

LAB
TESTLE National Diagnostics, Inc., 900 North Federal Highway, FT. Lauderdale, FL 33304
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LAB RESULTS

Last Name	Lab ID	Specimen Number	Time Collected	Date Entered	Time Reported
NAME	9999999	999-999-9999-9	9/30/2024 12:00 AM	9/30/2024	10/1/2024 7:09 AM
First Name	Middle Initial	Phone	Control Number	Account Number	Account Phone Number
NAME					
Date of Birth	Age	Sex	Fasting	Physician Name	Physician ID
10/10/1960	63	M			
Address			Account Address		

Tests Ordered

CMP14+LP+4AC+CBC/D/Plt; Hemoglobin A1c; C-Reactive Protein, Cardiac; Insulin

Tests	Result	Flag	Units	Reference Interval	Lab
<u>CMP14+LP+4AC+CBC/D/Plt</u>					
Glucose	92		mg/dL	70-99	TA
Uric Acid	4.2		mg/dL	3.8-8.4	TA
BUN	24		mg/dL	8-27	TA
Creatinine	0.98		mg/dL	0.76-1.27	TA
eGFR	81		mL/min/1.73	>59	TA
BUN/Creatinine Ratio	24			10-24	TA
Sodium	136		mmol/L	134-144	TA
Potassium	4.8		mmol/L	3.5-5.2	TA
Chloride	100		mmol/L	96-106	TA
Carbon Dioxide, Total	25		mmol/L	20-29	TA
Calcium	9.6		mg/dL	8.6-10.2	TA
Phosphorus	3.8		mg/dL	2.8-4.1	TA
Protein, Total	7.1		g/dL	6.0-8.5	TA
Albumin	4.7		g/dL	3.8-4.8	TA
Globulin, Total	2.4		g/dL	1.5-4.5	TA
Bilirubin, Total	0.3		mg/dL	0.0-1.2	TA
Alkaline Phosphatase	54		IU/L	44-121	TA
LDH	131		IU/L	121-224	TA
AST (SGOT)	16		IU/L	0-40	TA
ALT (SGPT)	17		IU/L	0-44	TA
Iron	125		ug/dL	38-169	TA
Cholesterol, Total	220	High	mg/dL	100-199	TA
Triglycerides	45		mg/dL	0-149	TA
HDL Cholesterol	95		mg/dL	>39	TA
VLDL Cholesterol Cal	8		mg/dL	5-40	TA
LDL Chol Calc (NIH)	117	High	mg/dL	0-99	TA
LDL Calc Comment:					TA

Name:

FINAL REPORT

Lab ID:

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Tests	Result	Flag	Units	Reference Interval	Lab
CMP14+LP+4AC+CBC/D/Plt					
T. Chol/HDL Ratio	2.3		ratio	0.0-5.0	TA
				T. Chol/HDL Ratio	
				Men	Women
			1/2 Avg.Risk	3.4	3.3
			Avg.Risk	5.0	4.4
			2X Avg.Risk	9.6	7.1
			3X Avg.Risk	23.4	11.0
Estimated CHD Risk	< 0.5		times avg.	0.0-1.0	TA
		The CHD Risk is based on the T. Chol/HDL ratio. Other factors affect CHD Risk such as hypertension, smoking, diabetes, severe obesity, and family history of premature CHD.			
WBC	4.5		x10E3/uL	3.4-10.8	TA
RBC	4.58		x10E6/uL	4.14-5.80	TA
Hemoglobin	14.4		g/dL	13.0-17.7	TA
Hematocrit	42.6		%	37.5-51.0	TA
MCV	93		fL	79-97	TA
MCH	31.4		pg	26.6-33.0	TA
MCHC	33.8		g/dL	31.5-35.7	TA
RDW	12.8		%	11.6-15.4	TA
Platelets	229		x10E3/uL	150-450	TA
Neutrophils	45		%	Not Estab.	TA
Lymphs	43		%	Not Estab.	TA
Monocytes	10		%	Not Estab.	TA
Eos	1		%	Not Estab.	TA
Basos	1		%	Not Estab.	TA
Immature Cells					TA
Neutrophils (Absolute)	2.0		x10E3/uL	1.4-7.0	TA
Lymphs (Absolute)	2.0		x10E3/uL	0.7-3.1	TA
Monocytes(Absolute)	0.4		x10E3/uL	0.1-0.9	TA
Eos (Absolute)	0.1		x10E3/uL	0.0-0.4	TA
Baso (Absolute)	0.1		x10E3/uL	0.0-0.2	TA
Immature Granulocytes	0		%	Not Estab.	TA
Immature Grans (Abs)	0.0		x10E3/uL	0.0-0.1	TA
NRBC					TA
Hematology Comments:					TA
Hemoglobin A1c					
Hemoglobin A1c	5.9	High	%	4.8-5.6	TA
		Prediabetes: 5.7 - 6.4			
		Diabetes: >6.4			
		Glycemic control for adults with diabetes: <7.0			
C-Reactive Protein, Cardiac					
C-Reactive Protein, Cardiac	0.38		mg/L	0.00-3.00	TA
		Relative Risk for Future Cardiovascular Event			
			Low	<1.00	
			Average	1.00 - 3.00	
			High	>3.00	
Insulin					
Insulin	4.7		uIU/mL	2.6-24.9	TA

