

Hello
Abigail

Your health journey
starts here.

Your personalized health report

A comprehensive analysis of your biomarkers,
what they mean, and what you can do about them.



Based on your current patterns, a 4-month testing interval provides time to make lifestyle changes while improving your results.

Getting the most from this report

Focus on patterns

Not individual numbers.
One biomarker being off rarely tells the whole story.

Bring this to your doctor

The "Questions for your Doctor" sections are designed to spark productive conversations.

This is a baseline

Future tests will show how your body responds to changes over time.

Chapters

1

The 7 Body Systems

See how each of your body's systems is performing and where to focus your attention.

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Disease Patterns

See how your body's processes relate to health conditions.

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Fitness and Movement

See how your biology supports physical activity.

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Your Action Plan

Clear recommendations based on your personal results.

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Biomarkers & Processes

Detailed biomarker results and process explanations.

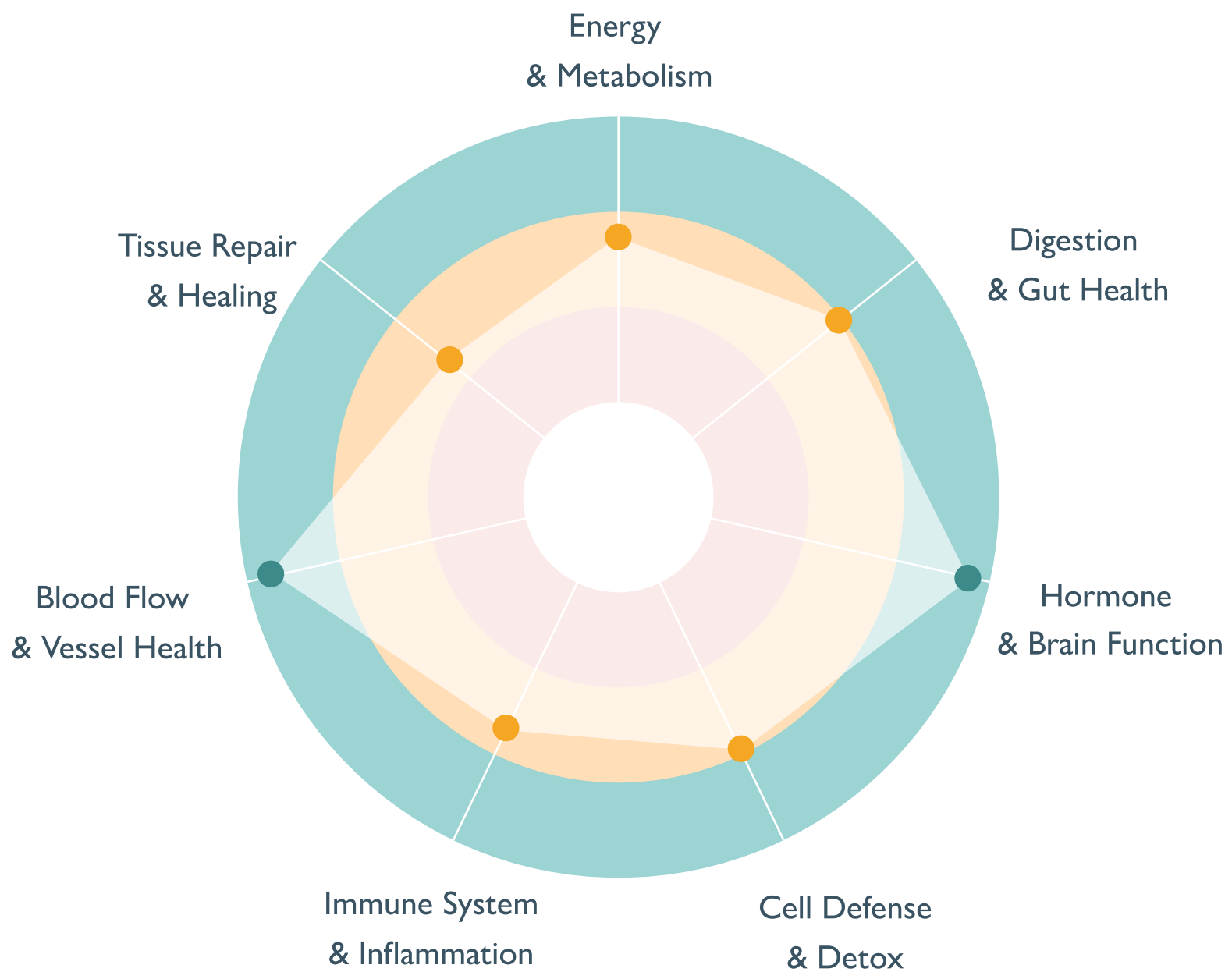
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The 7 Body Systems

Your body works as a connected system, not as separate parts. The seven body systems each represent a major area of health, from metabolism and blood flow to immune balance and hormone regulation. When one system shifts, it can influence others. Looking at them together gives a clearer picture of your overall health than any single marker alone.



The Big Picture



2 Systems

5 Systems

0 Systems

● Optimal

● Needs Support

● Needs Attention

Your Systems At a Glance

None of your seven systems are in the “needs attention” category. Your brain and blood flow markers are your strongest areas, with the remaining areas showing room for improvement.

Having 5 systems in the yellow suggests a systemic low-grade strain across your body. Your two lowest scoring areas are likely driving dysregulation in the other areas and should be prioritized.

76	Tissue Repair & Healing	Tissue support proteins are below optimal levels, while joint health and clotting processes remain balanced. The reduced protein levels are consistent with increased demand from immune activity.
77	Immune System & Inflammation	Complement proteins in the immune response process are broadly elevated, indicating a heightened or active immune state. This immune activity is likely contributing to abnormalities in other areas.
81	Energy & Metabolism	Blood sugar regulation, mitochondrial function, and methylation processes are all within optimal range. Several low amino acids and cell renewal markers show variation worth monitoring.
89	Cell Defense & Detox	Cellular protection and detoxification processes are balanced. Enzyme regulation shows some variation while environmental exposure markers are within optimal range.
90	Digestion & Gut Health	Digestive enzyme activity, gut lining integrity, and short-chain fatty acid production are all within optimal range. Gut bacteria activity shows some variation.
94	Hormone & Brain Function	Brain signaling processes are optimal. Hormone transport shows minor variation in binding protein levels.
96	Blood Flow & Vessel Health	Vessel lining, circulation, oxygen transport, and cholesterol transport are all within optimal range. Clotting regulation shows minor variation, with some coagulation proteins elevated.

