

PREPARED FOR

JOHN DOE  
12.12.1990


DATE COLLECTED

07.27.2024

LAB

MEN'S COMPLETE HORMONE PANEL

Feel  
better,  
live  
longer

A photograph of a man with extensive tattoos on his arms, chest, and legs, running on a treadmill. He is wearing a black tank top, black shorts, and white sneakers. The background is dark, and the lighting highlights his physique and tattoos.



# Introduction

An introduction to Functional Blood Chemistry Analysis and your Blokes Health Report (BHR).

## WHAT'S INSIDE

Blokes Optimization Score (BOS)  
Blood Test Results

## MISSION

We are on a mission to empower you to feel better and live longer. It starts with a deep dive into your biology. While understanding your biomarkers is vital, it's equally important to consider your symptoms and how they impact your day-to-day life. Our approach couples the quantitative and qualitative data to then create a comprehensive, actionable plan customized to your specific needs and goals.

## OVERVIEW

Below are five details you should know before reading your Blokes Health Report. If markers seem unfamiliar or not aligned, rest assured that this will be covered in your review:

1. Unlike reactive-based medicine, which often focuses on treating symptoms or illnesses, our approach is tailored to you, centered on proactive care and optimal ranges.
2. If your lab values are outside optimal ranges, this may not mean you have a specific dysfunction present but rather a suboptimal area that may benefit from support.
3. These interpretations are guides. We aim to help move your biomarkers towards optimal levels, prevent system dysfunctions, and help you function at your best.
4. Your labs are meticulously reviewed by our highly skilled clinical team. This ensures we can clear you for therapies and determine if an intervention is recommended. Rest assured, all areas of importance will be thoroughly covered in your 1:1 consult with your clinician or coach.
5. Any prescription that is deemed necessary will be prescribed by your licensed clinician.



# Analytics

A full breakdown of your biomarker results, showing where each biomarker lies within optimal range.

