



regenerus labs  
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# Blood guide



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# About Omnos

Omnos is the first intelligent platform that can cross-analyse and interpret multiple sets of data from different sources to help streamline and improve practitioner-client results. Omnos is dedicated to making health testing more accessible. Since launching their popular range of at-home blood tests in October 2021, their tests have become a firm favourite due to their accessibility and competitive pricing. The panels are available in either finger prick or venous draw, and can be taken to a range of partner clinics and phlebotomists across the UK.

Practitioners can now access Omnos blood tests through the Regenerus platform. The panels have been developed by practitioners, offering up to 59 biomarkers to cover a range of insights.

## Omnos tests

Omnos currently offer the following 9 panels:

→ Wellness

→ Wellness Advanced

→ Wellness Complete

→ Wellness 360 (Male)

→ Wellness 360 (Female)

→ Sex Hormones (Male)

→ Sex Hormones (Female)

→ Fertility + Hormones (Female)

→ Thyroid Complete

Prices quoted are RRP, please reach out to customer service or log in to the Regenerus practitioner portal for trade prices.



**Wellness**  
**£80** - 17 biomarkers



**Wellness Advanced**  
**£95** - 25 biomarkers



**Wellness Complete**  
**£145** - 42 biomarkers  
\*recommended venous draw



**Wellness 360 (Male)**  
**£190** - 59 biomarkers  
\*venous draw only



**Wellness 360 (Female)**  
**£190** - 58 biomarkers  
\*venous draw only



**Sex Hormones (Male)**  
**£95** - 25 biomarkers



**Sex Hormones (Female)**  
**£95** - 24 biomarkers



**Fertility + Hormones (Female)**  
**£135** - 23 biomarkers



**Thyroid Complete**  
**£65** - 11 biomarkers

# How to use Omnos blood tests



Have a look at an Omnos sample report PDF

Omnos blood tests come with an instruction manual, requisition form, plus the relevant vials, lancets or needles, depending on what test you choose. A returns envelope with label, clear sample returns bag with absorbent pad, anti-tamper seal, vial labels, swabs, cleansing wipes and plasters. There will also be a QR code in the kit. When scanned this will take people to our [custom Regenerus registration page](#)

## Finger prick vs venous draw tests

Finger prick involves a small puncture on the fingertip, while venous draw requires inserting a needle into a vein. Finger prick samples collect less blood which limits what can be tested, while venous draw allows for larger sample volumes and more comprehensive laboratory testing. Finger prick is more accessible and can be done from home, while venous draw requires healthcare professionals and often clinical settings.

All finger prick tests go through validating and verifying processes to ensure accuracy and precision. This involves comparing the performance of finger prick testing with venous draw or other established diagnostic methods to assess their correlation and reliability.

On the Regenerus platform you will find both finger prick and venous draw versions on different pages, please ensure you purchase the right one when ordering.

Watch this video to see how a finger prick test is done



## What is the turnaround time?

Delivery is usually 2-3 working days, and once the blood has been returned to the lab, if all components are sent back, the vials are properly labelled, the kit is registered and the blood has not been damaged, the results are usually back within 3 working days, but please allow for up to 10 days.

## How do I send the test back to the lab?

We include a prepaid postage label and envelope or bag. Put the labelled vials and form into the box, then the bag, where you will seal and send back to the lab via a priority post box. **You can find them here.**

Alternatively, you can contact us to help arrange a medical courier which costs from £20.

# What ranges do we use and how do we reason clinical (standard) vs. optimal ranges?

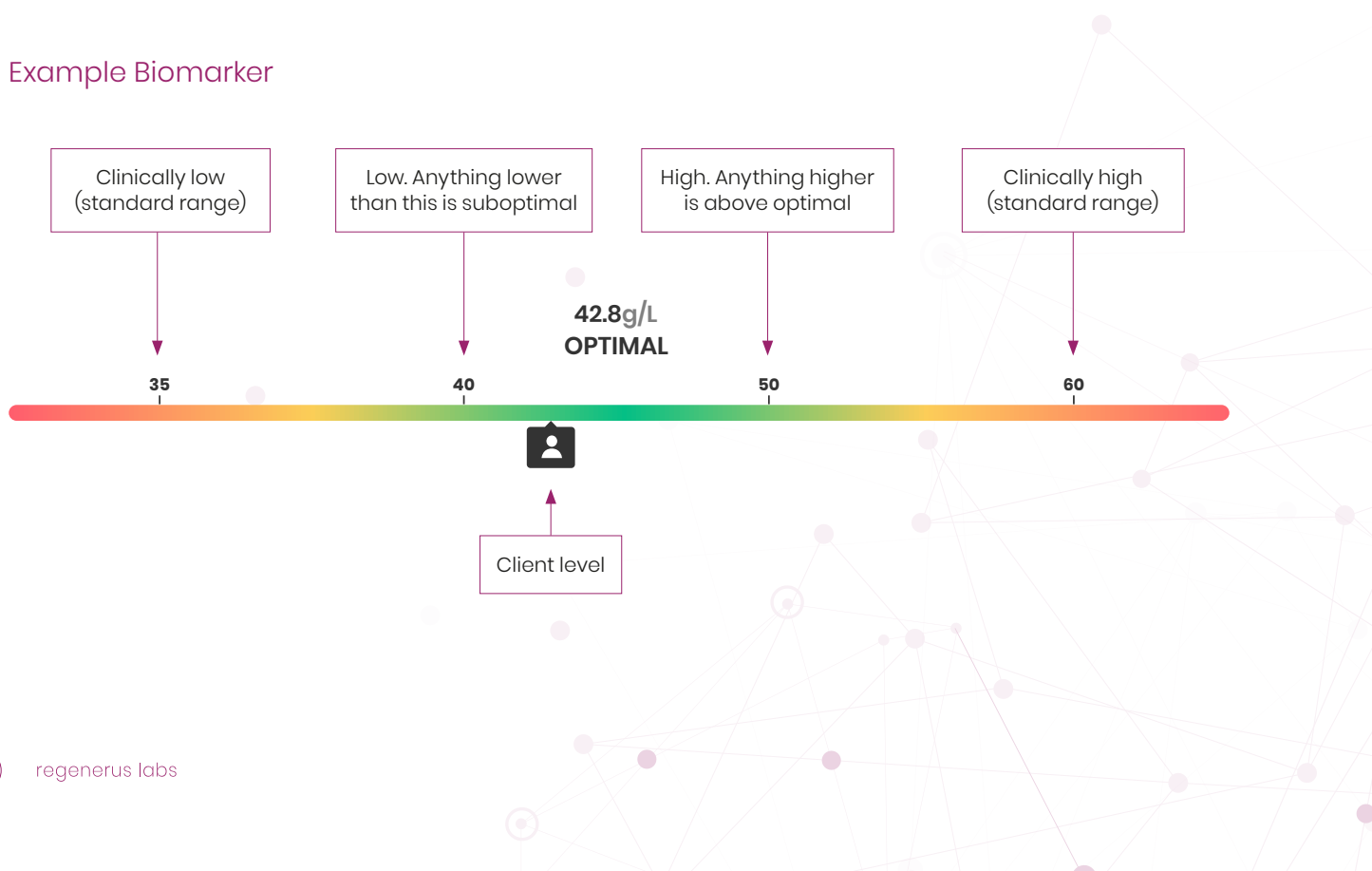
To understand clinical (or standard) ranges vs optimal ranges, it is essential to understand there are many ways of interpreting a set of results, and depending on what your question is will depend on where you start to care about any deviations in the data. The standard use for many of these tests is for clinical diagnosis or looking to see if your markers are out of range and need medical intervention.

The lab will set standard ranges (now referred to as normal ranges) to assess the average range of results from everyone the lab has tested. They exclude those with known clinical diagnoses, but this is an average of a large number of people with no information about their current health and is only useful for detecting disease.

So when asking the question, 'are you sick?' the patterns that are generated by assessing the standard ranges are very useful. However, to assess health and ask the question, 'are you optimally healthy?' they often fall short and are not sensitive enough.

Omnos pulls from existing scientific research to find optimal ranges related to early signs of an issue arising to give a more sensitive marker of when a person's health starts to fail.

## Example Biomarker





# Omnos Comparison Table

The following table shows the biomarkers included in each test. Prices quoted are RRP. To find out trade prices please sign into your Regenerus portal.