● Needs Attention (0 – 69)

● Needs Support (70 – 90)

● Optimal (91 - 100)

Key Takeaways

Your systems don't operate in isolation. Here's what stands out when we look at the patterns across them.

1 Your Immune Activation is Driving Changes Across Multiple Systems

Complement proteins are broadly elevated, indicating heightened immune activation. This is consuming tissue support proteins, which is why tissue repair also shows variation. When the immune system demands more resources, other systems sharing those proteins are affected.

What you can do

Consider omega-3 fatty acids and polyphenol-rich foods. An anti-inflammatory dietary pattern like the Mediterranean diet supports immune regulation.

Ask your doctor

My complement proteins are broadly elevated. Could this connect to my thyroid history or hormonal changes?

Affected systems

Immune System & Inflammation

Tissue Repair & Healing

2 Amino Acid Availability is Limiting Cell Renewal and Energy

Several amino acids are below optimal levels, affecting both energy production and cell renewal. This broad depletion limits your body's building blocks for protein synthesis and repair. Under chronic immune activation, amino acid demand increases further.

What you can do

Focus on complete protein sources in your pescatarian diet: fish, eggs, legumes, and dairy if tolerated.

Ask your doctor

Several amino acids are below optimal levels. Could impaired absorption or increased metabolic demand be a factor?

Affected systems

Energy & Metabolism

Tissue Repair & Healing

3 Your Metabolic Core is a Strength

Hormone signaling and cardiovascular function are performing well, with brain signaling, vessel health, and circulation all within optimal range. This strong foundation means the immune and amino acid patterns above are not compounded by broader systemic dysfunction.

Blood Flow & Vessel Health

Hormone & Brain Function

Disease Patterns

Understanding your health patterns

We evaluated your results against patterns associated with developing certain health conditions. This section shows which disease patterns need attention and which came back optimal. These are not diagnoses. They are context to guide your next conversation with your healthcare provider.

Disease Patterns

Disease patterns checked and worth investigating

Polycystic Ovarian Syndrome

MODERATE RISK PATTERN

What does this mean?

In the ovaries, both cell renewal and immune balance play a direct role in hormonal cycling. When cell renewal is impaired and immune activity is elevated without adequate regulation, the hormonal feedback that governs ovarian function is disrupted.

Processes driving risk:

- Cell Growth and Renewal
- Immune Activation
- Immune System Regulation

Other related processes:

Fat & Cholesterol Transport, Blood Sugar Control, Fatty Acid Oxidation, Hormone Balance, Inflammation Response

Liver Disease

MODERATE RISK PATTERN

What does this mean?

Multiple liver outputs are reduced at the same time, which suggests your liver is working under increased demand. Elevated immune activity adds to that demand, as your liver also has to produce the proteins your immune system is using.

Processes driving risk:

- Immune Activation
- Tissue Support Proteins
- Enzyme Control
- Amino Acids Used for Energy
- Amino Acid Pool
- Blood Clotting Control

Other related processes:

Fat & Cholesterol Transport, Blood Cleaning & Recycling, Cell Protection & Detox, Dietary & Environmental Exposures, Fatty Acid Oxidation

Chronic Obstructive Pulmonary Disease

MODERATE RISK PATTERN

What does this mean?

The tissues that line your airways have less structural and enzymatic support than they need. At the same time, immune activity is elevated and not being well-regulated, meaning these tissues are experiencing more inflammation with fewer resources to maintain their integrity.

Processes driving risk:

- Immune Activation
- Tissue Support Proteins
- Enzyme Control
- Immune System Regulation

Other related processes:

Oxygen Transport, Cell Protection & Detox, Mitochondrial Energy, Early Warning Response, Immune Cell Recruitment, Inflammation Response

Rheumatoid Arthritis

MODERATE RISK PATTERN

What does this mean?

Elevated immune signals are reaching your connective tissue and joint structures without adequate regulation. The proteins that support and repair those structures are also reduced, consistent with structural resources being consumed by the immune response itself.

Processes driving risk:

- Immune Activation
- Tissue Support Proteins
- Immune System Regulation

Other related processes:

Cell Protection & Detox, Early Warning Response, Germ Detection, Immune Cell Recruitment, Inflammation Response, Clotting & Wound Healing, Tissue & Joint Health, Immune Cell Movement

Depression

MODERATE RISK PATTERN

What does this mean?

Gut bacteria produce compounds that directly influence mood-regulating chemicals in the brain. When bacterial output decreases, this supply diminishes. Elevated immune activity independently produces inflammatory signals that also interfere with how the brain produces and processes those same chemicals.

Processes driving risk:

- Immune Activation
- Gut Bacteria Activity
- Immune System Regulation

Other related processes:

Methylation & B-Vitamin Status, Mitochondrial Energy, Tryptophan Processing, Brain & Nerve Signals, Hormone Balance, Inflammation Response

Alzheimer's Disease

MODERATE RISK PATTERN

What does this mean?

Persistent, poorly regulated immune activity creates ongoing inflammation in the brain. Cell renewal is significantly reduced, which limits the brain's ability to clear damaged cells and generate new ones. Inflammatory damage accelerates while the capacity to repair and replace is reduced.

Processes driving risk:

- Cell Growth and Renewal
- Immune Activation
- Immune System Regulation

Other related processes:

Blood Vessel Lining Health, Cell Protection & Detox, DNA & Gene Regulation, Methylation & B-Vitamin Status, Mitochondrial Energy, Tryptophan Processing, Brain & Nerve Signals, Inflammation Response

Inflammatory Bowel Disease

MODERATE RISK PATTERN

What does this mean?