# JOHN DOE


## Blokes Optimization Score (BOS)

47 biomarkers analyzed

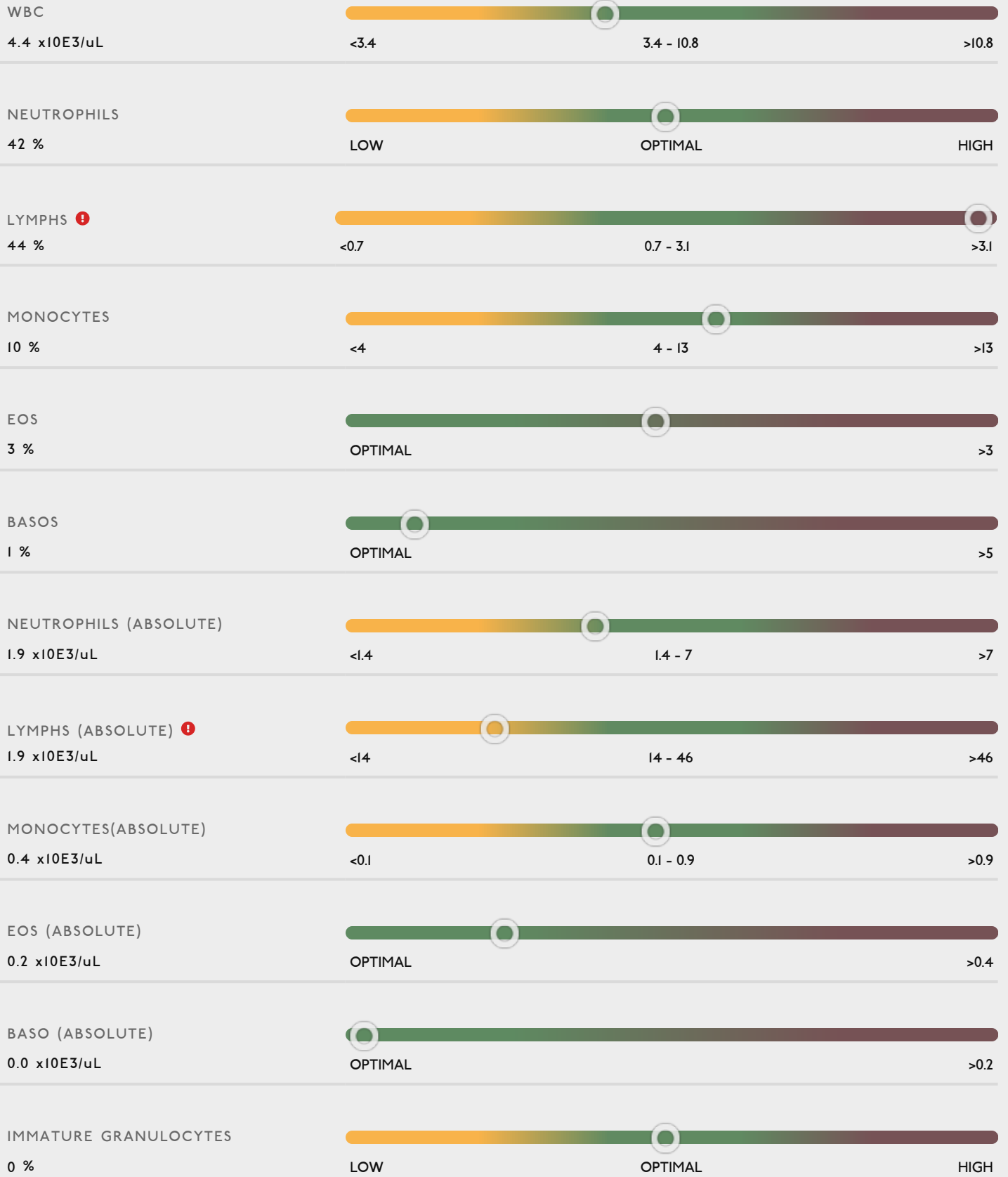
85%

9%

6%

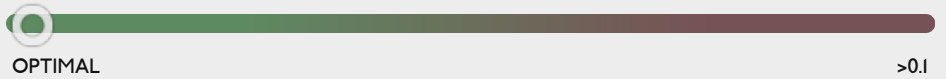
	SUB-OPTIMAL RANGE	4 MARKERS
	OPTIMAL RANGE	40 MARKERS
	HIGH RANGE	3 MARKERS

WBCS



IMMATURE GRANS (ABS)

0.0 x10E3/uL



CBC

RBC

5.38 x10E6/uL



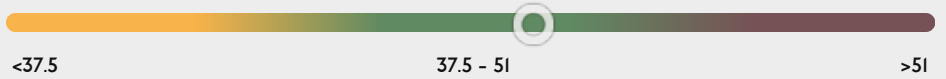
HEMOGLOBIN

15.2 g/dL



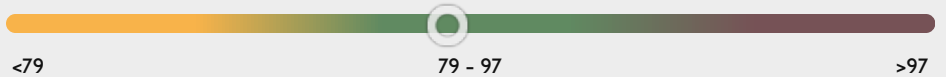
HEMATOCRIT

46.3 %



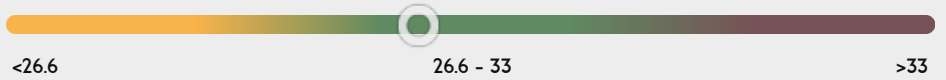
MCV

86 fL



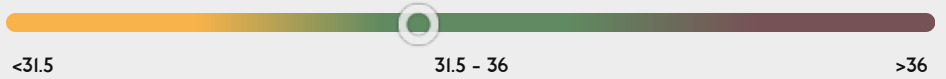
MCH

28.3 pg



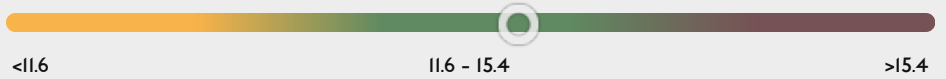
MCHC

32.8 g/dL



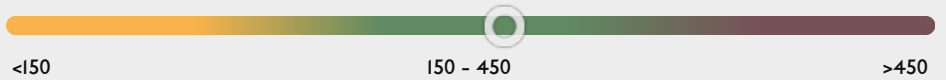
RDW

13.9 %



PLATELETS

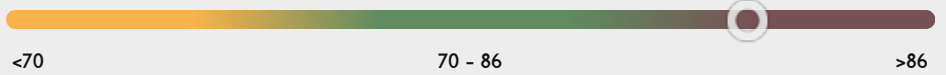
312 x10E3/uL



BLOOD GLUCOSE

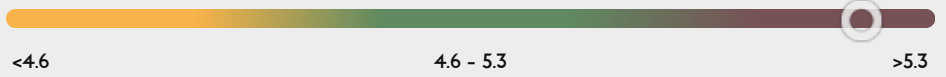
GLUCOSE !

