



Healthspan Assessment Panel

Key Clinical Messages

What is the Healthspan Assessment Panel?

The Healthspan Assessment Panel evaluates key markers of cardiovascular, endocrine, hepatic, immune, metabolic, and renal health and function. It also assesses markers of inflammation, autoimmunity, and nutrition.

Why Order the Healthspan Assessment Panel?

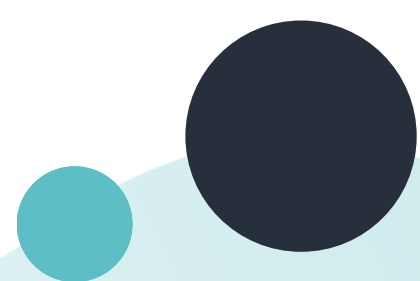
Healthcare providers commonly order this panel for a baseline view of client health. This combination of markers provides insights into various aspects of health, detects potential imbalances or abnormalities, and guides further diagnostic and treatment decisions. It's particularly useful in preventive medicine, managing chronic conditions, and investigating complex health issues.

Which Tests Pair Well with the Healthspan Assessment Panel?

- **CardiaX** – to examine genetic predispositions to various heart conditions and metabolic responses to associated medications
- **Methylation Panel** – to investigate genetic predispositions which could affect methylation pathways
- **Micronutrient Panel** – to optimize nutrient and antioxidant status
- **NutriPro** – to optimize nutrient and antioxidant levels and investigate genetic predisposition towards nutrient deficiency
- **Gut Zoomer** – to investigate digestive insufficiency and malabsorption contributing to micronutrient deficiencies/insufficiencies, dysbiosis patterns (LPS bacterial overgrowth, low Akkermansia muciniphila, etc.), and other drivers of inflammation
- **Wheat Zoomer** – to investigate wheat/gluten sensitivity and intestinal hyperpermeability contributing to inflammation
- **Food Zoomers and Food Sensitivity** – to investigate intact protein sensitivities (Food Sensitivity) and peptide sensitivities (Food Zoomers) contributing to inflammation

Regulatory Statement:

This test has been laboratory developed and their performance characteristics determined by Vibrant America LLC, a CLIA-certified laboratory performing the test CLIA#:05D2078809. The test has not been cleared or approved by the U.S. Food and Drug Administration (FDA). Although FDA does not currently clear or approve laboratory-developed tests in the U.S., certification of the laboratory is required under CLIA to ensure the quality and validity of the tests.





What Markers Are Included on the Healthspan Assessment Panel?

The Healthspan Assessment Panel includes the following markers.

Anemia

- Ferritin
- Iron
- UIBC
- TIBC
- Transferrin
- Transferrin Saturation

Nutrition

- Folate
- Vitamin D, 25-OH
- Vitamin B12

Hormones

- Estradiol
- FSH
- DHEA-S
- LH
- SHBG
- Cortisol
- Testosterone, Total
- Free Testosterone
- Progesterone
- Parathyroid Hormone
- Prolactin
- Dihydrotestosterone
- Pregnenolone

Rheumatoid Arthritis

- RF IgM
- Anti-CCP3 IgG and IgA
- hs-CRP

ANA IFA Panel

Thyroid

- T3 - Triiodothyronine
- T4 - Thyroxine
- Free T3
- Free T4
- TSH
- Anti-TPO
- Reverse T3
- Anti-TG

CBC, Differential, &

Platelets

- WBC
- RBC
- Hemoglobin
- Hematocrit

CBC, Differential, & Platelets, continued

- MCV
- MCH
- MCHC
- RDW - SD
- RDW - CV
- Platelet Count
- Neutrophils
- Lymphocytes
- Monocytes
- Eosinophils
- Basophils
- Immature Granulocytes
- Neutrophil Count
- Lymphocyte Count
- Monocyte Count
- Eosinophil Count
- Basophil Count
- Immature Granulocyte Count
- MPV
- Nucleated RBC Count
- Nucleated RBC %

Reticulocytes

- Reticulocyte Count
- Reticulocyte (%)
- IRF (Immature Reticulocyte Fraction)
- Reticulocyte Hemoglobin

CMP

- Sodium
- Potassium
- Chloride
- Carbon Dioxide
- Glucose (Renal)
- BUN
- Creatinine
- eGFR
- eGFR (African American)
- BUN/Creatinine Ratio
- Calcium
- Albumin
- ALT
- AST
- Bili, Total
- Protein, Total
- Alkaline Phosphatase
- Serum Osmolality

Lipids

- Cholesterol, Total
- LDL Calculation
- HDL Direct
- Cholesterol/HDL Ratio
- Triglycerides

LDL Direct

Apolipoproteins

- Apo A-1
- Apo B
- Apo B: Apo A-1

Inflammation

- PLAC
- Homocysteine
- ox-LDL
- MPO
- hs-CRP

LipoProtein Markers

- sdLDL
- Lp(a)

Glycemic Control

- Glucose (Diabetes)
- Hemoglobin A1C
- Glycated Serum Protein

Insulin Resistance

- Adiponectin
- Ferritin

Beta Cell Function

- Insulin

Other Markers

- Total IgG
- Total IgM
- Total CK
- Uric Acid
- Human IGF-1
- Cystatin C
- GGT
- LDH
- Leptin

Why Vibrant?

