

Healthspan Tracker Biomarkers

Panel	Biomarker	Abbreviation	Tick
Lipids	1. HDL Cholesterol	HCL-C	
	2. LDL Cholesterol	LDL-C	
	3. Total Cholesterol	TC	
	4. Triglycerides	TG	
	5. Apolipoprotein B*	ApoB	
Kidney function	6. BUN (blood urea nitrogen)	BUN	
	7. Creatinine	Cr	
	8. Uric acid	Uric acid	
Clotting status	9. Glomerular filtration rate*	eGFR	
	10. Platelets	PLT	
	11. Mean platelet volume	MPV	
Minerals	12. Platelet distribution width	PDW	
	13. Erythrocyte sedimentation rate	ESR	
	14. Calcium	Ca	
	15. Chloride	Cl	
	16. Potassium	K	
	17. Sodium	Na	
	18. Phosphorous/Phosphate	P	
White blood cells	19. Magnesium*	Mg	
	20. Basophils	Baso	
	21. Eosinophils	Eos	
	22. Lymphocytes	Lymph	
	23. Monocytes	Mono	
	24. Neutrophils	Neut	
	25. White cell count	WCC	
	26. Atypical Lymphocyte	Atyp lymph	
Red blood cells	27. Haematocrit	HCT	
	28. Haemoglobin	Hb	
	29. Mean cell haemoglobin	MCH	
	30. Mean cell haemoglobin concentration	MCHC	
	31. Mean cell volume	MCV	
	32. Red Cell Count	RCC	
	33. Red cell distribution width	RDW	
Glucose	34. Glucose Fasting	RBC	
	35. Haemoglobin A1c	HbA1c	
	36. C-peptide*	C-pep	
	37. Alpha-Amylase	AMY	
Proteins	38. Albumin	Alb	
	39. Globulin	Glob	
	40. Total Protein	TP	
Liver function	41. Alkaline Phosphatase	ALP	
	42. Alanine aminotransferase	ALT	
	43. Aspartate aminotransferase	AST	
	44. Direct Bilirubin	D Bili	
	45. Total Bilirubin	T Bili	
	46. Gamma-glutamyl transferase	GGT	
Iron status	47. Ferritin	Ferr	
	48. Iron	Fe	
Others	49. Alpha fetoprotein	AFP	
	50. Lactate dehydrogenase*	LDH	
	51. 25-hydroxy vitamin D*	25-OH-D	
	52. Parathyroid hormone*	PTH	
	53. Insulin-like growth factor 1*	OGF-1	
	54. C-reactive protein*	CRP	

Aim for at least 30 biomarkers for a valid analysis.

* Required for additional organ health scores.