91 mg/dL

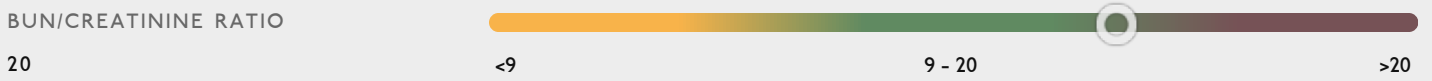
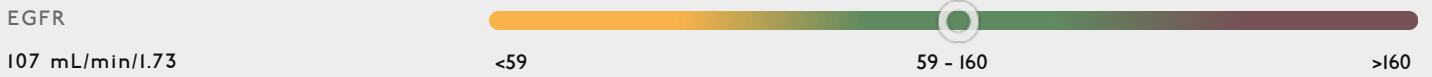
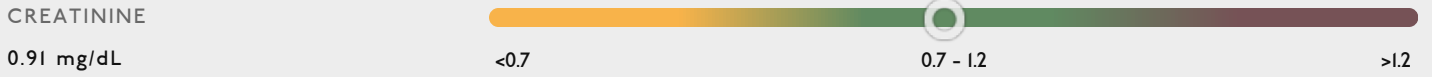
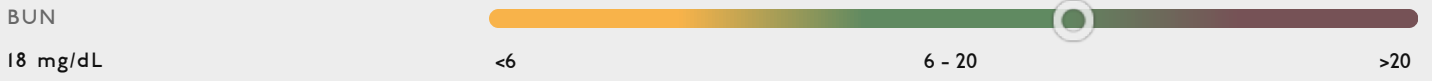


HEMOGLOBIN A1C !

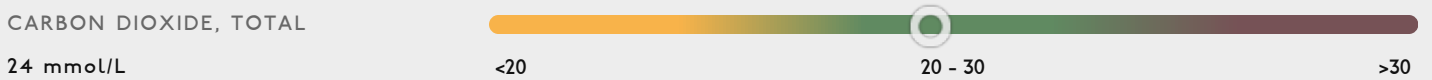
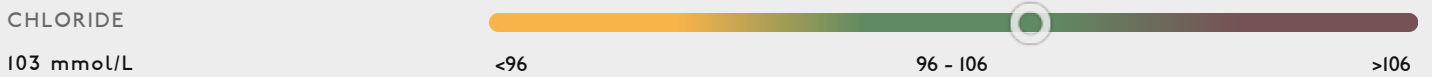
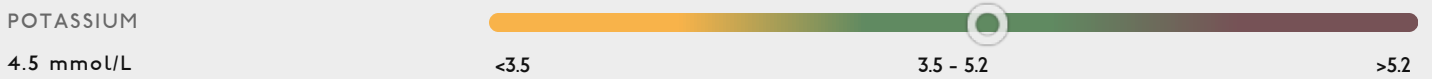
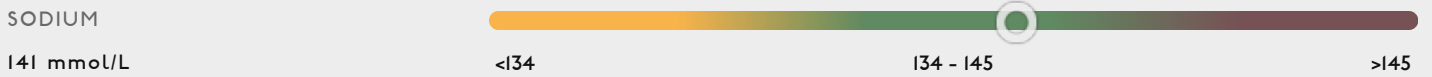
5.8 %



