stores. Low ferritin strongly suggests iron depletion, while high ferritin can reflect inflammation as well as iron excess.
Iron	The amount of circulating iron in the blood at the time of the draw.	Helps assess iron availability, but it fluctuates and is less reliable alone than when paired with ferritin and other iron studies.
Zinc	An essential trace mineral involved in immune function, wound healing, DNA synthesis and cell growth.	Low zinc may affect immunity, skin, taste, appetite, and healing; high intake can also create imbalance with other minerals.

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Hormones

This section looks at key hormones that help regulate reproductive health, mood, energy, metabolism, and overall balance in the body. Hormones act as signaling messengers, so even small shifts can have wide-ranging effects. Understanding these patterns is important for identifying imbalances, explaining symptoms, and guiding more personalized and targeted care.

Biomarker	What it Measures	Why it Matters
FSH	Follicle-stimulating hormone, a pituitary hormone involved in ovarian follicle development and sperm production.	Used in the evaluation of fertility, ovarian function, menopause transition, and some pituitary or testicular conditions.
LH	Luteinizing hormone, a pituitary hormone involved in ovulation and testosterone production.	Helpful in fertility workups and in understanding the signaling between the brain and the ovaries or testes.
Progesterone	A hormone that rises after ovulation and plays a key role in menstrual cycling and pregnancy support.	Often used to help confirm ovulation and to assess reproductive hormone patterns.

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Hormones

Biomarker	What it Measures	Why it Matters
Estradiol	The main biologically active estrogen during the reproductive years.	Important for menstrual cycling, fertility, bone health, and many tissue-level effects.
Testosterone (Free & Total)	Testosterone is an androgen hormone. Total testosterone reflects the overall amount in blood; free testosterone estimates the portion available to tissues.	Useful for evaluating androgen status, symptoms related to low or high testosterone, and some fertility or menstrual concerns.
Sex Hormone Binding Globulin (SHBG)	A protein made mainly by the liver that binds testosterone and estrogen in the blood.	SHBG helps determine how much hormone is free versus bound, which is why it is often reviewed alongside total and free testosterone.

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Growth

This section looks at signals related to how the body supports growth, repair, and recovery at a cellular level. It provides insight into processes like tissue regeneration, muscle maintenance, and overall resilience, helping to understand how well the body is adapting, recovering, and maintaining long-term vitality.

Biomarker	What it Measures	Why it Matters
IGF-1	Insulin-like growth factor 1, a hormone influenced by growth hormone.	IGF-1 helps assess growth hormone activity and is used in selected evaluations of growth, pituitary function, and certain metabolic or performance-related concerns.

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Vitamins

This section looks at key vitamins that support energy, brain function, immune health, and overall cellular processes. It helps identify whether the body has the nutrients it needs to function optimally, while highlighting potential deficiencies that can impact how you feel, think, and perform.

Biomarker	What it Measures	Why it Matters
Vitamin D (25-OH Total)	The main blood marker used to assess vitamin D status.	Vitamin D supports bone health, calcium balance, and broader physiologic function. Low levels are common and may affect bone and muscle health.
Vitamin B12	A vitamin needed for nerve health, DNA synthesis, and red blood cell production.	Low B12 can contribute to fatigue, numbness, memory changes, and macrocytic anemia.
Folate	A B vitamin needed for DNA synthesis and cell division.	Important for red blood cell production, pregnancy planning, and overall cellular health.

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Trace Minerals

This section looks at essential trace minerals needed in small amounts for proper enzyme function, metabolism, and overall cellular health. Even minor imbalances can impact energy, immune function, and neurological processes, making this section important for understanding deeper nutrient balance and overall system support.

Biomarker	What it Measures	Why it Matters
Copper	An essential trace mineral involved in energy production, iron metabolism, connective tissue, and nervous system function.	Copper status may matter in selected cases of anemia, neuropathy, malabsorption, or heavy supplement use.

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Guided by data, tailored to you.

Your bloodwork is more than a set of numbers, it's a clearer view of how your body is functioning beneath the surface. When interpreted as a connected story rather than isolated results, it becomes a powerful tool for more precise, personalized decisions around your health, performance, and long-term care.

And you don't have to navigate it alone.

Your dedicated Advocate and care team are here to help you make sense of your unique data, understand what matters most, monitor your progress over time, and optimize your plan as your needs evolve.

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Questions? We're Here to Help.

Your Advocate is always just a phone call away.

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Start Your Intake:

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