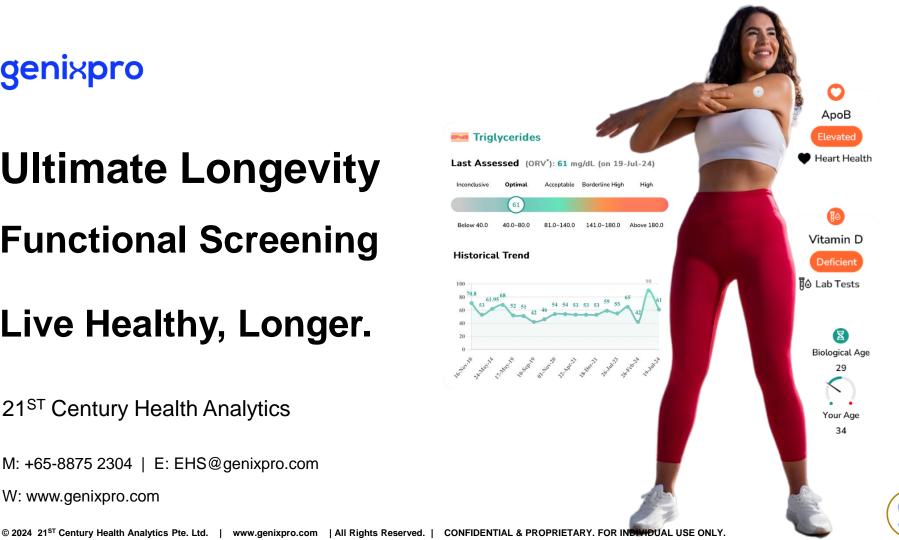
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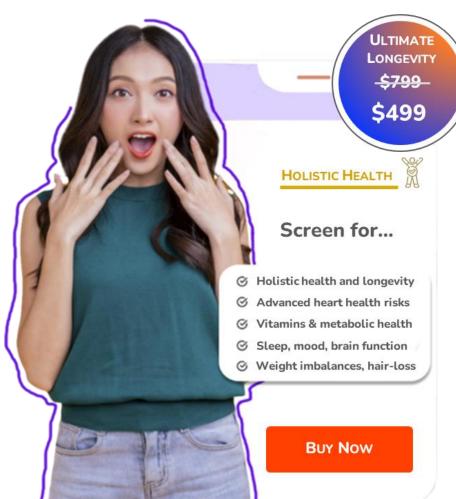
Ultimate Longevity Functional Screening Live Healthy, Longer.

21ST Century Health Analytics

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WHY CHOOSE ULTIMATE LONGEVITY SCREENING?

Our members choose the Ultimate Longevity Screening package in their pursuit to monitor, track, and maximize their holistic health

- ✓ Includes all the most commonly tested lab biomarkers ++
- ✓ APOB, LP(a) and advanced heart health risk biomarkers
- √ Test to optimize sleep, mood, memory and brain function
- ✓ Screen for early cognitive decline, to intervene early
- ✓ Test nutritional deficiencies Vit. D, B12, Folate, Iron, Mg
- ✓ Test for tiredness, low energy, brain fog, poor metabolism
- ✓ Suspect hormonal or thyroid imbalances, menopause or perimenopause, fertility or autoimmune conditions?
- ✓ Determine root cause for weight imbalances or hair loss
- ✓ Prevent colon cancer risk, liver and kidney disorders

ULTIMATE LONGEVITY SCREENING - 100+ BIOMARKERS. ALL-IN-1 TEST

1. HEART HEALTH & LONGEVITY

- Lipoprotein(a) or LP(a)
- · Apolipoprotein B or ApoB
- Total Cholesterol
- · HDL, Non-HDL, LDL Cholesterol
- · Triglycerides
- · Cholesterol Ratio(s)
- High-Sensitivity C-Reactive Protein (hsCRP)