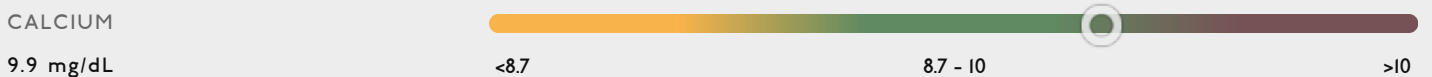
## KIDNEY



## ELECTROLYTES



## MINERALS





## PROTEINS

PROTEIN, TOTAL

7.0 g/dL



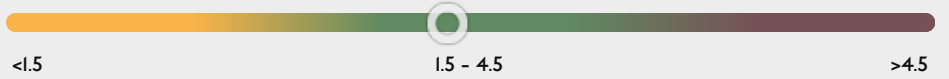
ALBUMIN

4.4 g/dL



GLOBULIN, TOTAL

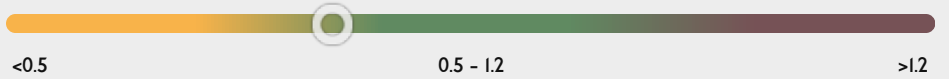
2.6 g/dL



## LIVER AND GB

BILIRUBIN, TOTAL

0.5 mg/dL



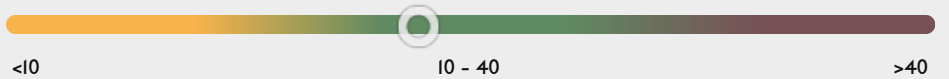
ALKALINE PHOSPHATASE

73 IU/L



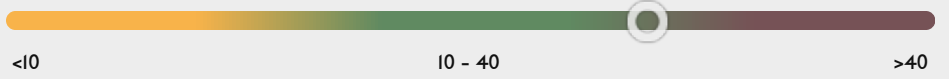
AST (SGOT)

18 IU/L



ALT (SGPT) !

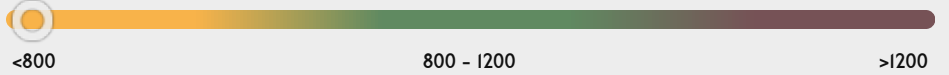
41 IU/L



## HORMONES

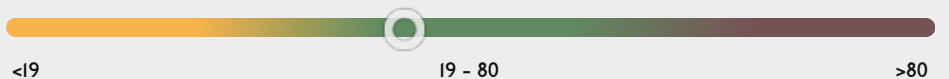
TESTOSTERONE !

349 ng/dL



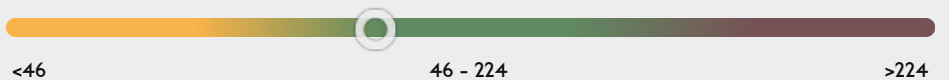
SEX HORM BINDING GLOB, SE

34.2 nmol/L



TESTOST., FREE, CALC

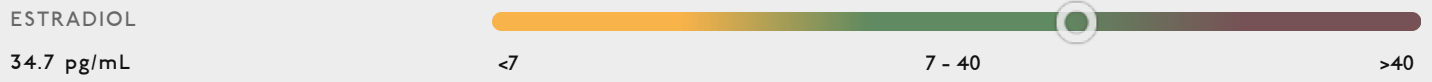
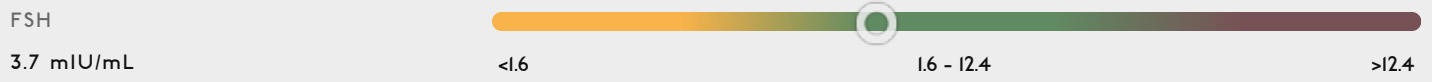
67.5 pg/mL



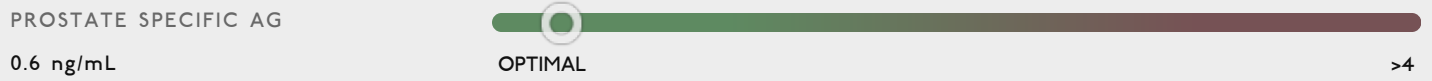
LH

5.7 mIU/mL

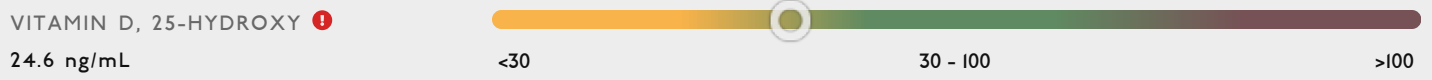




PROSTATE



VITAMINS



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