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Lab	Facility	Director	Phone
TA	Labcorp T 5610 W LaSalle Street, Tampa, FL, For inquiries, the physician may contact the above locations.	MD Sean Farrier	800-877-5227

Thank you for ordering your lab tests through Life Extension/National Diagnostics, Inc. If you would like to discuss your results please call us at 1-800-208-3444. In order to ensure your privacy we ask that you have a copy of your results in front of you when making the call, as you will be asked to provide a specimen number or other identifier from the report. Our Wellness Specialists WILL NOT be able to review your lab results with you, unless you are able to provide this information from the report. We also understand that there are times when you will want to review a family members blood test results with our staff. Although Life Extension is happy to comply with these requests, permission (either verbally or in writing) must be given by the person who took the blood tests in order for us to do so. Thank you for your cooperation with these policies as we endeavor to keep your blood test results secure.

FINAL REPORT

Biological Age Report

Subject Info: Name Name

Specimen ID: 9999999999

Collection Date: 9/30/2024

Your Chronological Age:

63.97

Your Biological Age (Phenotypic Age):*

52.15

*This report and associated calculation(s) do not constitute laboratory results and are not to be treated as such. Please consult the corresponding specimen ID for laboratory biomarker results. Phenotypic Age is calculated from the formula¹ described in the following publications:

Liu Z, Kuo P-L, Horvath S, Crimmins E, Ferrucci L, Levine M (2019) **Correction: A new aging measure captures morbidity and mortality risk across diverse subpopulations from NHANES IV: A cohort study.** PLoS Med 16(2): e1002760. <https://doi.org/10.1371/journal.pmed.1002760>

Liu Z, Kuo PL, Horvath S, Crimmins E, Ferrucci L, et al. (2018) **A new aging measure captures morbidity and mortality risk across diverse subpopulations from NHANES IV: A cohort study.** PLOS Medicine 15(12): e1002718. <https://doi.org/10.1371/journal.pmed.1002718>

Levine ME, Lu AT, Quach A, Chen BH, Assimes TL, Bandinelli S, Hou L, Baccarelli AA, Stewart JD, Li Y, Whitsel EA, Wilson JG, Reiner AP, et al. **An epigenetic biomarker of aging for lifespan and healthspan.** Aging (Albany NY). 2018 Apr 18;10(5):573-591. <https://doi.org/10.18632/aging.101414>

This calculation is a novel approximation of phenotypic age based on statistical models of mortality risk amongst the NHANES III & IV cohorts. The information provided from this calculation are provided for informational purposes only. If your laboratory biomarker results are out of range due to transient factors such as infection, this may affect the reliability and accuracy of your calculated result. This report should not be used for purposes of medical advice, nor used to diagnose, treat, prevent, or cure any disease.

¹Formula published in Liu et al. 2019 (Correction to Liu et al. 2018):

$$\text{Phenotypic Age} = 141.50 + \frac{\ln[-0.00553 \times \ln(1 - M)]}{0.09165}$$

Where:

$$M = 1 - \exp\left(\frac{-1.51714 \times \exp(xb)}{0.0076927}\right)$$

and:

$$\begin{aligned} xb = & -19.907 - 0.0336 \times \text{Albumin} + 0.0095 \times \text{Creatinine} + 0.1953 \times \text{Glucose} \\ & + 0.0954 \times \ln(\text{CRP}) - 0.0120 \times \text{Lymphocyte Percent} \\ & + 0.0268 \times \text{Mean Cell Volume} + 0.3306 \times \text{Red Cell Distribution Width} \\ & + 0.00188 \times \text{Alkaline Phosphatase} + 0.0554 \times \text{White Blood Cell Count} \\ & + 0.0804 \times \text{Chronological Age} \end{aligned}$$

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