	Wellness 360	Wellness Complete	Wellness Advanced	Wellness	Sex Hormones Female	Sex Hormones Male	Fertility+ Hormones	Thyroid
RRP	£190.00	£145.00	£95.00	£80.00	£95.00	£95.00	£135.00	£65.00
Albumin	✓	✓	✓		✓	✓	✓	
ALP	✓	✓	✓					
ALT	✓	✓	✓					
Amylase	✓	✓	✓					
AMH*	✓						✓	
Anti-thyroglobulin Abs	✓						✓	✓
Anti-thyroidperoxidase abs	✓							✓
Basophils	✓	✓						
Cholesterol	✓	✓	✓					✓
Copper	✓	✓	✓					
Cortisol	✓							
Creatinine	✓	✓						
DHEA-Sulphate	✓							
Eosinophils	✓	✓						
Ferritin	✓	✓						
Free T3	✓							
Free T4	✓							
Free Testosterone	✓							
FSH	✓							
GGT	✓	✓						
Globulin	✓	✓						
Haematocrit	✓	✓						
Haemoglobin	✓	✓						
HbA1c	✓	✓						
HDL	✓	✓						
Iron	✓	✓						
LDL	✓	✓						
LH	✓							✓
Lymphocytes	✓	✓						
Magnesium	✓	✓						

	Wellness 360	Wellness Complete
RRP	£190.00	£145.00
Albumin	✓	✓
Anti-thyroglobulin Abs	✓	
Anti-thyroidperoxidase abs	✓	
Basophils	✓	✓
Cholesterol	✓	✓
Copper	✓	✓
Cortisol	✓	
Creatinine	✓	✓
DHEA-Sulphate	✓	
Eosinophils	✓	✓
Ferritin	✓	✓
Free T3	✓	
Free T4	✓	
Free Testosterone	✓	
FSH	✓	
GGT	✓	✓
Globulin	✓	✓
Haematocrit	✓	✓
Haemoglobin	✓	✓
HbA1c	✓	✓
HDL	✓	✓
Iron	✓	✓
LDL	✓	✓
LH	✓	
Lymphocytes	✓	✓
Magnesium	✓	✓

	Wellness 360	Wellness Complete	Wellness Advanced	Wellness	Sex Hormones Female	Sex Hormones Male	Fertility+ Hormones	Thyroid
RRP	£190.00	£145.00	£95.00	£80.00	£95.00	£95.00	£135.00	£65.00
Albumin	✓	✓	✓		✓	✓	✓	
ALP	✓	✓	✓					
ALT	✓	✓	✓					
Amylase	✓	✓	✓					
AMH*							✓	
Anti-thyroglobulin Abs	✓				✓	✓	✓	✓
Anti-thyroidperoxidase abs	✓				✓	✓	✓	✓
Basophils	✓	✓		✓				
Cholesterol	✓	✓	✓		✓	✓	✓	✓
Copper	✓	✓	✓					
Cortisol	✓				✓	✓	✓	
Creatinine	✓	✓	✓					
DHEA-Sulphate	✓				✓	✓	✓	
Eosinophils	✓	✓		✓				
Ferritin	✓	✓	✓					
Free T3	✓				✓	✓	✓	✓
Free T4	✓				✓	✓	✓	✓
Free Testosterone	✓				✓	✓	✓	
FSH	✓				✓	✓	✓	
GGT	✓	✓	✓					
Globulin	✓	✓	✓		✓	✓	✓	
Haematocrit	✓	✓		✓				
Haemoglobin	✓	✓		✓				
HbA1c	✓	✓		✓				
HDL	✓	✓	✓		✓	✓	✓	✓
Iron	✓	✓	✓					
LDL	✓	✓	✓		✓	✓	✓	✓
LH	✓				✓	✓	✓	
Lymphocytes	✓	✓		✓				
Magnesium	✓	✓	✓					



	Wellness 360	Wellness Complete	Wellness Advanced	Wellness	Sex Hormones Female	Sex Hormones Male	Fertility+ Hormones	Thyroid
RRP	£190.00	£145.00	£95.00	£80.00	£95.00	£95.00	£135.00	£65.00
MCH	✓	✓		✓				
MCHC	✓	✓		✓				
MCV	✓	✓		✓				
Monocytes	✓	✓		✓				
MPV	✓	✓		✓				
Neutrophils	✓	✓		✓				
Oestradiol	✓				✓	✓	✓	
Omega 6:3 ratio	✓	✓		✓				
Platelets	✓	✓		✓				
Progesterone	✓				✓	✓	✓	
Prolactin	✓				✓	✓	✓	
PSA*	✓					✓		
RBC	✓	✓		✓				
RDW	✓	✓		✓				
Serum Folate	✓	✓	✓					
SHBG	✓				✓	✓	✓	
T4 Total	✓				✓	✓	✓	✓
Testosterone	✓				✓	✓	✓	
TIBC	✓	✓	✓					
Total Bilirubin	✓	✓	✓					
Total Protein	✓	✓	✓		✓	✓	✓	
Transferrin Saturation	✓	✓	✓					
Triglyceride	✓	✓	✓		✓	✓	✓	✓
TSH	✓				✓	✓	✓	✓
Urea	✓	✓	✓					
Uric acid	✓	✓	✓					
Vitamin B12	✓	✓	✓					
Vitamin D (25 OH)	✓	✓	✓		✓	✓	✓	✓
WBC	✓	✓		✓				
Zinc (serum)	✓	✓	✓					

# Wellness



Look into your clients' full blood count, fatty acid balance, and blood glucose levels.

The Wellness test will investigate how well you are using glucose within your body (blood glucose management) and your potential for inflammation within the circulatory system as well as looking at the balance of fatty acids within the membrane of your red blood cells which helps indicate the health of your red blood cells and predict the risk of insulin resistance.

This test also provides insights into how well you are transporting nutrients around the body and helps investigate if you are suffering from conditions affecting your immune system.

## At a glance:

- ➔ General overview of health
- ➔ Symptoms tested: changes in energy, bloating or gas, frequent illness, blood sugar regulation and anaemia
- ➔ Test type - At home finger prick or venous draw blood sample
- ➔ Biomarkers tested - 17
- ➔ Processing time - 2-3 days

Note: Omega 6:3 ratio marker takes 3 weeks for analysis

## Biomarkers tested

✔ Haematocrit	✔ RDW	✔ Neutrophils
✔ Haemoglobin	✔ RBC	✔ Omega 6:3 ratio
✔ MCH	✔ Basophils	
✔ MCHC	✔ Eosinophils	
✔ MCV	✔ Lymphocytes	
✔ MPV	✔ Monocytes	

# Wellness Advanced



Help identify possible causes of symptoms such as changes in energy, bloating or gas, loose stool, and high or low vitamin and mineral status to improve your overall wellness.

The Wellness Advanced test provides a detailed look at how digestion progresses all the way from the stomach to excretion, including the potential for gastric inflammation and investigating risk factors associated with cardiac health. It also provides insight into energy issues around food, such as feeling fatigued and sleepy after a meal, as well as highlighting the levels of cholesterol in your body.

Get an in-depth analysis of vitamin and mineral status, including Copper, Magnesium, Vitamin D, B9, and B12 status, which can impact many pathways such as mood, energy, and digestion.

