



# **Who Will Benefit from the Healthspan Assessment Panel?**

The Healthspan Assessment Panel assesses key markers of cardiovascular (heart & blood vessels), endocrine (hormone), hepatic (liver), renal (kidney), immune, and metabolic health, along with markers of inflammation, autoimmunity, and nutrient status.

By assessing various body systems, this comprehensive approach helps determine overall health and wellness and position you for optimal health and longevity.

# Why is This Test Important?

- Gathering baseline data and retesting allows you to measure how a diet, supplement, exercise, or lifestyle
  program impacts your health and determine its effectiveness.
- Providers commonly order this particular group of markers to gather holistic data about their clients' overall health status.
- The panel assesses various indicators of health, detects potential imbalances or abnormalities, and guides
  further diagnostic and treatment decisions. It is especially useful in preventive medicine, managing chronic
  conditions, and investigating complex health issues.
- Vibrant's Healthspan Assessment Panel includes the following:
  - Markers of nutritional status (e.g., iron, folate, vitamin D, vitamin B12)
  - Markers of blood sugar regulation (e.g., glucose, A1c, glycated serum protein, adiponectin, leptin)
  - Inflammation markers (e.g., hsCRP, ferritin, ox-LDL, homocysteine, MPO, PLAC)
  - Markers of autoimmunity (e.g., rheumatoid factor, anti-nuclear antibodies, anti-TPO)
  - Adrenal and sex hormones (e.g., cortisol, estradiol, testosterone, progesterone)
  - Thyroid hormones (e.g., T3, T4, Free T3, Free T4, TSH, anti-TPO, reverse T3, anti-TG)
  - o Immune cells (e.g., Total IgG, Total IgM, neutrophils, lymphocytes, monocytes, eosinophils, basophils)
  - Metabolic health markers (glucose, carbon dioxide, total protein, alk phos)
  - Hepatic markers (e.g., ALT, AST, GGT, BUN)
  - Renal markers (e.g., cystatin C, eGFR, creatinine)
  - Tissue and muscle damage (e.g., total CK, GGT, LDH)
  - o Cardiovascular markers (e.g., LDL, sdLDL, HDL, TG, Apo A-1, Apo B)



# **The Vibrant Wellness Advantage**

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

Vibrant America Clinical Lab investigated the transferability of the expected values per the FDAapproved test to its patient population to determine its own reference ranges.

# What to Expect from the Test

- 1. Follow our simple instructions to perform this blood test at a blood draw center.
- 2. Before testing:
  - You are not required to fast before your Healthspan Assessment test.
  - Your provider may ask you to discontinue medications or dietary supplements. Speak with your provider to learn more.
- 3. Send the test to our labs for analysis and work with your care provider to understand the results.

### **About Vibrant Wellness**

**Vibrant Wellness** is a leading CLIA-certified and CAP-accredited biotech company based in Santa Clara, CA. We deliver life-transforming lab testing that enables health and wellness providers to discover the root of patient health issues.

We're at the forefront of modern medicine and research, providing personalized health analytics using cutting-edge, high-quality technology. We believe that anyone can achieve better health and vibrant longevity through individualized solutions based on testing—not guessing.



#### **Regulatory Statement**

The general wellness test intended uses relate to sustaining or offering general improvement to functions associated with a general state of health while making reference to diseases or conditions. This test has been laboratory developed and its performance characteristics determined by Vibrant America LLC and Vibrant Wellness, CLIA-certified and CAP-accredited laboratory performing the test. 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.