Ultimate Longevity Screening – 100+ Biomarkers. All-in-1 Package.

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)

Energy, Weight & Metabolism

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

Vitamins & Micronutrients

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

Cancer Risk Screening

- Liver (AFP)
- Colon (CEA)
- Female: Ovaries (CA125) OR Male: Prostate (PSA)

Hormones & Fertility

- Free Triiodothyronine (Free T3)
- Free Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)
- Follicle Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)
- Progesterone (Female only*)
- Prolactin
- Estradiol (E2)
- Free, Total & Bioavailable Testosterone
- Cortisol
- Sex Hormone Binding Globulin (SHB)
- Free Androgen Index (FAI)

Kidney Function

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

Liver & Gallbladder

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

Hepatitis Risk Screening

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

Bone & Joint Health

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

Body Measurements | Vitals

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

Blood & Immunity Profile

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

Urine and Stool 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
- Fecal Occult Blood Test

Functional Insights*

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

***Note:** Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase. Specialist or longevity medicine consultations for functional insights charged extra.

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For Ultimate Longevity (Several add-on options available at extra cost)

Add-On option(s) from this list at extra cost.

Category	ID#	Description
Specialized Blood Tests For Men and Women (Done with main blood tests)	UL01	**Digestive Enzymes and Pancreatic Function:** Amylase and Lipase
	UL02	**Heavy Metals Toxicity Screening:** Zinc, Copper, Selenium, Mercury, Lead
	UL03	**Prevent Colon Cancer:** H. Pylori IgG Antibody Blood Test
	UL04	**Prevent Colon Cancer:** Urea Breath Test (Comprehensive)
	UL05	**SIBO Test:** Hydrogen-Methane Breath Test (Comprehensive)
	UL06	**Sexual Health:** HIV, Syphilis, Herpes (I, II), Chlamydia, Gonorrhea
	UL07	**Kidney Failure Risk:** Cystatin C and eGFR based on Cystatin C
	UL08	**Eyes, Heart and Brain Function:** Omega-3 Fatty Acid Profile
	UL09	**Comprehensive Insulin Resistance Screening:** KRAFT Test
	UL10	**Thyroid and Weight Imbalances:** Thyroglobulin Antibodies (TgAb), Thyroperoxidase Antibodies (TPO), Total T3, Total T4
	UL11	**Comprehensive Hormonal Screening:** DUTCH Complete
	UL12	**Growth Factor and Aging Screen:** IGF1, IGFBP3
For Men (Blood Test and Scans)	UL13	**Additional 3x Cancer Markers:** Pancreas, Nose, Testicular
	UL14	**Prostate Cancer Risk Screen:** Free PSA, Free PSA %
	UL15	**Adrenal Function and Performance:** Dehydroepiandrosterone Sulfate (DHEA-S), Progesterone
	UL16	**Prostate Cancer Screen:** Ultrasound Prostate
For Women (Blood Test and Scans)	UL17	**Additional 3x Cancer Markers:** Pancreas, Nose, Breast
	UL18	**Ultrasound Pelvis (Abdominal):** Assess uterus, cervix, ovaries
	UL19	**Prevent Breast Cancer:** Ultrasound Breast (for under 40 yr. old)
	UL20	**Prevent Breast Cancer:** Mammogram (for over 40 yr. old)
	UL21	**Prevent Cervical Cancer:** Pap Smear (LBC ThinPrep)
	UL22	**Advanced Cervical Cancer Prevention Test:** HPV DNA
	UL23	**PMOS (PCOS/PCOD) Assessment:** Dehydroepiandrosterone Sulfate (DHEA-S)

Add-On option(s) from this list at extra cost.