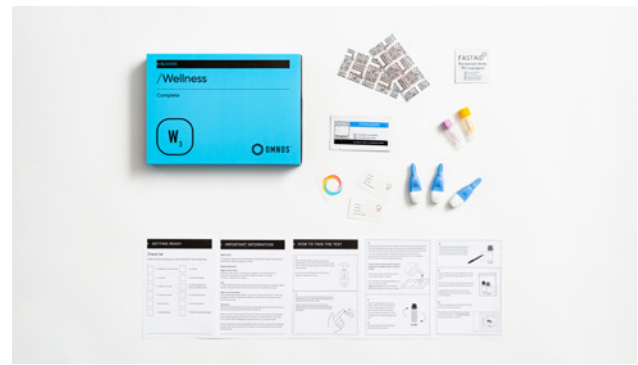
## At a glance:

- ➔ Gain insights into liver, kidney, cardiac, and digestive health, plus an indication of vitamin and mineral status.
- ➔ Test type - At home finger prick or venous draw blood sample
- ➔ Biomarkers tested - 25
- ➔ Processing time - 2-3 days

## Biomarkers tested

<ul style="list-style-type: none"> <li>✔ Albumin</li> <li>✔ ALT</li> <li>✔ Ferritin</li> <li>✔ GGT</li> <li>✔ Iron</li> <li>✔ Uric acid</li> <li>✔ Vitamin B12</li> <li>✔ ALP</li> <li>✔ Amylase</li> <li>✔ Cholesterol</li> <li>✔ Copper</li> </ul>	<ul style="list-style-type: none"> <li>✔ Creatinine</li> <li>✔ Globulin</li> <li>✔ HDL</li> <li>✔ Magnesium</li> <li>✔ Serum Folate</li> <li>✔ TIBC</li> <li>✔ Total Bilirubin</li> <li>✔ Total Protein</li> <li>✔ Transferrin Saturation</li> <li>✔ Triglyceride</li> <li>✔ Urea</li> </ul>	<ul style="list-style-type: none"> <li>✔ LDL</li> <li>✔ Zinc (Blood)</li> <li>✔ Vitamin D (25 OH)</li> </ul>
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# Wellness Complete



The Wellness Complete combines markers found in both Wellness and Wellness Advanced together.

## At a glance:

- ➔ Test type - Venous draw recommended, but also available as finger prick
- ➔ Biomarkers tested - 42
- ➔ Processing time - 2-3 days

Note: Omega 6:3 ratio marker takes 3 weeks for analysis

## Biomarkers tested

✔ Albumin	✔ Vitamin B12	✔ Transferrin Saturation
✔ ALT	✔ ALP	✔ Triglyceride
✔ Ferritin	✔ Amylase	✔ Urea
✔ GGT	✔ Basophils	✔ LDL
✔ Haematocrit	✔ Cholesterol	✔ Omega 6:3 ratio
✔ Haemoglobin	✔ Copper	✔ Eosinophils
✔ Iron	✔ Creatinine	✔ Lymphocytes
✔ MCH	✔ Globulin	✔ Neutrophils
✔ MCHC	✔ HDL	✔ Platelets
✔ MCV	✔ Magnesium	✔ WBC
✔ MPV	✔ Serum Folate	✔ Zinc (Bloods)
✔ RDW	✔ TIBC	✔ Vitamin D (25 OH)
✔ RBC	✔ Total Bilirubin	✔ Monocytes
✔ Uric acid	✔ Total Protein	✔ HbA1c

# Wellness 360 (Male) & Wellness 360 (Female)



The Wellness 360 panels are a combination of the Wellness Complete biomarkers for overall health, vitamin and mineral status, kidney, liver, blood and heart health plus the Sex Hormones and Thyroid panels. The Wellness 360 (Male) provides PSA as the extra marker that's not tested in The Wellness 360 (Female).

## At a glance:

- ➔ Test type - Venous draw blood sample
- ➔ Biomarkers tested - 59 (Male) 58 (Female)
- ➔ Processing time - 2-3 days

Note: Omega 6:3 ratio marker takes 3 weeks for analysis

## Biomarkers tested

<ul style="list-style-type: none"> <li>✔ Albumin</li> <li>✔ ALT</li> <li>✔ Ferritin</li> <li>✔ GGT</li> <li>✔ Haematocrit</li> <li>✔ Haemoglobin</li> <li>✔ Iron</li> <li>✔ MCH</li> <li>✔ MCHC</li> <li>✔ MCV</li> <li>✔ MPV</li> <li>✔ RDW</li> <li>✔ RBC</li> <li>✔ Uric acid</li> <li>✔ Vitamin B12</li> <li>✔ ALP</li> <li>✔ Amylase</li> <li>✔ Basophils</li> <li>✔ Cholesterol</li> <li>✔ Copper</li> </ul>	<ul style="list-style-type: none"> <li>✔ Creatinine</li> <li>✔ Globulin</li> <li>✔ HDL</li> <li>✔ Magnesium</li> <li>✔ Serum Folate</li> <li>✔ TIBC</li> <li>✔ Total Bilirubin</li> <li>✔ Total Protein</li> <li>✔ Transferrin Saturation</li> <li>✔ Triglyceride</li> <li>✔ Urea</li> <li>✔ LDL</li> <li>✔ Omega 6:3 ratio</li> <li>✔ Eosinophils</li> <li>✔ Lymphocytes</li> <li>✔ Neutrophils</li> <li>✔ Platelets</li> <li>✔ WBC</li> <li>✔ Zinc (serum)</li> <li>✔ Vitamin D (25 OH)</li> </ul>	<ul style="list-style-type: none"> <li>✔ Monocytes</li> <li>✔ HbA1c</li> <li>✔ Anti-thyroglobulin Abs</li> <li>✔ Anti-thyroidperoxidase abs</li> <li>✔ Free T3</li> <li>✔ Free T4</li> <li>✔ FSH</li> <li>✔ Prolactin</li> <li>✔ LH</li> <li>✔ T4 Total</li> <li>✔ TSH</li> <li>✔ Cortisol</li> <li>✔ DHEA-Sulphate</li> <li>✔ Oestradiol</li> <li>✔ Testosterone</li> <li>✔ Free Testosterone</li> <li>✔ Vitamin D</li> <li>✔ SHBG</li> <li>✔ Progesterone</li> <li>✔ PSA</li> </ul>
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# Sex Hormones (Male) & Sex Hormones (Female)



Comprehensive analysis of the male and female reproductive hormones and thyroid function that regulate symptoms in relation to changes in libido, sleep, energy, mood, and stress.

## At a glance:

- ➔ Test type - At home finger prick or venous draw blood sample
- ➔ Biomarkers tested - 25 (male) 24 (female)
- ➔ Processing time - 2-3 days

## Biomarkers tested

<ul style="list-style-type: none"> <li>✔ Oestradiol</li> <li>✔ Testosterone</li> <li>✔ Free Testosterone</li> <li>✔ DHEA-Sulphate</li> <li>✔ Vitamin D (25 OH)</li> <li>✔ SHBG</li> <li>✔ Progesterone</li> <li>✔ PSA*</li> <li>✔ Cortisol</li> </ul>	<ul style="list-style-type: none"> <li>✔ FSH</li> <li>✔ LH</li> <li>✔ Prolactin</li> <li>✔ T4 Total</li> <li>✔ TSH</li> <li>✔ Anti-thyroglobulin Abs</li> <li>✔ Anti-thyroid peroxidase Abs</li> <li>✔ Free T3</li> <li>✔ Free T4</li> </ul>	<ul style="list-style-type: none"> <li>✔ LDL</li> <li>✔ HDL</li> <li>✔ Cholesterol</li> <li>✔ Triglyceride</li> <li>✔ Albumin</li> <li>✔ Globulin</li> <li>✔ Total Protein</li> </ul>
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# Fertility + Hormones (Female)



Look into your client's fertility levels and investigate any hormonal imbalances. This test uses the same panel for Sex Hormones + Thyroid, but with the added AMH marker.

## At a glance:

- ➔ Test type - At home finger prick or venous draw blood sample
- ➔ Biomarkers tested - 25
- ➔ Processing time - 2-3 days

## Biomarkers tested

<ul style="list-style-type: none"> <li>✔ Oestradiol</li> <li>✔ Testosterone</li> <li>✔ Free Testosterone</li> <li>✔ DHEA-Sulphate</li> <li>✔ Vitamin D (25 OH)</li> <li>✔ SHBG</li> <li>✔ Progesterone</li> <li>✔ PSA*</li> <li>✔ Cortisol</li> </ul>	<ul style="list-style-type: none"> <li>✔ FSH</li> <li>✔ LH</li> <li>✔ Prolactin</li> <li>✔ T4 Total</li> <li>✔ TSH</li> <li>✔ Anti-thyroglobulin Abs</li> <li>✔ Anti-thyroidperoxidase Abs</li> <li>✔ Free T3</li> <li>✔ Free T4</li> </ul>	<ul style="list-style-type: none"> <li>✔ LDL</li> <li>✔ HDL</li> <li>✔ Cholesterol</li> <li>✔ Triglyceride</li> <li>✔ Albumin</li> <li>✔ Globulin</li> <li>✔ Total Protein</li> <li>✔ Anti-Mullerian Hormone</li> </ul>
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# Thyroid Complete



Get a comprehensive analysis of thyroid function including thyroid regulation, activation, and antibodies to assess full thyroid health and investigate several causes of thyroid-related symptoms.