Reduced gut bacteria decreases the signals that help your intestinal immune system respond proportionally. With elevated and poorly regulated immune activity, the response along your gut lining is stronger than needed. These factors reinforce each other: less bacterial input weakens immune balance, and heightened immunity further disrupts the bacterial environment.

Processes driving risk:

- Immune Activation
- Gut Bacteria Activity
- Immune System Regulation

Other related processes:

Digestive Enzymes, Gut Lining Health, Short-Chain Fatty Acid Production, Early Warning Response, Immune Cell Recruitment, Inflammation Response, Tissue & Joint Health, Immune Cell Movement

Atherosclerosis

MODERATE RISK PATTERN

What does this mean?

Elevated immune activity increases inflammatory signaling along your blood vessel walls and draws immune cells into those walls. With clotting regulation also shifted, inflammation promotes the buildup of deposits while the clotting imbalance affects how your body manages them.

Processes driving risk:

- Immune Activation
- Blood Clotting Control

Other related processes:

Blood Vessel Lining Health, Cell Membrane Lipids, Circulation Support, Fat & Cholesterol Transport, Cell Protection & Detox, Fatty Acid Oxidation, Immune Cell Recruitment, Inflammation Response, Clotting & Wound Healing

Chronic Kidney Disease

MODERATE RISK PATTERN

What does this mean?

Elevated immune activity increases the waste your kidneys must filter. Reduced amino acid levels limit the building blocks available for maintaining kidney filtration tissue. These compound each other: more waste to filter, and less capacity to maintain the filtering system under load.

Processes driving risk:

- Immune Activation
- Amino Acid Pool

Cardiovascular Disease

MODERATE RISK PATTERN

What does this mean?

Sustained immune activity produces inflammatory signaling that affects both your blood vessel walls and circulating blood components. With clotting regulation shifted toward forming clots more readily, these processes compound each other, increasing the overall load on your heart and blood vessels.

Processes driving risk:

- Immune Activation
- Blood Clotting Control

Other related processes:

Blood Vessel Lining Health, Cell Membrane Lipids, Circulation Support, Fat & Cholesterol Transport, Oxygen Transport, Cell Protection & Detox, Blood Sugar Control, Fatty Acid Oxidation, Hormone Balance, Inflammation Response, Clotting & Wound Healing

Non-Alcoholic Fatty Liver Disease

MODERATE RISK PATTERN

What does this mean?

Reduced liver enzyme activity limits the liver's ability to process and clear fats efficiently. Lower gut bacterial activity reduces the compounds that support fat metabolism. Elevated immune activity increases inflammatory signaling to the liver, adding further strain.

Processes driving risk:

- Immune Activation
- Enzyme Control
- Gut Bacteria Activity

Other related processes:

Cell Membrane Lipids, Fat & Cholesterol Transport, Blood Cleaning & Recycling, Cell Protection & Detox, Dietary & Environmental Exposures, Blood Sugar Control, Fatty Acid Oxidation, Mitochondrial Energy, Inflammation Response

What does this mean?

Reduced amino acid levels affect how your body produces proteins involved in blood sugar regulation. Lower gut bacterial activity reduces compounds that support your body's insulin response. Elevated immune activity compounds both by diverting amino acid resources and disrupting gut-metabolic communication.

Processes driving risk:

- Immune Activation
- Gut Bacteria Activity
- Amino Acids Used for Energy
- Amino Acid Pool

Other related processes:

Blood Vessel Lining Health, Cell Membrane Lipids, Fat & Cholesterol Transport, Kidney Filtration, Cell Protection & Detox, Blood Sugar Control, Fatty Acid Oxidation, Mitochondrial Energy, Hormone Balance, Inflammation Response

Fitness and Movement

How biology supports activity

How you feel during and after physical activity is related to the biological systems measured in this report. This section looks at what your results mean for recovery, endurance, joint support, and energy, so you can optimize your routine.

Fitness & Movement

76 Recovery

Your immune system is directing significant resources toward managing elevated immune activity, which leaves less capacity for recovering after physical effort. This is not a sign of poor fitness. It reflects your body prioritizing immune demands over repair. You may notice longer recovery times or more fatigue than you would expect from your activity level.

What to do:

- Space intense sessions further apart. Two to three days between hard efforts is appropriate right now.
- On rest days, keep moving gently. Short walks and light stretching support recovery without adding load.
- Track how you feel 24-48 hours after activity. That delayed window reveals your true recovery.

Based on:

Immune Activation

Immune System Regulation

Cell Protection & Detox

Blood Cleaning & Recycling

Inflammation Response

76 Structural Support

Your joints and structural tissues are healthy, but the proteins your body uses to repair and maintain connective tissue are below optimal levels. This means your body can handle normal movement well, but may take longer to recover from activities that stress your joints, tendons, and ligaments. Adequate protein intake directly supports these repair processes.

What to do:

- Extend your warm-up before any activity that loads your joints, tendons, or ligaments.
- Swimming and cycling place less stress on connective tissue while still building strength.
- Eat protein-rich meals on training days to provide the amino acids your repair processes need.
- If joint stiffness or soreness lasts more than 48 hours, reduce intensity for the following session.

Based on:

Tissue Support Proteins

Clotting & Wound Healing

Tissue & Joint Health

82 Fuel

Your body converts food into energy efficiently, with strong blood sugar regulation and mitochondrial function. The limiting factor is amino acid availability. Several amino acids are below optimal levels, which affects how well your body maintains and repairs muscle tissue after activity. Energy production itself is not the issue; amino acid supply is.

What to do:

- Eat a protein-rich meal containing fish, eggs, or legumes within two hours of finishing exercise.
- Focus protein intake around when you conduct physical activity.
- Consider a protein shake or amino acid supplement on days with higher training volume.

Based on:

Amino Acid Pool

Amino Acids Used for Energy

Blood Sugar Control

99 Blood Flow

Your cardiovascular system is well-equipped for physical activity. Blood vessel health, circulation, and oxygen delivery are all within optimal range. This is a genuine strength in your profile and means your body can efficiently deliver oxygen and nutrients during sustained effort.

