The Elite Panel

Every one of the 78 markers in your draw, grouped by the system it reads, and what each one tells us. A standard physical checks a handful of these.

Keep this. When your results come back, it is the sheet that tells you what you were tested for and why.

The draw takes a few minutes. Most results are back within about a week.

A provider goes through every result with you — what is optimal, what is merely normal, and what is worth acting on.

You leave that visit with a written plan, yours to keep.

01 WHAT THE PANEL MEASURES — 78 MARKERS

Hormones	The core of a women's panel. Cycles, mood, sleep, energy, and body shape all run through here.
Testosterone, Total	Your overall testosterone production.
Testosterone, Free	The portion actually available for your body to use.
SHBG	The protein that binds testosterone and holds it out of circulation.
Estradiol	Your primary estrogen.
Progesterone	The hormone that balances estrogen across your cycle.
FSH	Follicle-stimulating hormone, one of the two signals your brain sends to the ovaries or testes.
LH	Luteinizing hormone, the other half of that signal.
DHT	A stronger hormone your body makes out of testosterone.

Thyroid	Your body's thermostat. A slow thyroid looks just like being tired, gaining weight, and losing focus.
TSH	Your brain's signal telling the thyroid to work harder or ease off.
T4, Total	All the main thyroid hormone in your blood, bound and free together.
T4, Free	The unbound portion of T4, the part your cells can reach.
T3, Free	The active thyroid hormone, converted from T4.
TPO Antibodies	An immune antibody aimed at your own thyroid tissue.
Thyroglobulin Antibodies	A second antibody aimed at a different part of the thyroid.
Blood sugar & metabolism	Where problems show up first, and where they are easiest to turn around.
Glucose	Your blood sugar at the moment of the draw.
HbA1c	Your average blood sugar over roughly the last three months.
Insulin, Fasting	How much insulin it takes to hold that sugar steady.

Heart & cholesterol	Heart risk, measured instead of guessed at.
Total Cholesterol	All the cholesterol in your blood, in one number.
HDL Cholesterol	The fraction that carries cholesterol away from your arteries.
LDL Cholesterol	The fraction that deposits into artery walls.
Non-HDL Cholesterol	Every particle capable of building plaque, added together.
Triglycerides	Fat circulating in your blood.
Total/HDL Ratio	Your total cholesterol measured against the protective kind.
Apolipoprotein B	A direct count of the particles that build plaque.
Apolipoprotein A-1	The protein that makes HDL work.
Lipoprotein(a)	An inherited particle that raises heart risk on its own.
Homocysteine	An amino acid that damages blood vessels when it builds up.
Inflammation	Quiet swelling all through the body. It is the thread behind most long-term disease.
CRP, High-Sensitivity	Low-level swelling anywhere in the body, measured finely enough to matter for the heart.
Sed Rate	A broader, slower read on inflammation.

Adrenal & growth	Stress load and how well you recover. It is why two people with the same labs can feel nothing alike.
IGF-1	The steady read on your growth hormone.
Cortisol	Your primary stress hormone.
DHEA-S	A starter hormone your adrenals make. It drops as you age.
Kidney function	Your filters. They stay quiet when healthy, so we check instead of waiting.
BUN	A protein waste product your kidneys clear.
Creatinine	A muscle waste product your kidneys clear.
eGFR	Your filtering rate, worked out from creatinine.
Uric Acid	A waste product that crystallizes when it runs high.
Electrolytes & minerals	The balance that keeps your heart, nerves, and muscles firing right.
Sodium	The mineral that governs your fluid balance.
Potassium	The mineral your heart and muscles need to contract.
Chloride	Sodium's partner in fluid and acid balance.
CO2	Your blood's acid to base balance.
Calcium	The mineral behind bone, muscle contraction, and nerve signaling.
Magnesium	A mineral your body uses in hundreds of reactions.

Liver function	Your clean-up and fuel hub. It is where medicines, alcohol, and fatty liver show up.
AST (SGOT)	An enzyme found in liver and in muscle.
ALT (SGPT)	An enzyme found almost only in the liver.
Alkaline Phosphatase	An enzyme from your bile ducts and your bones.
Bilirubin, Total	The pigment left over when red blood cells break down.
GGT	The most sensitive of the liver enzymes.
Proteins	The proteins in your blood. They show how well you eat, how much fluid you hold, and what your body is fighting.
Total Protein	All the protein circulating in your blood.
Albumin	The main carrier protein your liver makes.
Globulin	The protein group your immune system runs on.
A/G Ratio	The balance between those two.

Vitamins & nutrients	The inputs your body cannot make. Cheap to check, and often the fastest thing to fix.
Vitamin D, 25-OH	The stored form of vitamin D, the one your body draws on.
Vitamin B-12	The vitamin behind nerve function and red cell production.
Folate	B-12's partner in repairing DNA.
Ferritin	Your stored iron, the reserve tank.
Iron	The iron circulating in your blood right now.
TIBC	How much more iron your blood could carry.
Transferrin Saturation	The share of your iron-carrying capacity currently in use.

Red blood cells	How well your blood carries oxygen. When this is off, everything feels harder than it should.
RBC	How many red blood cells you are carrying.
Hemoglobin	The protein inside them that actually holds oxygen.
Hematocrit	The percentage of your blood made up of red cells.
MCV	The average size of your red blood cells.
MCH	The average amount of hemoglobin in each one.
MCHC	How concentrated that hemoglobin is.
RDW	How much your red cells vary in size from one another.
White blood cells	Your immune system, split into five parts instead of one number.
WBC	Your total white blood cell count.
Neutrophils (% & absolute)	The white cells that answer bacterial infection first.
Lymphocytes (% & absolute)	The white cells that fight viruses and hold immune memory.
Monocytes (% & absolute)	The cleanup cells that clear debris and dead tissue.
Eosinophils (% & absolute)	The white cells tied to allergy and parasites.
Basophils (% & absolute)	The rarest white cells, part of the allergic response.
Platelets	Clotting, checked both ways.
Platelet Count	How many platelets you have for clotting.
MPV	The average size of those platelets.

Ranges printed on a lab report are population averages, not targets. Your provider reads these against what is optimal for you.