## At a glance:

- ➔ Symptoms tested: changes in sleep or struggle to get up, extreme weight loss or gain, brain fog and cold
- ➔ Test type - At home finger prick or venous draw blood sample
- ➔ Biomarkers tested - 11
- ➔ Processing time - 2-3 days

## Biomarkers tested

✔ Anti-thyroglobulin Abs	✔ T4 Total	✔ Triglyceride
✔ Anti-thyroid peroxidase Abs	✔ TSH	✔ LDL
✔ Free T3	✔ HDL	✔ Vitamin D (25 OH)
✔ Free T4 (thyroxine)	✔ Cholesterol	

# Omnos Panel – Biomarker Descriptions

## Amylase

### Wellness 360 | Wellness Complete | Wellness Advanced

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Amylase is an enzyme that plays a crucial role in the breakdown of carbohydrates in the body. It is primarily produced in the pancreas and salivary glands and is involved in the process of digesting starch and glycogen into simpler sugars, such as glucose.

Amylase levels can be used as a marker of pancreatic or salivary gland function. High levels of amylase in the blood or urine can also indicate other health issues, such as kidney

disease or gallbladder inflammation. When the pancreas isn't working properly, it can't make as much amylase, so levels will be low.

- ➔ Clinically low: <13 u/l
- ➔ Low: 13–28 u/l
- ➔ Optimal range: 28–53 u/l
- ➔ High: 53–100 u/l
- ➔ Clinically high: >100 u/l

## Albumin

### Wellness 360 | Wellness Complete | Wellness Advanced

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Albumin is a protein produced by the liver that plays a critical role in maintaining various bodily functions. It helps to regulate fluid balance in the body by transporting substances such as hormones, drugs, and nutrients through the bloodstream. Albumin also acts as a buffer, helping to maintain the pH balance of the blood. Additionally, it plays a crucial role in maintaining blood pressure and transporting fatty acids.

Low levels of albumin can indicate liver or kidney damage, malnutrition, or other underlying health issues.

- ➔ Clinical range: 35–60 g/L
- ➔ Optimal range: 40–50 g/L

# AMH (Anti-Mullerian hormone)

## Fertility

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Anti-mullerian hormone (AMH) gives insight to a woman's fertility. In males, AMH is made by the testicles (or testes), which are glands that make sperm and male hormones. In females, AMH is produced by the ovarian follicles and is used as an indication of the

number of remaining viable eggs (ovarian reserve) in women.

- ➔ Clinical range: 4.1-58 pmol/L
- ➔ Optimal: 7.86-28.57 pmol/L

# ALP (Alkaline phosphatase)

## Wellness 360 | Wellness Complete | Wellness Advanced

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ALP is an enzyme found in various tissues throughout the body, including the liver, bones, and intestines. It plays a crucial role in the process of removing phosphate groups from molecules, which is important for a wide range of bodily functions. ALP levels in the blood are commonly used as a marker of liver or bone disease, as well as other conditions such as gallstones or certain types of cancer.

Out of range levels of ALP can indicate underlying health issues and may require further medical investigation.

- ➔ Clinically low: >30 IU/L
- ➔ Standard range: 30-130 IU/L
- ➔ Optimal range: 70-100 UI/L
- ➔ Clinically high: >130 UI/L

# ALT (Alanine transaminase)

## Wellness 360 | Wellness Complete | Wellness Advanced

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ALT is an enzyme primarily found in liver cells. It plays a critical role in the metabolism of amino acids, which are the building blocks of proteins. When liver cells are damaged or destroyed, ALT is released into the bloodstream, causing levels of the enzyme to rise.

ALT levels in the blood are commonly used as a marker of liver function. High levels of ALT can also indicate other conditions such as drug toxicity, viral infections, or alcohol abuse.

- ➔ Clinically low: <5 U/L
- ➔ Low: <10 U/L
- ➔ Standard range: 5-50 U/L
- ➔ Optimal range: 10-26 U/L
- ➔ High: >26 U/L
- ➔ Clinically high: >50 U/L

# TgAbs (Anti-thyroglobulin antibodies)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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Anti-thyroglobulin antibodies are proteins produced by the immune system that attack thyroglobulin. Thyroglobulin protein is produced by the thyroid gland and is essential for the production of thyroid hormones.

High levels of TgAbs in the blood may indicate autoimmune thyroid conditions. TgAb testing

is often used as a complementary tool in diagnosing and monitoring thyroid-related health issues.

- ➔ Standard range: 250 IU/mL
- ➔ Optimal range: 20 IU/mL

# TPOAbs (Anti-thyroid peroxidase)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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Anti-thyroid peroxidase antibodies (TPOAbs) are proteins produced by the immune system that attack thyroid peroxidase. Thyroid peroxidasean enzyme produced by the thyroid gland is necessary for the production of thyroid hormones.

Elevated levels of TPOAbs in the blood can be associated with autoimmune thyroid conditions. Testing for TPOAbs is used to assess the risk of future thyroid dysfunction in individuals with TPOAbs.

- ➔ Standard range: 250 IU/mL
- ➔ Optimal range: 34 IU/mL

# Basophils

## Wellness 360 | Wellness Complete | Wellness

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Basophils are a type of white blood cell that plays a role in the immune system's response to inflammation and allergies. They make up a very small percentage of the total white blood cells in the body. Basophils release histamine and other substances in response to allergens and other stimuli, causing symptoms such as itching, swelling, and inflammation.

Basophil counts in the blood are commonly used to diagnose and monitor certain diseases, including allergies, and parasitic infections.

- ➔ Standard range:  $<0.2 \times 10^9$  L
- ➔ Clinical range:  $<0.1 \times 10^9$  L

# Cholesterol

**Wellness 360 | Wellness Complete | Wellness Advanced | Wellness |  
Thyroid Complete | Sex Hormones | Fertility**

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Cholesterol is a type of fat that is essential for many bodily functions. It is a key component of cell membranes and is necessary for the production of hormones, vitamin D, and bile acids that aid in digestion. High levels of cholesterol in the blood can increase the risk of cardiovascular disease.

- ➔ Standard range: 3-5.5 mmol/L
- ➔ Optimal range: 4.14-4.65 mmol/L

# Copper

**Wellness 360 | Wellness Complete | Wellness Advanced**

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Copper is an essential mineral that is important for many bodily functions. It plays a role in the formation of red blood cells, maintenance of healthy bones and connective tissue, and proper functioning of the nervous and immune systems. Copper also acts as an antioxidant, protecting cells from damage caused by free radicals.

Out of range levels of copper in the blood can indicate liver or kidney disease, and malnutrition.

- ➔ Standard range: 10.71-35 umol/L
- ➔ Optimal range: 10.99 - 27.48 umol/L

# Cortisol

**Wellness 360 | Thyroid Complete | Sex Hormones | Fertility**

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Cortisol is a hormone produced by the adrenal glands that is involved in the body's stress response. It helps regulate blood sugar levels, blood pressure, and the immune system's response to inflammation. Cortisol levels naturally fluctuate throughout the day, with higher levels in the morning and lower levels at night.

Out-of-range levels of cortisol in the blood can indicate various health issues, such as adrenal

gland disorders, stress-related conditions, or pituitary gland disorders.

- ➔ Clinically low: <166 nmol/L
- ➔ Low: <275.88 nmol/L
- ➔ Standard range: 166-507 nmol/L
- ➔ Optimal range: 275.88-413.82 nmol/L
- ➔ High: >413.82 nmol/L



# Creatinine

## Wellness 360 | Wellness Complete | Wellness Advanced

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Creatinine is a waste product that is produced by the muscles during normal daily activity. It is filtered out of the blood by the kidneys and excreted in the urine. Measuring creatinine levels in the blood and urine is a common way to evaluate kidney function, as impaired kidney function can lead to an accumulation of creatinine in the blood.

Creatinine levels in the blood can also be used to monitor certain medications and to

diagnose conditions such as kidney disease or muscle disorders. Note that a lot of exercise can elevate levels.

- ➔ Standard range: male: 59-104  $\mu\text{mol/L}$  / female: 45-97  $\mu\text{mol/L}$
- ➔ Optimal range: male: 70-97  $\mu\text{mol/L}$  / female: 52-84  $\mu\text{mol/L}$

# DHEA-S (Dehydroepiandrosterone sulphate)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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DHEA-S is a hormone produced by the adrenal glands. It serves as a precursor to the sex hormones oestrogen and testosterone. DHEA-S levels in the blood can be used to assess adrenal gland function and may be used to look into conditions such as adrenal insufficiency, polycystic ovary syndrome, and infertility.