What to do:

- Use this strength to support recovery. Gentle cardio promotes blood flow to healing tissues.
- Hydrate well before and during activity to maintain the circulation advantage your markers show.
- As recovery and structural support improve, your strong cardiovascular base will let you build endurance.

Based on:

Fat & Cholesterol Transport

Oxygen Transport

Blood Vessel Lining Health

Blood Vessel Health

Your Action Plan

What to do next

This section translates your insights into clear steps you can take. These recommendations relate specifically to the results in your report, giving you confidence in your actions.

Action Plan

Diet & Supplements

1	Prioritize complete protein at every meal from fish, eggs, legumes, and dairy if tolerated.	Amino Acid Pool	Amino Acids Used for Energy	Cell Growth and Renewal	Tissue Support Proteins
2	Get omega-3s through fatty fish like salmon or sardines 2-3x weekly, or take a daily EPA/DHA supplement.	Immune Activation	Immune System Regulation	Blood Clotting Control	
3	Include prebiotic-rich foods daily, such as onions, garlic, asparagus, and bananas, to feed beneficial gut bacteria.	Gut Bacteria Activity	Immune System Regulation		
4	Pair vitamin C-rich foods (bell peppers, citrus, berries) with protein meals to support collagen and tissue repair.	Cell Growth and Renewal	Tissue Support Proteins		

Exercise

1	Build in extra rest days between intense sessions while your immune system is in a heightened state.	Immune Activation	Tissue Support Proteins		
2	Favor joint-friendly activities like swimming, cycling, and yoga. Warm up thoroughly before weight-bearing work.	Tissue Support Proteins	Clotting & Wound Healing		
3	Eat a protein-rich meal within 2 hours of exercise to support amino acid recovery and tissue repair.	Amino Acid Pool	Amino Acids Used for Energy	Cell Growth and Renewal	

Lifestyle

1	Prioritize consistent sleep of 7 to 8 hours with regular bed and wake times.	Cell Growth and Renewal	Immune Activation	Immune System Regulation	Tissue Support Proteins
2	Include regular stress management through breathwork, meditation, or gentle yoga. Chronic stress amplifies immune activation.	Immune Activation	Immune System Regulation		
3	Track your mood, energy, and recovery patterns over the coming months. This will help you understand how shifts in your profile affect daily life.	Enzyme Control	Immune Activation	Immune System Regulation	

Discuss with your doctor

1	Request a full thyroid panel given your hypothyroidism history and elevated thyroid binding proteins.	Enzyme Control	Immune Activation		
2	Test sex hormones to clarify perimenopausal status and its relationship to your immune and hormonal findings.	Immune Activation	Immune System Regulation		
3	Request fasting insulin and HOMA-IR to evaluate insulin sensitivity, given the amino acid and gut bacteria patterns.	Amino Acid Pool	Gut Bacteria Activity		
4	Consider a gut microbiome panel to evaluate bacterial diversity and its role in amino acid and immune regulation.	Amino Acid Pool	Gut Bacteria Activity	Immune System Regulation	

Biomarker & Process Details

Technical details for deeper understanding

This section contains the detailed biomarker data if you want to dive deeper or share specific values with your healthcare provider.

Out-of-Range Biomarkers

This table shows biomarker results that fall outside the typical range for a healthy population. These are observations to inform conversation with your healthcare provider, not diagnoses.

● High	Alpha-2-antiplasmin	1435.0 ng/mL	742.6	1347.4
● High	Alpha-2-HS-glycoprotein	8099.2 ng/mL	2920.4	6920.2
● High	Complement C1q subcomponent subunit B	572.1 ng/mL	189.4	443
● High	Complement C1r subcomponent	617.7 ng/mL	249.5	495.9
● High	Complement C1r subcomponent-like protein	113.2 ng/mL	36.8	82.8
● High	Complement C1s subcomponent	409.4 ng/mL	168.7	340.6
● High	Complement C3	7456.9 ng/mL	2285.4	6263.6
● High	Complement C5	305.6 ng/mL	116.3	269.4
● High	Complement component C8 alpha chain	282.1 ng/mL	88.3	244
● High	Complement component C8 beta chain	354.9 ng/mL	112.9	276.3
● High	Complement component C9	660.1 ng/mL	106.4	442
● High	Complement factor B	2129.7 ng/mL	709.1	1981.3
● High	Ficolin-2	100.1 ng/mL	21.2	95.4
● High	Heparin cofactor 2	1183.9 ng/mL	371.1	1140
● High	Hydroxyphenylacetic acid	0.3 ng/mL	0.068	0.33
● High	Leucine-rich alpha-2-glycoprotein 1	851.3 ng/mL	171.8	705.9
● High	Protein AMBP	1817.3 ng/mL	283.4	1378.2
● High	Prothrombin	1801.2 ng/mL	717.8	1584.1
● High	Spermine	0.3 ng/mL	0.15	0.22
● High	Thyroxine-binding globulin	435.8 ng/mL	144.4	421.1



Tissue Repair & Healing

76 / 100

How your body builds, maintains, and repairs its physical structures. This system covers wound healing through clotting, the health of cartilage, tendons, and ligaments, and the specialized proteins that support tissue integrity, prevent unwanted calcification, and regulate repair signaling.