Category	ID#	Description
For Women	UL24	**PMOS (PCOS/PCOD) Diagnosis:** Ultrasound Pelvis (Trans-vaginal)
	UL25	**Prevent Ovarian Cancer:** ROMA Index (Pre / Post Menopause)
	UL26	**Fertility and Pregnancy:** Ovarian Reserve (AMH), Pregnancy (hCG)
Ultrasound, Scans and Specialized Tests For Men and Women	UL27	**Heart and Lung Function:** Resting ECG and Chest X-Ray (Filmless)
	UL28	**Early Cognitive Decline:** Digital Brain Function Screening
	UL29	**Bone Mineral Density (BMD):** Osteoporosis risk, bone health
	UL30	**Ultrasound Kidneys:** Assess kidney function, size, blood flow
	UL31	**Ultrasound Thyroid:** Assess abnormalities and thyroid cancer risk
	UL32	**Ultrasound KUB:** Kidneys, Ureters and Bladder
	UL33	**Ultrasound Hepatobiliary:** Liver, Pancreas, Spleen, Gallbladder
	UL34	**Stroke risk, Plaque buildup (IMT), CVD Risk:** Ultrasound Carotids
	UL35	**Lung Capacity | Aerobic Fitness:** VO2Max (Treadmill)
	UL36	**Diet and Weight Management:** Continuous Glucose Monitoring
	UL37	**Ultrasound Abdomen:** Hepatobiliary (UL33) + Kidneys (UL30)
	UL38	**Liver Stiffness | Fibrosis:** Ultrasound Liver with Elastography
	UL39	**DEXA Scan:** Assess your body composition, fat and muscle mass, bone density
	UL40	**Heart Scan (Hardening Arteries):** CT Coronary Calcium Score
	UL41	**Detailed Heart Function Assessment:** ECG Treadmill
	UL42	**Heart Health Risk:** 2D Echocardiogram
	UL43	**Biological Age:** Epigenetic myTruAge and Pace of aging
	UL44	**Autoimmune Disease Screen:** ANF, Anti-ds DNA, Complement C3, C4
	UL45	**Multi-Cancer Early Detection (MCED):** SPOT-MAS (ctDNA) 10 Cancer Screen

Contact us EHS@genixpro.com | WhatsApp: +65-88752304 **to add-on more than ONE (01) option** or if you wish to inquire about other health screening packages.

***Note:** Ultrasound and Scans require a visit to our clinic location at Royal Square Novena or Paragon. Ultrasound and scans require an appointment to be scheduled before your visit.

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Test Description

TEST NAME	DESCRIPTION
PAP Smear or HPV DNA	For women, these tests help to screen for precancerous or cancerous cells in a sample of cells collected from the surface of the cervix.
Ultrasound Pelvis	For women to check for abnormalities in the organs of the pelvis, including ovaries, uterus and connecting structures to detect fibroids, cysts or other masses.
Mammogram (≥ 40 y.o.)	A mammogram uses X-rays and is considered a gold standard for early detection of breast lumps, generally recommended for women over 40 years old.
Ultrasound Breast (< 40 y.o)	An ultrasound breast examination uses sound waves for early detection of specific breast lumps (solid mass vs. cyst), and is generally recommended for younger women and/or those with dense breast tissue.
Ultrasound Abdomen	Early detection of nodules, cyst, stones, fatty liver disease in intra-abdominal organs such as liver, gallbladder, pancreas, spleen and kidney
Treadmill Stress ECG	A gold standard in detecting silent ischemic heart disease. Test result reviewed by cardiologist*
CT Coronary Calcium Score	Checks for calcium deposits in the walls of the arteries in your heart to assess the risk of heart health conditions.
Ultrasound Thyroid	Detection of abnormal tissues (tumour) in your thyroid glands and tells this apart from a sac containing fluid (cyst)
Ultrasound Kidneys or KUB	Ultrasound Kidneys to assess the blood flow to the kidney as well as its size, shape and location or KUB: to assess structural abnormalities along your entire urinary tract, such as stones, cysts and growths.
Ultrasound Prostate	Check for abnormalities in the male prostate gland, such as masses that could indicate cancer or general enlargement.
Chest X-Ray (Filmless)	Evaluation of lungs, heart and surrounding anatomy for abnormalities or for signs of congestive heart failure (CHF)
Bone Mineral Densitometry (BMD)	Provides a snapshot of bone health, identify osteoporosis and determine risk for fractures as we age
Ultrasound Carotid	Assess cardiovascular and stroke risk if cholesterol plaque is present, by checking the thickness of the inner two layers of the carotid artery

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