- ➔ Standard range - male: 4.34-20  $\mu\text{mol/L}$  / female: 0.96-12  $\mu\text{mol/L}$
- ➔ Optimal range - male: 9.5-18.73  $\mu\text{mol/L}$  / female: 7.42-10.53  $\mu\text{mol/L}$

# Eosinophils

## Wellness 360 | Wellness Complete | Wellness

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Eosinophils are a type of white blood cell. They play a role in the immune system's response to allergic reactions, parasitic infections, and other inflammatory conditions. Eosinophils release chemical substances that can damage tissues and attack invading organisms.

Elevated eosinophil counts in the blood can indicate allergic or parasitic diseases, while low counts can be a sign of certain infections or autoimmune disorders.

- ➔ Standard range:  $<0.4 \times 10^9 \text{ L}$
- ➔ Optimal range:  $<0.3 \times 10^9 \text{ L}$

# Ferritin

## Wellness 360 | Wellness Complete | Wellness Advanced

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Ferritin levels can be affected by various factors, including diet, inflammation, and certain diseases.

- ➔ Clinically low: <10 ug/L
- ➔ Low: <30 ug/L
- ➔ Standard range: 10-400 ug/L
- ➔ Optimal range: 30-70 ug/L
- ➔ High: >70 ug/L
- ➔ Clinically high: >400 ug/L

# Free T3 (triiodothyronine)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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Free T3 is a hormone produced by the thyroid gland. It plays a role in regulating metabolism, body temperature, and other bodily functions. Free T3 is the active form of T3 that is not bound to proteins in the blood, allowing it to freely circulate throughout the body and be available for use by cells.

Measuring Free T3 levels in the blood can be used to evaluate thyroid function and diagnose conditions such as hypothyroidism or hyperthyroidism.

- ➔ Standard range: 3.1 - 6.8 pmol/L
- ➔ Optimal range: 4.61 - 5.38 pmol/L

# Free T4 (thyroxine)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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Free T4 is a hormone produced by the thyroid gland. It plays a role in regulating metabolism, growth, and other bodily functions. Free T4 is the active form of T4 that is not bound to proteins in the blood, allowing it to freely circulate throughout the body and be available for use by cells.

Measuring Free T4 levels in the blood can be used to evaluate thyroid function and diagnose conditions such as hypothyroidism or hyperthyroidism.

- ➔ Standard range: 12-22 pmol/L
- ➔ Optimal range: 12.87-19.3 pmol/L

# Free Testosterone

## Wellness 360 | Sex Hormones | Fertility

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Free testosterone is a hormone and form of testosterone in the blood that is not bound to proteins, allowing it to freely circulate throughout the body and interact with cells. It plays a key role in sexual development, fertility, and overall health.

Measuring free testosterone levels in the blood can be used to diagnose conditions such as hypogonadism, polycystic ovary syndrome,

or infertility. It can also be used to monitor testosterone replacement therapy and assess the risk of certain health conditions, such as osteoporosis or cardiovascular disease.

- ➔ Clinical range - male: 0.2-1 nmol/L / female: 0.003-0.03 nmol/L
- ➔ Optimal - male: 0.52-0.78 nmol/L / female: 0.0113-0.0222 nmol/L

# FSH (follicle-stimulating hormone)

## Wellness 360 | Sex Hormones | Fertility

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FSH is a hormone produced by the pituitary gland. It plays a key role in sexual development and reproduction. In women, FSH stimulates the growth and development of follicles in the ovaries, which release eggs during ovulation. In men, FSH stimulates the production of sperm in the testes.

Measuring FSH levels in the blood can be used to diagnose conditions such as infertility, pituitary gland disorders, and menopause.

- ➔ Clinical range: male: 1.5-8.6 IU/L / female: 1.7-15 IU/L
- ➔ Optimal: male: 1.6-8 IU/L / female: 5-7 IU/L

# GGT (gamma-glutamyl transferase)

## Wellness 360 | Wellness Complete | Wellness Advanced

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GGT is an enzyme that is mainly found in the liver but is also present in other organs such as the pancreas and kidneys. It plays a role in the metabolism of drugs and other substances in the body.

Elevated GGT levels in the blood can indicate liver damage, alcohol consumption, or other health conditions. Measuring GGT levels can

be used as a diagnostic marker for these conditions and to monitor treatment progress.

- ➔ Clinical range: 5-36 U/L
- ➔ Optimal range: 10-17 U/L

# Globulin

**Wellness 360 | Wellness Complete | Wellness Advanced | Sex Hormones | Fertility**

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Globulins are a group of proteins found in the blood that play a variety of roles in the body. It plays a role in transporting hormones and other molecules, aiding in immune function, and helping to regulate blood clotting.

Measuring globulin levels in the blood can be used to evaluate overall protein levels

in the body linked to low stomach acid levels. It is also associated with infections or inflammation in the body.

- ➔ Clinical range: 19-35 g/L
- ➔ Optimal range: 24-28 g/L

# Haematocrit

**Wellness 360 | Wellness Complete | Wellness**

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Haematocrit is a measure of the volume of red blood cells in the blood, expressed as a percentage of the total blood volume. Haematocrit plays a critical role in the body by determining the oxygen-carrying capacity of the blood. Red blood cells, which make up the majority of haematocrit, contain haemoglobin, a protein that binds to oxygen and carries it from the lungs to the body's tissues.

Haematocrit can indicate anaemia, dehydration, and other conditions. A low

haematocrit level can indicate a decreased number of red blood cells, which can lead to fatigue, shortness of breath, and other symptoms. A high haematocrit level can indicate an increased number of red blood cells, which can increase the risk of blood clots and other health issues.

- ➔ Clinical range: male: 0.38-0.5 L/L / female: 0.35-0.47 L/L
- ➔ Optimal range: male: 0.4-0.48 L/L / female: 0.37-0.44 L/L

# Haemoglobin

**Wellness 360 | Wellness Complete | Wellness**

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Haemoglobin is a protein found in red blood cells. It plays a critical role in transporting oxygen from the lungs to the rest of the body. It binds to oxygen in the lungs and releases it in the tissues where it is needed for energy production.

Measuring haemoglobin levels in the blood can be used to evaluate overall blood health. Low levels may be associated with Anaemia.

- ➔ Clinical range: male: 130-170 g/L / female: 120-160 g/L
- ➔ Optimal range: male: 140-150 g/L / female: 135-145 g/L

# HbA1c (glycated haemoglobin)

**Wellness 360 | Wellness Complete | Wellness**

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HbA1c is a blood test that measures the average level of glucose (sugar) in the blood over the past 2-3 months. It does this by measuring the percentage of haemoglobin (a protein in red blood cells that carries oxygen) that is coated with glucose. The higher the blood sugar level over the previous 2-3 months, the higher the percentage of haemoglobin that is coated with glucose.

It is an important monitoring tool for blood sugar control in people with type 2 diabetes and in people who are at risk.

- ➔ Clinical range: 20-42 mmol/mol
- ➔ Optimal range: 27-37 mmol/mol

# HDL (high-density lipoprotein)

**Wellness 360 | Wellness Complete | Wellness Advanced |  
Thyroid Complete | Sex Hormones | Fertility**

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HDL is often referred to as the “good” cholesterol.

It helps remove excess cholesterol from the blood and transports it to the liver for processing and removal from the body. HDL also has anti-inflammatory and antioxidant properties that help protect against heart disease and other health conditions.

Higher levels of HDL are associated with a reduced cardiovascular risk, while low levels of HDL can increase the risk.

- ➔ Clinical range: 1.2-2.2 mmol/L
- ➔ Optimal: 1.42-1.81 mmol/L

# Iron

**Wellness 360 | Wellness Complete | Wellness Advanced**

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Iron is an essential mineral that plays a critical role in various bodily functions. It is primarily responsible for producing haemoglobin, a protein found in red blood cells that carries oxygen throughout the body.

Iron also plays a crucial role in the immune system, cognitive function, and energy

metabolism. Lower iron levels in the blood may contribute to the indication of iron-deficiency anaemia and other negative health conditions.