Process: Tissue Support Proteins 49

1/3 Biomarkers out of range

High	Alpha-2-HS-glycoprotein	8099.2 ng/mL	2920.4 - 6920.2
Normal	Pigment epithelium-derived factor	254.8 ng/mL	135 - 337.8
Normal	Vasorin	15.4 ng/mL	6.7 - 17.7

Process: Clotting & Wound Healing 80

3/11 Biomarkers out of range

High	Prothrombin	1801.2 ng/mL	717.8 - 1584.1
High	Plasminogen	664.7 ng/mL	277.4 - 676.2
High	Vitamin K-dependent protein S	434.8 ng/mL	160.2 - 424.4
Normal	Coagulation factor X	162.6 ng/mL	83.9 - 199.4
Normal	Coagulation factor XII	389.9 ng/mL	100.4 - 612.9
Normal	Coagulation factor XIII A chain	88.2 ng/mL	49.1 - 173.1
Normal	Fibrinogen alpha chain	21556.9 ng/mL	9395.9 - 27442.2
Normal	Fibrinogen beta chain	15529.5 ng/mL	7146.8 - 20341.7
Normal	Fibrinogen gamma chain	20679.1 ng/mL	7739.5 - 23602.5
Normal	Vitamin K-dependent protein Z	73.9 ng/mL	15.9 - 135.7
Normal	Vitronectin	3848.6 ng/mL	1753.8 - 4870.3

Process: Tissue & Joint Health

100

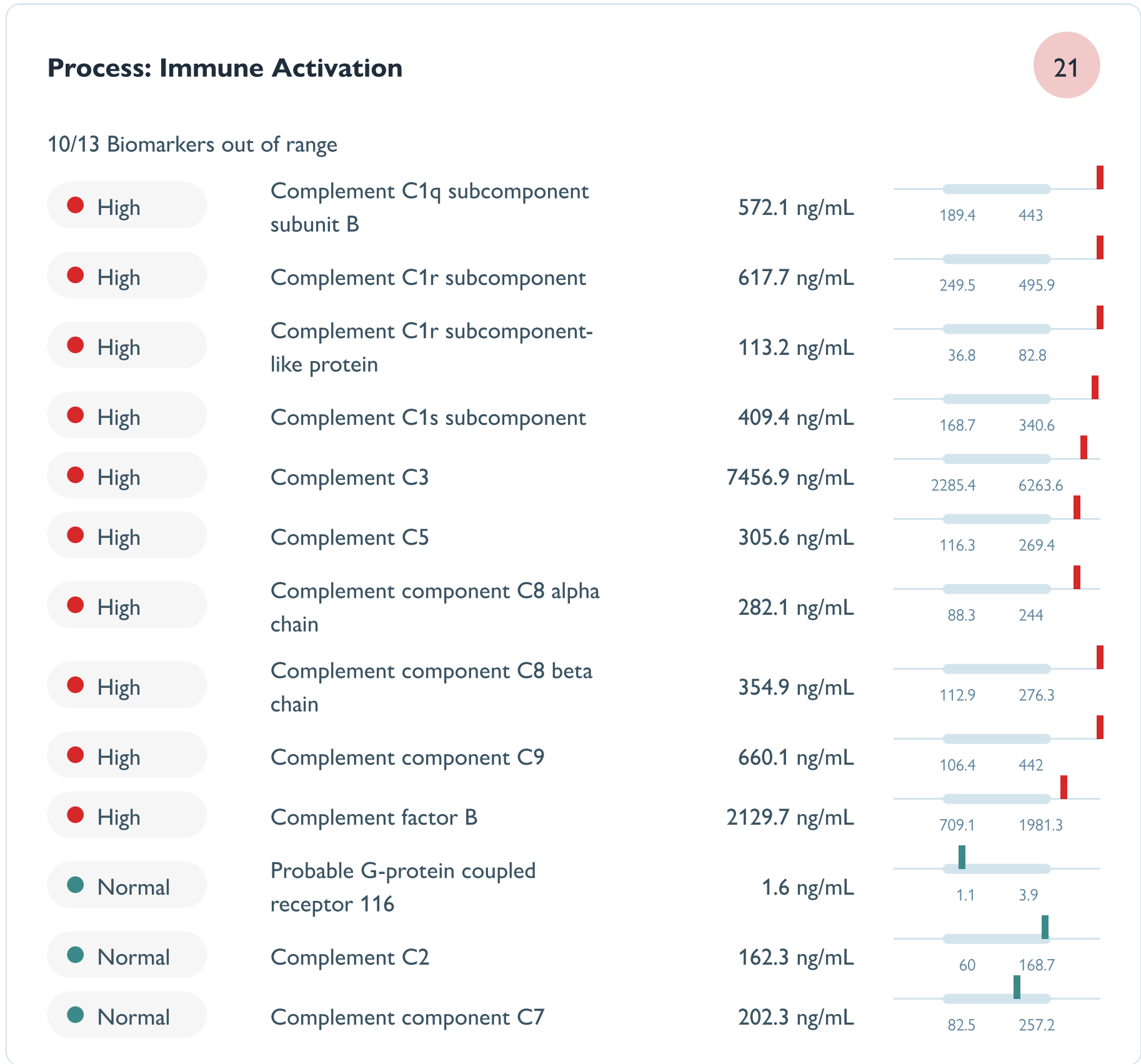
0/5 Biomarkers out of range

● Normal	Extracellular matrix protein 1	51.9 ng/mL	35.7	102.9
● Normal	Fibronectin	363.9 ng/mL	219	2636.2
● Normal	Fibulin-1	165.4 ng/mL	97.7	293.2
● Normal	Gelsolin	438.4 ng/mL	253.1	560
● Normal	Proteoglycan 4	55.4 ng/mL	12.6	98.3

Immune System & Inflammation

77 / 100

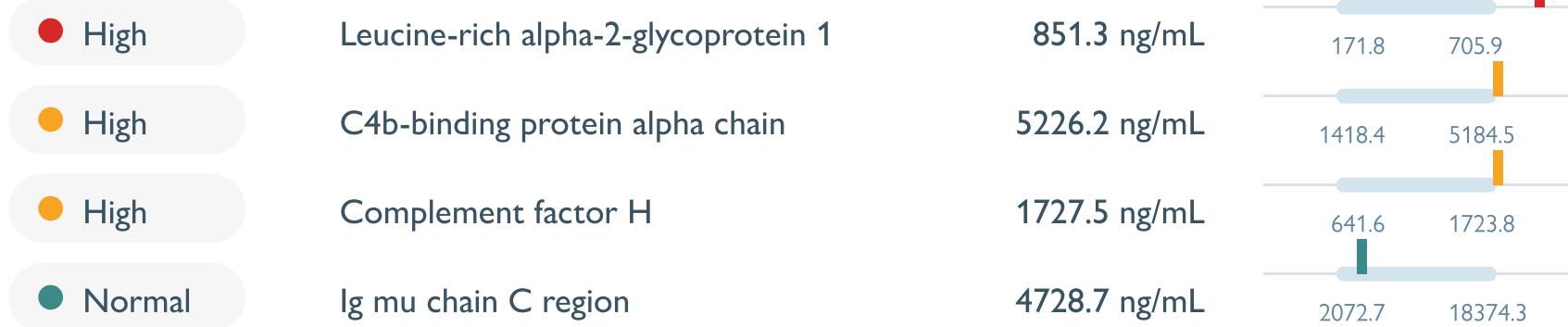
How your body detects threats, activates its defenses, and regulates the immune response. This system covers germ detection, immune cell movement and recruitment, immune activation, inflammation, and the regulatory mechanisms that keep your immune system balanced and controlled.