Vibrant is a CLIA-certified and CAP-accredited lab. Our Healthspan Assessment Panel technology enables full automation, high sensitivity, and rapid turnaround time.

Which Patients Benefit from This Panel?

- Use the Healthspan Assessment Panel as a baseline assessments for individuals starting a new diet, supplement, exercise, or lifestyle program. After program completion, order the panel again and compare results to determine program efficacy.
- It's also beneficial for patients interested in a preventive approach to optimizing health and promoting longevity.
- Order the panel for patients with chronic or complex health issues to gain comprehensive health insights and guided diagnostic and treatment plans.

Test Prep

Fasting Required: Not required.

Dietary Restrictions: None.

Medication Restrictions: None.



Methodology

Vibrant uses the Cobas Pro, Sysmex XN 1000, Alcor ISED, Molecular Devices - Spectramax, Waters Mass Spectrometry, and Quansys Q-view imager pro analyzers and the following methodologies to measure analytes on the Healthspan Assessment Panel.

- **Ion-Selective Electrode (ISE)** for Chloride, Potassium, Sodium
- **Chip Microarray Chemiluminescence** for Leptin
- **Colorimetric Assay** for Iron, Alkaline Phosphatase, Albumin, Protein Total, Total Bilirubin
- **Colorimetric Test by Reaction with Nitroblue Tetrazolium** for Glycated Serum Protein
- **Direct Determination with FerroZine** for UIBC
- **Electrochemiluminescence Immunoassay "ECLIA"** for Ferritin, Folate, Vitamin B12, 25-OH Vitamin D, Estradiol, Parathyroid Hormone, DHEA-S, SHBG, Cortisol, Progesterone, FSH, LH, Total Testosterone, Prolactin, Insulin, Free T4, Free T3, Total T4, Total T3, TSH, Anti-TPO, Anti-TG, Human IGF-1
- **ELISA** for Anti-CCP3 IgG and IgA, ANA IFA panel
- **Enzymatic Colorimetric** for Cholesterol, Triglycerides, GGT, Uric Acid
- **Enzyme Assay** for PLAC, Homocysteine
- **Homogeneous Enzymatic Assay** for sdLDL
- **Homogeneous Enzymatic Colorimetric Test** for HDL Direct, LDL Direct
- **Immunoturbidimetric Assay** for Transferrin, APO A-1, APO B, RF IgM, Total IgG, Total IgM
- **Kinetic Colorimetric Assay** for Creatinine
- **Latex Enhanced Immunoturbidimetric Assay** for MPO, Adiponectin
- **LC-MS/MS** for Dihydrotestosterone, Pregnenolone, Reverse T3
- **Particle Enhanced Immunoturbidimetric Assay** for hs-CRP, Lp(a), Cystatin C
- **Photometric Measurement** for BUN, Calcium, Total CK
 - **The rate of the NADH oxidation is directly proportional to the catalytic ALT activity. It is determined by measuring the decrease in absorbance** for ALT
 - **The rate of the NADH oxidation is directly proportional to the catalytic AST activity. It is determined by measuring the decrease in absorbance** for AST
 - **The resultant consumption of NADH analog causes a decrease in absorbance, which is proportional to the concentration of bicarbonate in the sample being assayed** for Carbon Dioxide
- **The Sysmex Analyzer performs Hematology Analysis according to the Hydro Dynamic Focusing (DC Detection), Flow Cytometry Method (Semiconductor Laser), and SLS-Hemoglobin Method** for CBC w/ diff and platelets and Reticulocytes
- **Turbidimetric Assay** for oxLDL
- **Turbidimetric Inhibition Immunoassay** for Hemoglobin A1C
- **UV assay - Photometrically Measuring Increase in Absorbance** for LDH
- **UV test - Enzymatic Reference Method with Hexokinase** for Glucose
- **Calculation markers** for Transferrin Saturation, eGFR, BUN/Creatinine Ratio, Serum Osmolality, Cholesterol/HDL Ratio, Apo B: Apo A-1