- ➔ Clinical range: 5.8-34.5 umol/L
- ➔ Optimal: 15.22-23.27 umol/L

# LDL (low-density lipoprotein)

**Wellness 360 | Wellness Complete | Wellness Advanced |  
Thyroid Complete | Sex Hormones | Fertility**

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LDL is often referred to as the “bad” cholesterol. It can contribute to the buildup of plaque in the arteries under specific immune and inflammatory conditions. This increases the risk of heart disease and stroke.

High levels of LDL in the blood can lead to the formation of fatty deposits in the blood vessels, which can narrow and harden them over time, reducing blood flow to vital organs.

- ➔ Clinical range: 1-3.45 mmol/L
- ➔ Optimal: 2.07-2.59 mmol/L

# LH (luteinizing hormone)

**Wellness 360 | Thyroid Complete | Sex Hormones | Fertility**

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LH is a hormone that plays a crucial role in reproductive health.

In women, LH triggers ovulation, which is the release of an egg from the ovary. In men, LH stimulates the production of testosterone in the testes.

Measuring LH levels in the blood or urine can indicate infertility, polycystic ovary syndrome,

and menopause in women. Abnormal levels of LH can also be indicative of other health conditions, such as pituitary gland disorders in men and women.

- ➔ Clinical range: male: 1-13 IU/L / female: 1-20 IU/L
- ➔ Optimal: male: 1.5-9.3 IU/L / female: 5-12 IU/L

# Lymphocytes

**Wellness 360 | Wellness Complete | Wellness**

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Lymphocytes are a type of white blood cell that plays a crucial role in the immune system.

They are responsible for recognizing and attacking foreign invaders, such as viruses, bacteria, and cancer cells. There are two main types of lymphocytes: B cells and T cells, each with its unique function in the immune response.

Measuring lymphocyte levels in the blood can be associated with various infections, and other conditions.

- ➔ Clinical range: 0.95-3.65 x10<sup>9</sup> L
- ➔ Optimal range: 1.2-3.1 x10<sup>9</sup> L



# Magnesium

## Wellness 360 | Wellness Complete | Wellness Advanced

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Magnesium is an essential mineral that plays a crucial role in numerous bodily functions.

It is involved in energy metabolism, muscle and nerve function, protein synthesis, and the regulation of blood pressure, among others.

Magnesium also supports bone health and is necessary for the proper functioning of the cardiovascular and immune systems.

A deficiency in magnesium can cause various health issues, including muscle cramps, headaches, and heart rhythm abnormalities. Adequate dietary intake or supplementation of magnesium is essential for optimal health.

➔ Clinical range: 0.7-1.2 mmol/L

➔ Optimal: 0.91-1.04 mmol/L

# MCH (mean corpuscular haemoglobin)

## Wellness 360 | Wellness Complete | Wellness

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MCH is a measure of the average amount of haemoglobin (the oxygen-carrying protein in red blood cells) in each red blood cell. It is typically measured as part of a complete blood count (CBC) and is another method of assessing the ability of RBC to carry oxygen.

MCH can be used to monitor various types of anaemia, a condition in which the body

does not have enough red blood cells or haemoglobin to carry oxygen to the body's tissues. Changes in MCH levels can also indicate underlying health conditions such as iron deficiency.

➔ Clinical range: 27-33 pg

➔ Optimal: 28-31.9 pg

# MCHC (mean corpuscular haemoglobin concentration)

## Wellness 360 | Wellness Complete | Wellness

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MCHC is a measure of the concentration of haemoglobin in a given volume of red blood cells. It is typically measured as part of a complete blood count (CBC) and is another method of assessing the ability of RBC to carry oxygen.

MCHC can be used to monitor various types of anaemia, such as hemolytic anaemia or sickle cell disease. Changes in MCHC levels can also indicate underlying health conditions such as liver disease or alcoholism.

➔ Clinical range: 300-360 g/L

➔ Optimal: 320-350 g/L

# MCV (mean corpuscular volume)

## Wellness 360 | Wellness Complete | Wellness

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MCV is a measure of the average size of red blood cells. It is typically measured as part of a complete blood count (CBC) and is another method of assessing the ability of RBC to carry oxygen.

MCV can be used to monitor various types of anaemia, a condition in which the body does not have enough red blood cells or

haemoglobin to carry oxygen to the body's tissues. Changes in MCV levels can also indicate underlying health conditions such as vitamin B12 or folate deficiency.

- ➔ Clinical range: 81-98 fl
- ➔ Optimal: 82-89.9 fl

# Monocytes

## Wellness 360 | Wellness Complete | Wellness

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Monocytes are a type of white blood cell that play an important role in the immune system's defence against infection and disease. They are produced in the bone marrow and are part of the body's innate immune response. Monocytes are able to differentiate into macrophages and dendritic cells, which are important in engulfing and destroying foreign particles, such as bacteria and viruses.

Elevated levels of monocytes in the blood can be a sign of infection and inflammation.

- ➔ Clinical range: 0.2-1 x10<sup>9</sup> L
- ➔ Optimal: 0.28-0.58 x10<sup>9</sup> L

# MPV (mean platelet volume)

## Wellness 360 | Wellness Complete | Wellness

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MPV is a measure of the average size of platelets in the blood. Platelets are small, colourless blood cells that are important in blood clotting. MPV levels are typically measured as part of a complete blood count (CBC) and can be used to diagnose and monitor various bleeding and clotting disorders.

High MPV levels can indicate an increased risk of blood clotting, while low MPV levels can indicate a risk of bleeding disorders

- ➔ Clinical range: 7-13 fl
- ➔ Optimal: 9.6-10.4 fl

# Neutrophils

## Wellness 360 | Wellness Complete | Wellness

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Neutrophils are a type of white blood cell that play a crucial role in the immune system's response to infection and injury.

They are produced in the bone marrow and are the most abundant type of white blood cell in the bloodstream. Neutrophils are able to identify and engulf foreign particles, such as bacteria and viruses, and then destroy them using special enzymes and chemicals.

Elevated levels of neutrophils in the blood can be a sign of infection or inflammation.

➔ Clinical range:  $1.9-7.5 \times 10^9$  L

➔ Optimal:  $2-4.2 \times 10^9$  L

Note: Omega 6:3 ratio marker takes 3 weeks for analysis

# Oestradiol

## Wellness 360 | Sex Hormones | Fertility

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Oestradiol is a hormone that plays a crucial role in the development and maintenance of female reproductive organs and secondary sexual characteristics. "It is a type of oestrogen hormone that is primarily produced by the ovaries in women, as well as in smaller amounts by the testes in men. Oestradiol is involved in regulating the menstrual cycle, supporting pregnancy, and maintaining bone density in women. In men it plays a role in sexual function and libido, cognitive function, cardiovascular as well as bone health.

Abnormal levels of oestradiol can lead to a range of health issues, including infertility, cardiovascular disease, weight control issues and osteoporosis.

➔ Clinical range: male: 41-159 pmol/L / female: 82-1461 pmol/L

➔ Optimal: male: 73.42-110.13 pmol/L / female: 550-1284 pmol/L

# Omega 6:3 ratio

## Wellness 360 | Wellness Complete | Wellness

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The Omega 6:3 ratio is a measure of the relative levels of omega-6 and omega-3 fatty acids in the body. Both types of fatty acids are essential for human health, but they must be consumed in the right balance to support optimal health.

A diet with a high ratio of omega-6 to omega-3 fatty acids has been linked to

increased inflammation and a higher risk of chronic diseases, such as heart disease, cancer, and autoimmune disorders. Omega 6:3 ratio can also indicate recovery for performance athletes

➔ Clinical range: 1-8

➔ Optimal: 1.5-3

# Platelets

## Wellness 360 | Wellness Complete | Wellness

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Platelets are small, colourless blood cells that play a crucial role in blood clotting. When a blood vessel is damaged, platelets rapidly aggregate at the site of injury to form a plug that helps to stop bleeding. Platelets also release chemicals that activate the clotting system and promote the healing process.

Out of range platelet function or count can result in bleeding disorders or clotting disorders, which can have serious health consequences.

➔ Clinical range: 150-400  $\times 10^9$  L

➔ Optimal: 155-185  $\times 10^9$  L

# Progesterone

## Wellness 360 | Sex Hormones | Fertility

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Progesterone is a hormone primarily produced by the ovaries in women and the testes in men, as well as the adrenal glands. In women, progesterone helps prepare the uterus for pregnancy and supports foetal development during early pregnancy. In men, progesterone is a precursor to other hormones like testosterone, helps regulate the immune system and may be involved in sperm function. Additionally, in both men and women, progesterone helps regulate mood and promotes overall well-being.