Process: Immune System Regulation

63

3/4 Biomarkers out of range



Process: Germ Detection

80

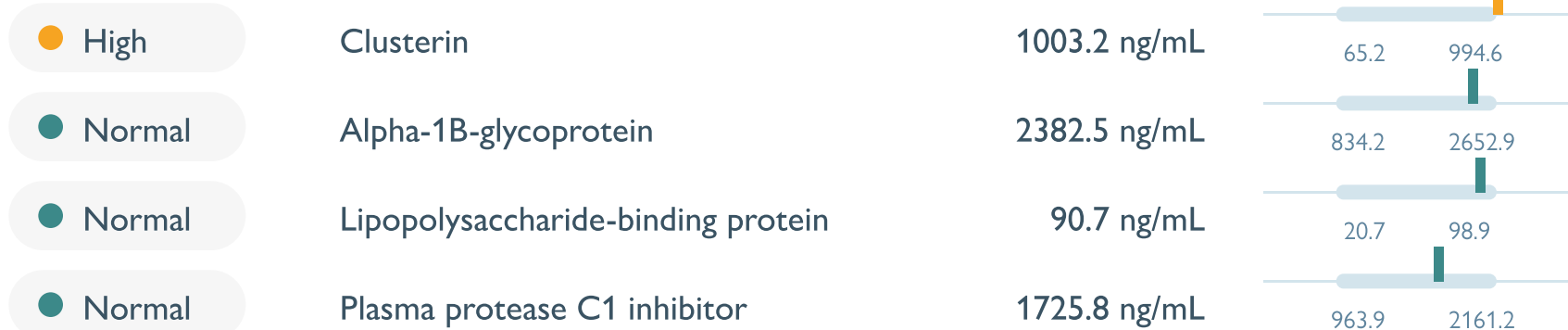
1/2 Biomarkers out of range



Process: Early Warning Response

95

1/4 Biomarkers out of range



Process: Immune Cell Recruitment

100

0/2 Biomarkers out of range



Process: Inflammation Response

100

0/2 Biomarkers out of range

● Normal	Alpha-2-macroglobulin	7509.2 ng/mL	3484.9	12854.7
● Normal	Serum amyloid P-component	908.9 ng/mL	202.4	974.8

Energy & Metabolism

81 / 100

How your body converts food into fuel and manages the building blocks that keep cells running. This system covers blood sugar regulation, amino acid balance, energy production, cell renewal, gene regulation, and tryptophan processing, reflecting how efficiently your metabolism supports daily function.

Process: Cell Growth and Renewal 20

2/4 Biomarkers out of range

High	Spermine	0.3 ng/mL	0.15 - 0.22
Low	Diacetylspermine	0.0 ng/mL	0.046 - 0.05
Normal	Putrescine	0.2 ng/mL	0.11 - 0.34
Normal	Spermidine	0.2 ng/mL	0.11 - 0.31

Process: Amino Acids Used for Energy 62

5/10 Biomarkers out of range

Low	Proline	82.8 ng/mL	99 - 302.1
Low	Serine	50.6 ng/mL	78 - 152.6
Low	Threonine	56.2 ng/mL	81.5 - 198.7
Low	Valine	140.0 ng/mL	153.7 - 327.2
Low	Methionine	14.5 ng/mL	15.4 - 32.7
Normal	Isoleucine	43.9 ng/mL	37.4 - 87
Normal	Leucine	101.0 ng/mL	75.1 - 178.3
Normal	Phenylalanine	52.6 ng/mL	42.5 - 77
Normal	Tyrosine	59.1 ng/mL	36.1 - 91.2
Normal	Creatine	30.7 ng/mL	7.1 - 40.2