2. ENERGY & METABOLISM

- Glucose (Fasting)
- Hemoglobin A1c or HbA1c
- eAG (Estimated Average Glucose)
- Insulin (Fasting)
- HOMA-IR (Insulin Resistance Screen)

3. VITAMINS & MICRONUTRIENTS

- · Vitamin D
- Vitamin B12
- · Folate (Vitamin B9)
- Homocysteine
- Ferritin
- Magnesium
- Iron
- Iron Binding Capacity (TIBC)
- Transferrin
- Iron Saturation

4. CANCER RISK SCREENING

- · Liver (AFP)
- · Colon (CEA)
- Female: Ovaries (CA125) OR Male: Prostate (PSA)
- Fecal Occult Blood Test

5. HORMONES & FERTILITY

- · Free Triiodothyronine (Free T3)
- Free Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)
- Follicle Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)
- Progesterone
- Prolactin
- Estradiol (E2)
- _____
- Total Testosterone
- Cortisol
- DHEA-Sulfate (DHEAS)

6. KIDNEY FUNCTION

- Urea (or BUN)
- Creatinine
- Estimated Glomerular Filtration Rate
- (eGFR)
- · Sodium, Potassium
- · Chloride, Bicarbonate
- Anion Gap (Acid-Base Imbalances)
 - Urine Microalbumin/Creatinine Ratio

7. LIVER & GALLBLADDER

- Total Bilirubin
- Direct (Conjugated) Bilirubin
- Indirect (Unconjugated) Bilirubin
- Aspartate Aminotransferase (AST)
- Alanine Transaminase (ALT)
- AST/ALT Ratio
 Alkaline Phosphatase (ALP)
- Alkalille i llospilatase (ALI)
- Gamma-glutamyl Transferase (GGT)
 - Total Protein, Albumin, Globulin, A/G Ratio
- FIB-4 Index (Assess Fibrosis Risk)
- Lactate Dehydrogenase (LDH)

8. HEPATITIS RISK SCREENING

- · Hepatitis Bs Antigen (HBsAg)
- · Hepatitis Bs Antibody (HBsAb)
- Hepatitis A Total Antibody

9. BONE & JOINT HEALTH

- Calcium
- Corrected Calcium
- Phosphate
- · Uric Acid (Assess Gout Risk)
- · Rheumatoid Arthritis (RA) Factor

10. BODY MEASUREMENTS | VITALS

- · Height, Weight, BMI, BSA, RMR
- Biological Age, Heart Age
- Blood Pressure (Systolic | Diastolic)

11. BLOOD & IMMUNITY PROFILE

Hemoglobin

(ESR)

- Hematocrit
- Red Blood Cell (RBC) Count
- RBC Indices MCH. MCHC. MCV.
- RDW, Platelet Count
- White Blood Cell (WBC) Count
- Erythrocyte Sedimentation Rate
- Peripheral Blood Film (PBF)
- Absolute & Differential (%) Counts for – Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

12. URINE ANALYSIS

- Urine Color, Appearance, pH and Specific Gravity
 - Urine Chemistry Blood, Glucose, Protein, Bilirubin, Urobilinogen, Nitrite. Ketones
- Urine Microscopy Red Blood Cells, White Blood Cells, Epithelial Cells, Mucus Threads, Bacteria, Yeast,
- Casts, Crystals, Others

13. FUNCTIONAL INSIGHTS

Weight and Mood Imbalances, Poor Sleep, Hair Loss, Fatigue, Cogpition Immunity, Fertility, Low Libido*, Menopause, Perimenopause

HOW IT WORKS









JOIN

Register for lifetime access to resources to test, track, optimize your health and longevity.

TEST

Upon purchase select your preferred date, time and location to visit clinic for your blood tests.

Know

Review your test results with Doctor*. Intervene early. We're here to help, support and guide you.

*Doctor review is not included in the test fee indicated. Contact us if you wish to add-on Doctor review of test results at S\$89.90/- extra.

ACT

Adhere to plan. Join online, live holistic well-being activities*. Transform. Repeat.