Low levels of progesterone in women can cause irregular menstrual cycles, difficulty becoming pregnant, and may increase the risk of miscarriage. In men, low progesterone levels may lead to erectile dysfunction, decreased libido, and contribute to infertility.

➔ Clinical range: male: 0.4-4.13 nmol/L / female: 5.82-75.9 nmol/L

➔ Optimal: male: 0.85-3.18 nmol/L / female: 47.7-68.37 nmol/L

# Prolactin

## Wellness 360 | Sex Hormones | Fertility

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Prolactin is a hormone produced by the pituitary gland in the brain, and it is essential for lactation and milk production in women after childbirth.

Prolactin is a hormone that regulates the reproductive system, menstrual cycle, and fertility by contributing to oestrogen and progesterone production. It counteracts stress by promoting relaxation and reducing anxiety, while also enhancing natural killer cells activity to modulate the immune system. Prolactin has anxiolytic effects and may have antidepressant effects by increasing dopamine release.

High levels of prolactin in non-pregnant women can lead to irregular menstrual periods, infertility, decreased libido, and breast discharge. In men, high prolactin levels can also cause erectile dysfunction and reduced sperm count.

- ➔ Clinical range: male: 42.55–382.97 mU/L / female: 63.83–496 mU/L
- ➔ Optimal: male: 86–324mU/L / female: 102–382.97mU/L

# PSA (Prostate-specific antigen)

## Wellness 360 Male | Sex Hormones Male

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Prostate-specific antigen (PSA) is a protein produced by the prostate gland in men. It is primarily used as a screening test for prostate inflammation and cancer.

Elevated levels of PSA in the blood may indicate prostate inflammation or cancer, although other factors such as age, prostate size, and infections can also affect PSA levels.

- ➔ Clinical range: <4 ng/mL
- ➔ Optimal: <2 ng/mL

# RBC (Red blood cells)

## Wellness 360 | Wellness Complete | Wellness

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RBC's, also known as erythrocytes, are the most common type of blood cell in the body. They are responsible for transporting oxygen from the lungs to the body's tissues and removing carbon dioxide from the tissues and transporting it to the lungs to be exhaled. RBCs are produced in the bone marrow and contain haemoglobin, a protein that binds to oxygen and gives the cells their red colour.

Out of range RBC count or function can indicate various medical conditions, such as anaemia, blood disorders, dehydration or poor circulation.

- ➔ Clinical range: male:  $4.2-5.8 \times 10^{12} \text{ L}$  / female:  $3.8-5.8 \times 10^{12} \text{ L}$
- ➔ Optimal: male:  $4.4-4.93 \times 10^{12} \text{ L}$  / female:  $3.9-4.5 \times 10^{12} \text{ L}$

# RDW (Red Cell Distribution Width)

## Wellness 360 | Wellness Complete | Wellness

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RDW is a measure of the variation in the size of red blood cells. It is calculated by measuring the width of the distribution curve of red blood cells. The RDW test is often used in combination with other blood tests to help diagnose certain types of anaemia.

A high RDW value may indicate that the red blood cells are varying in size, which can be caused by various conditions, including iron deficiency anaemia, vitamin B12 deficiency, and folic acid deficiency.

- ➔ Clinical range: 11.5-14.4%
- ➔ Optimal: 11.7-13%

# Serum Folate

## Wellness 360 | Wellness Complete | Wellness Advanced

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Serum folate is a blood test that measures the amount of folate, a B-vitamin essential for the formation of red blood cells and DNA synthesis, in the bloodstream. Adequate levels of serum folate are necessary for normal growth and development, especially during pregnancy, and deficiency can lead to anaemia and birth defects.

The test is typically used to monitor folate deficiency and the effectiveness of folate supplements or dietary changes. Serum folate levels may be affected by medications, malnutrition, alcoholism, and certain medical conditions.

- ➔ Clinical range: 8.83-60.8 nmol/L
- ➔ Optimal; 33.99-56.65 nmol/L

# SHBG (Sex hormone-binding globulin)

## Wellness 360 | Sex Hormones | Fertility

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SHBG is a protein made by the liver that binds to sex hormones such as testosterone and oestrogen in the bloodstream. It regulates the levels of free, unbound hormones by binding to them and making them inactive. The amount of SHBG in the blood can affect the amount of available hormones.

High levels of SHBG can lead to lower levels of free testosterone, while low levels of SHBG can lead to higher levels of free testosterone. SHBG levels can be affected by factors such as age, gender, metabolic dysregulation and certain medical conditions.

- ➔ Clinical range: male: 18.3-54.1 nmol/L / female: 27.1-128 nmol/L
- ➔ Optimal: male: 30-40 nmol/L / female: 60-80 nmol/L

# T4 (Thyroxine) Total

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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T4 Total is a blood test that measures the total amount of thyroxine (T4) hormone in the blood, including both free T4 and T4 that is bound to proteins in the blood. T4 is produced by the thyroid gland and is important for regulating metabolism, growth, and development in the body.

Out of range levels of T4 Total can indicate thyroid dysfunction, such as hypothyroidism or hyperthyroidism. However, it is important to also measure free T4 and other thyroid hormones for a complete assessment of thyroid function.

- ➔ Clinical range: 66-181 nmol/L
- ➔ Optimal range: 72.22-153.15 nmol/L

# Testosterone

## Wellness 360 | Sex Hormones | Fertility

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Testosterone is a hormone that plays a vital role in the development and maintenance of male reproductive tissues and secondary sex characteristics. It is also produced in smaller amounts by females. Testosterone is responsible for the development of muscle mass, bone density, and body hair growth, as well as sex drive and the production of sperm. In addition, testosterone is important for maintaining overall health, including maintaining mood, cognitive function, and cardiovascular health.

Out of range testosterone levels can lead to various health problems, such as infertility, erectile dysfunction, and osteoporosis.

- ➔ Clinical range: male: 8.64-35 nmol/L / female: 0.101-1.56 nmol/L
- ➔ Optimal range: male: 24.27-31.2nmol/L / female: 1.21-1.42nmol/L

# TIBC (Total Iron Binding Capacity)

## Wellness 360 | Wellness Complete | Wellness Advanced

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TIBC is a blood test that measures the amount of iron that can be bound by proteins in the blood. Elevated TIBC levels can indicate iron deficiency anaemia or chronic inflammatory conditions, while low TIBC levels may suggest iron overload or hemochromatosis.

TIBC results are often interpreted in conjunction with other iron tests to determine the underlying cause of iron metabolism abnormalities.

- ➔ Clinical range: 44.78-81 umol/L
- ➔ Optimal range: 45-62.68 umol/L

# Total Bilirubin

## Wellness 360 | Wellness Complete | Wellness Advanced

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Total Bilirubin is a blood test that measures the amount of bilirubin, a yellowish pigment that is formed when red blood cells break down, in the blood. It is used to evaluate liver function and screen for liver and gallbladder disease.

High levels of bilirubin can indicate liver disease, such as hepatitis or cirrhosis, or blockage of the bile ducts, while low levels can be associated with anaemia or problems with the breakdown of red blood cells.

- ➔ Clinical range: 3.42-20.52 umol/L
- ➔ Optimal range: 5.13-15.39 umol/L



# Total Protein

**Wellness 360 | Wellness Complete | Wellness Advanced | Sex Hormones | Fertility**

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Total protein is a laboratory test that measures the total amount of protein in the blood.

The test measures two types of protein: albumin and globulin. Albumin is the most common protein in the blood and helps maintain blood volume and blood pressure.

Globulins are a group of proteins that include antibodies, enzymes, and other proteins involved in immune function and blood clotting.

- ➔ Clinical range: 60–80 g/L
- ➔ Optimal range: 69–74 g/L

# Transferrin Saturation

**Wellness 360 | Wellness Complete | Wellness Advanced**

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Transferrin saturation is a measure of the amount of iron that is bound to transferrin in the blood. It is calculated by dividing the serum iron level by the total iron-binding capacity (TIBC) and multiplying by 100.

This test is used to assess how well the body is able to transport and utilize iron.