Process: Amino Acid Pool

68

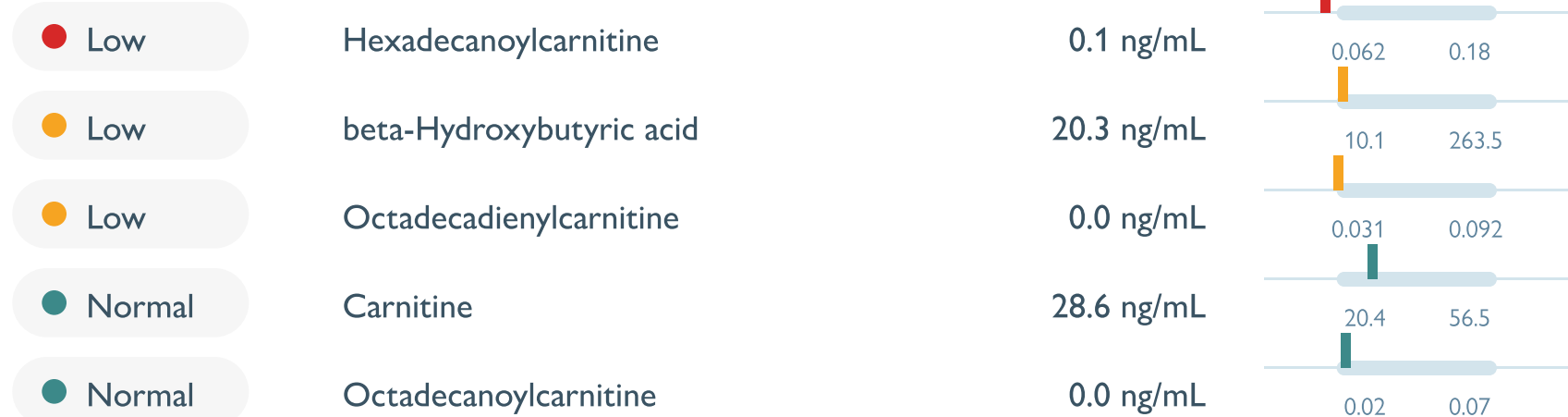
6/14 Biomarkers out of range



Process: Fatty Acid Oxidation

86

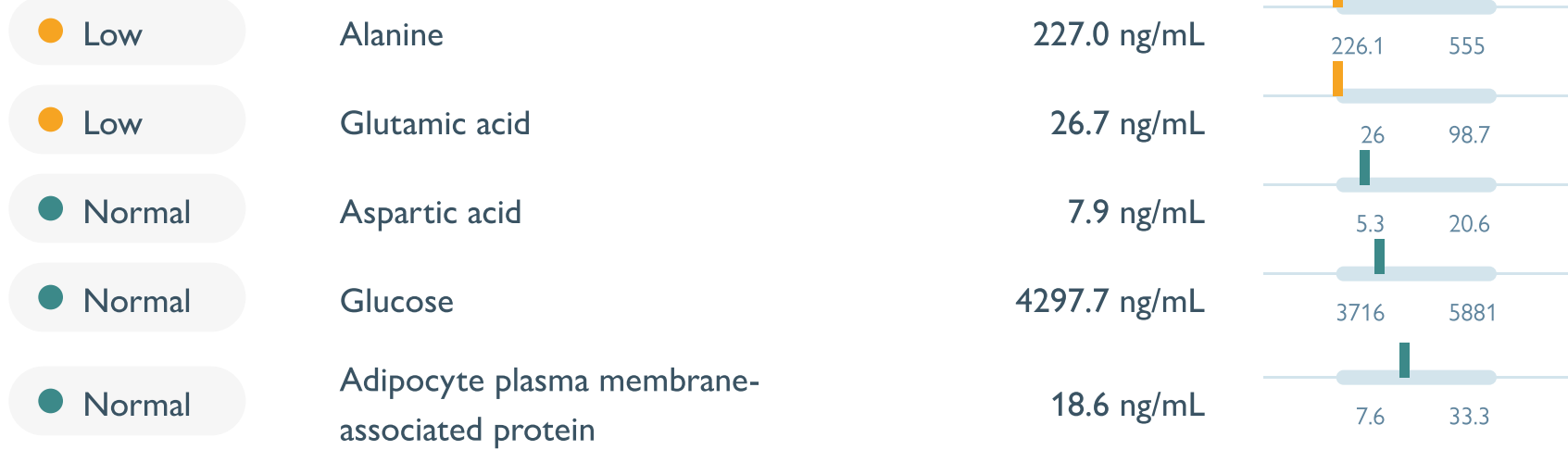
3/5 Biomarkers out of range



Process: Blood Sugar Control

94

2/5 Biomarkers out of range



Process: DNA & Gene Regulation

100

0/4 Biomarkers out of range



Process: Tryptophan Processing

100

0/2 Biomarkers out of range



Process: Methylation & B-Vitamin Status

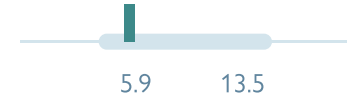
100

0/2 Biomarkers out of range

● Normal

Homocysteine

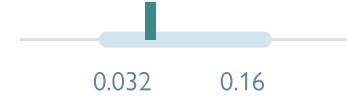
7.3 ng/mL



● Normal

Methylmalonic acid

0.1 ng/mL



Process: Mitochondrial Energy

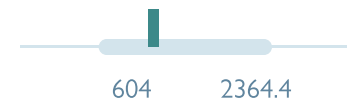
100

0/6 Biomarkers out of range

● Normal

Lactic acid

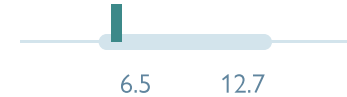
1170.0 ng/mL



● Normal

alpha-Ketoglutaric acid

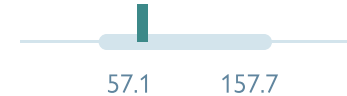
7.1 ng/mL



● Normal

Citric acid

83.0 ng/mL



● Normal

Succinic acid

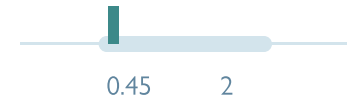
3.6 ng/mL



● Normal

Fumaric acid

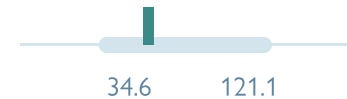
0.6 ng/mL



● Normal

Pyruvic acid

59.4 ng/mL



Cell Defense & Detox

89 / 100

Your liver-powered cleanup system neutralizes toxins and recycles damaged blood components. When this system runs efficiently, your cells get the clean environment they need to repair, regenerate, and perform at their best.

