



Your Essential panel — men

Every biomarker we run, and what each one tells us. Most panels check a handful of numbers. This one builds a full picture of your hormones, thyroid, metabolism, heart, organs, and blood — so your plan is built on what is actually happening in your body.

58

biomarkers tested

\$399

includes your draw

1

provider review visit

• WHAT WE TEST — ALL 58 BIOMARKERS

Hormones

5 MARKERS

The core of a men's panel. Energy, drive, muscle, mood, 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.
PSA, Total	A prostate protein used for screening.

Thyroid

6 MARKERS

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.
T3, Reverse	An inactive mirror image of T3 that your body makes under stress.
TPO Antibodies	An immune antibody aimed at your own thyroid tissue.

Blood sugar & metabolism

3 MARKERS

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

6 MARKERS

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.

Adrenal & growth

1 MARKER

Your growth hormone read. Muscle, recovery, and how well you rebuild between hard efforts.

IGF-1	The steady read on your growth hormone.
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Kidney function

3 MARKERS

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.

Electrolytes & minerals

5 MARKERS

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.

Liver function

4 MARKERS

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.

Proteins

4 MARKERS

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

1 MARKER

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.
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Red blood cells

7 MARKERS

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

11 MARKERS

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

2 MARKERS

Clotting, checked both ways.

Platelet Count	How many platelets you have for clotting.
MPV	The average size of those platelets.

• HOW IT WORKS

1

Give a blood sample

A quick draw here in clinic. Most people are in and out in about 15 minutes.

2

We run the full panel

All 58 markers, run by our lab and back to your provider in a few days.

3

Sit down for your review

Your provider walks you through it in plain language and you leave with a written plan.

Want to go deeper? The Elite panel adds about 20 more markers across cardiovascular risk, inflammation, adrenal function, and nutrients. Your provider will tell you if it is the better fit for you. Questions about any of this — call us at (949) 997-3988.

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This document is for Range Medical patients only and is not a substitute for personalized medical advice. Every panel is ordered by your provider and reviewed with you in person.