Low transferrin saturation may indicate iron deficiency, while high transferrin saturation may indicate iron overload or other conditions such as hemochromatosis.

- ➔ Clinical range: 20–50%
- ➔ Optimal: 24–35%

# Triglyceride

**Wellness 360 | Wellness Complete | Wellness Advanced |  
Thyroid Complete | Sex Hormones | Fertility**

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Triglycerides are a type of fat found in the blood that are produced in the liver and also obtained from the diet. They are used as a source of energy by the body.

High levels of triglycerides can increase the risk of developing heart disease and stroke. Triglyceride levels are affected by factors such as diet, physical activity, and genetics.

- ➔ Clinical range: 0.4–1.7 mmol/L
- ➔ Optimal range: 0.7–1 mmol/L

# TSH (Thyroid-stimulating hormone)

## Wellness 360 | Thyroid Complete | Sex Hormones | Fertility

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TSH is a hormone released by the pituitary gland in the brain. It regulates the production of thyroid hormones by the thyroid gland in the neck. TSH levels in the blood are used to assess the functioning of the thyroid gland, which produces hormones that are essential for regulating metabolism, growth, and development in the body.

Out of range TSH levels can indicate an overactive or underactive thyroid gland, which can cause a range of symptoms and health problems.

- ➔ Clinical range: 0.27-4.2 mU/L
- ➔ Optimal: 1.3-3 mU/L

# Urea

## Wellness 360 | Wellness Complete | Wellness Advanced

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Urea is a waste product produced by the liver. It is produced by breaking down proteins and excreted by the kidneys.

Urea is measured in blood tests as an indicator of kidney function. High levels of urea in the blood may indicate reduced kidney function or other conditions that affect

the kidneys, such as dehydration. Urea levels can also be elevated due to excessive protein intake, gastrointestinal issues, or certain medications.

- ➔ Clinical range: 2.5-7.8 mmol/L
- ➔ Optimal range: 3.57-5.71 mmol/L

# Uric acid

## Wellness 360 | Wellness Complete | Wellness Advanced

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Uric acid is a waste product produced by the body when it breaks down purines, which are found in some foods and also occur naturally in the body. It is typically filtered out of the blood by the kidneys and excreted in urine.

Elevated levels of uric acid in the blood can lead to a condition called hyperuricemia, which can cause gout, kidney stones, and other health problems.

- ➔ Clinical range: male: 200-430 umol/L / female: 140-360 umol/L
- ➔ Optimal range: male: 208.18-350.93 umol/L / female: 178.44-327.14 umol/L

# Vitamin B12

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Vitamin B12 is a water-soluble vitamin that plays an important role in many bodily functions and is primarily obtained by animal-based foods. It is involved in the production of red blood cells, DNA synthesis, proper nervous system function, and metabolism of homocysteine, an amino acid that has been

linked to an increased risk of heart disease when present at high levels in the blood. Deficiency can lead to anaemia, neuropathy, and other health problems.

- ➔ Clinical range: 145 - 590.24 pmol/L
- ➔ Optimal range: 332.01-569 pmol/L

# Vitamin D (25 OH)

**Wellness 360 | Wellness Complete | Wellness Advanced |  
Thyroid Complete | Sex Hormones | Fertility**

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Vitamin D (25 OH) is a blood test that measures the level of 25-hydroxyvitamin D in the bloodstream. 25-hydroxyvitamin D is a precursor of the active form of vitamin D, which is essential for maintaining healthy bones, teeth, and muscles. Vitamin D is also involved in regulating the immune system and reducing inflammation. Low levels of vitamin D can lead

to bone disease, including osteoporosis, and may increase the risk of autoimmune diseases, and other health problems.

Vitamin D (25 OH) testing can help to identify deficiencies and guide treatment.

- ➔ Clinical range: 50-300 nmol/L
- ➔ Optimal range: 100-224.64 nmol/L

# WBC (White blood cells)

**Wellness 360 | Wellness Complete | Wellness**

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White blood cells (WBCs) are a type of blood cell that is part of the body's immune system. They help defend the body against infections and foreign invaders. The WBC count is a measure of the total number of white blood cells in the blood.

Out of range WBC count can indicate a wide range of medical conditions, including infections, autoimmune diseases, and allergies. The WBC count is usually measured as part of a complete blood count (CBC) test.

- ➔ Clinical range: 3-10  $\times 10^9$  L
- ➔ Optimal range: 5.5-7.5  $\times 10^9$  L

# Zinc (Bloods)

**Wellness 360 | Wellness Complete | Wellness Advanced**

Zinc is an essential mineral that performs various functions in the body. Zinc plays a crucial role in the immune system, wound healing, and cell growth and division. It also aids in the synthesis of DNA and RNA and the production of proteins and enzymes. Zinc helps maintain healthy skin, hair, and nails and supports normal growth and development during pregnancy, childhood, and adolescence.

Low levels of zinc can lead to impaired immune function, delayed wound healing, and other health problems.

- ➔ Clinical range: 10.7-17.5 umol/L
- ➔ Optimal range: 12.23-15.29 umol/L



# FAQs

## What is the process of working with practitioners?

Omnos blood tests are offered via the Regenerus portal at trade prices, where you can buy other tests, and either buy the tests yourself or set up an order for your client to pay. As a practitioner, you can use the Omnos PDF, which provides more information than a usual lab report. The colour, description, and ranges allow for a more guided and engaging conversation with your client. If you're not already a Regenerus practitioner, sign up [here](#).

We also offer an Omnos portal for further interpretation and complimentary review of results that clients can access. Visit [www.omnos.me](http://www.omnos.me) for further information.

## External laboratory validation

Omnos utilise Eurofin clinical diagnostics. Eurofins is a UKAS-accredited medical laboratory (No. 9256).

Eurofins Clinical Diagnostics UK offers an extensive repertoire of tests run on state-of-the-art analyzers, including, but not limited to, Roche Cobas, Sysmex XN-2000, Stago, Alifax, and Tecan. Methodologies are selected to provide the highest quality of results, and alternative methodologies may be used for confirmatory testing. Details of test methodologies can be found in our UKAS Scope of Accreditation.



### What if I have questions about results?

If you have any questions about the results displayed, you can book a support call with one of our clinical team members to help guide you through the interpretation and next steps. For further information or specific questions please reach out to [info@regeneruslabs.com](mailto:info@regeneruslabs.com). Any further technical issues or questions please contact the Regenerus clinical team or customer service.

### Can more markers be added in the future?

Yes, we are working closely with our labs to be able to offer further biomarkers and add ons.

### Does the blood have to be spun?

No, at present, the markers we selected are suitable for home testing and therefore do not require centrifusion.

### What labs are used and are they certified?

We use Eurofins County Pathology, Surrey, England. The labs follow standards set by UKAS and the Care Quality Commission. Eurofins County Pathology is a UKAS accredited medical laboratory (No. 9256).

### Do you share any information or data?

No, only within the client portal as per client permission.

### Where do you get blood taken?

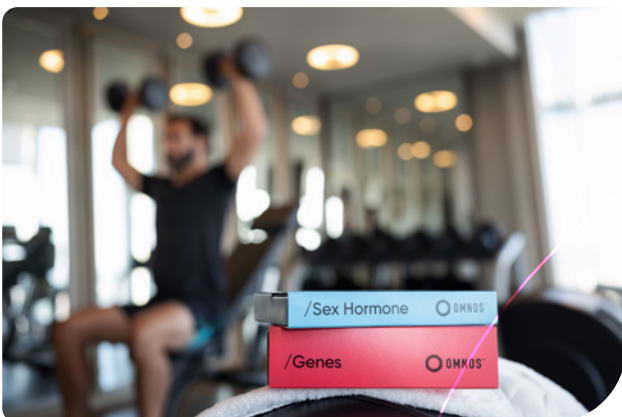
If you have access to a clinic or phlebotomist you can take the blood there for a draw, or use the Omnos or Regenerus directory.

### Why is AMH only available in the Fertility test?

AMH is only available in the fertility test due to the high cost of the single marker. Therefore, we felt when adding it to a general panel it would essentially become a "female tax".

### How do you identify and inform potential chronic disease?

For help with test selection and interpreting patient results our highly trained clinical support specialists are here to help. To book a 15 minute support call please go to the support tab in the Regenerus practitioner portal. Note, unfortunately, our Clinical Support Service isn't available to the general public.







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