Process: Enzyme Control 60

1/7 Biomarkers out of range

● High	Protein AMBP	1817.3 ng/mL	
● Normal	Alpha-1-antichymotrypsin	3884.6 ng/mL	
● Normal	Alpha-1-antitrypsin	26378.8 ng/mL	
● Normal	Carboxypeptidase N catalytic chain	139.1 ng/mL	
● Normal	Carboxypeptidase N subunit 2	316.1 ng/mL	
● Normal	Inter-alpha-trypsin inhibitor heavy chain H2	1324.7 ng/mL	
● Normal	Inter-alpha-trypsin inhibitor heavy chain H4	1924.0 ng/mL	

Process: Dietary & Environmental Exposures 98

1/1 Biomarkers out of range

● Low	Proline-Betaine	0.9 ng/mL	
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Process: Cell Protection & Detox

99

1/5 Biomarkers out of range

● High	Cholinesterase	16.0 ng/mL	5.1	16.5
● Normal	Methionine-Sulfoxide	0.4 ng/mL	0.35	1.1
● Normal	Beta-Ala-His dipeptidase	111.0 ng/mL	37.6	142.1
● Normal	Ceruloplasmin	2828.3 ng/mL	950.6	3110.8
● Normal	Serum paraoxonase/arylesterase 1	1141.4 ng/mL	364.5	1403.5

Process: Blood Cleaning & Recycling

100

0/2 Biomarkers out of range

● Normal	Glutathione peroxidase 3	95.1 ng/mL	71.3	187.9
● Normal	Hemopexin	10883.1 ng/mL	1140	12302.5

Digestion & Gut Health

90 / 100

How your body breaks down food, absorbs nutrients, and maintains a healthy gut environment. This system covers digestive enzyme function, gut bacteria activity, and the integrity of your intestinal lining, reflecting how well your digestive system supports overall health.

Process: Gut Bacteria Activity 62

2/7 Biomarkers out of range

● High	Trigonelline	3.8 ng/mL	
● High	Hydroxyphenylacetic acid	0.3 ng/mL	
● Normal	Trimethylamine N-oxide	10.6 ng/mL	
● Normal	Para-hydroxyhippuric acid	0.1 ng/mL	
● Normal	Hippuric acid	3.5 ng/mL	
● Normal	Indole acetic acid	2.0 ng/mL	
● Normal	Benzoic acid	0.3 ng/mL	

Process: Short-Chain Fatty Acid Production 98

1/3 Biomarkers out of range

● Low	Butyric acid	0.5 ng/mL	
● Normal	Propionic acid	1.2 ng/mL	
● Normal	Isobutyric acid	1.2 ng/mL	

Process: Digestive Enzymes

100

0/2 Biomarkers out of range

● Normal

Biotinidase

92.2 ng/mL

52.1 141.8

● Normal

Xaa-Pro dipeptidase

8.3 ng/mL

2.7 11.3

Process: Gut Lining Health

100

0/1 Biomarkers out of range

● Normal

Citrulline

20.4 ng/mL

18.1 43.8

Hormone & Brain Function

94 / 100

How your body regulates hormones and brain chemistry. This system covers the signaling molecules involved in mood, focus, and calm, alongside the binding proteins that control how much active hormone reaches your tissues. Together, they reflect the balance between your hormonal and neurological systems.

Process: Hormone Balance 87

1/4 Biomarkers out of range

● High	Thyroxine-binding globulin	435.8 ng/mL	
● Normal	Corticosteroid-binding globulin	835.2 ng/mL	
● Normal	Insulin-like growth factor-binding protein 2	3.8 ng/mL	
● Normal	Insulin-like growth factor-binding protein 3	42.0 ng/mL	

Process: Brain & Nerve Signals 100

0/3 Biomarkers out of range

● Normal	Homovanillic acid	0.0 ng/mL	
● Normal	Gamma-aminobutyric acid	0.1 ng/mL	
● Normal	5-Hydroxyindole-3-acetic acid	0.0 ng/mL	

Blood Flow & Vessel Health

96 / 100

How your body moves blood, delivers nutrients, and maintains healthy vessels. This system covers circulation, blood pressure, cholesterol transport, oxygen delivery, clotting control, and kidney filtration. Together, these processes reflect how well your cardiovascular system is functioning.

Process: Blood Clotting Control 73

2/4 Biomarkers out of range

● High	Alpha-2-antiplasmin	1435.0 ng/mL	742.6 - 1347.4
● High	Heparin cofactor 2	1183.9 ng/mL	371.1 - 1140
● Normal	Beta-2-glycoprotein 1	2621.4 ng/mL	206.2 - 3259.6
● Normal	Histidine-rich glycoprotein	1772.3 ng/mL	641.9 - 3270.3

Process: Fat & Cholesterol Transport

97

1/12 Biomarkers out of range



Process: Blood Vessel Lining Health

100

0/1 Biomarkers out of range



Process: Circulation Support

100

0/4 Biomarkers out of range

● Normal	Angiotensinogen	962.6 ng/mL	419.8	1915.5
● Normal	Phosphatidylinositol-glycan-specific phospholipase D	51.5 ng/mL	32.7	117.3
● Normal	Plasma serine protease inhibitor	100.0 ng/mL	60.7	182.8
● Normal	Tetranectin	167.9 ng/mL	119.8	307.1

Process: Kidney Filtration

100

0/3 Biomarkers out of range

● Normal	Creatinine	59.3 ng/mL	46.5	126
● Normal	Uric acid	284.0 ng/mL	183.9	491.1
● Normal	Cystatin-C	37.2 ng/mL	21.5	60.4

Process: Oxygen Transport

100

0/1 Biomarkers out of range

● Normal	Hemoglobin subunit alpha 1	1333.1 ng/mL	130.9	2911.1
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Process: Vitamin & Mineral Transport

100

0/6 Biomarkers out of range

● Normal	Afamin	505.9 ng/mL	256.2	752.2
● Normal	Retinol-binding protein 4	1668.2 ng/mL	778.8	2533.7
● Normal	Serotransferrin	21346.5 ng/mL	10847.1	25069.5
● Normal	Serum albumin	468690.4 ng/mL	327243.8	636599.8
● Normal	Transthyretin	587.4 ng/mL	159.8	917.2
● Normal	Vitamin D-binding protein	3223.6 ng/mL	1611.8	3460.1

Process: Cell Membrane Lipids

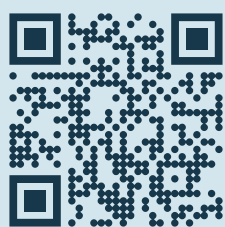
100

0/3 Biomarkers out of range

● Normal	Hydroxysphingomyelin C14:1	7.3 ng/mL	3.1	10.8
● Normal	Sphingomyelin C16:0	80.6 ng/mL	73.1	176.2
● Normal	Sphingomyelin C20:2	0.5 ng/mL	0.23	0.83

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