Biomarkers Included in the Program

- DHEA-S : Associated with energy, stress resilience, healthy aging, and recovery capacity.
- Cortisol : Helps assess the body's stress response and its relationship with sleep, energy, mood, and recovery.
- TSH : Supports assessment of thyroid function, metabolism, weight regulation, and energy production.
- 25-OH Vitamin D3/D2 : Plays a role in immune function, bone health, hormonal balance, and recovery.
- Ferritin : Reflects stored iron levels and can provide context for fatigue or reduced exercise tolerance.
- Vitamin B12 : Supports brain and nervous system function, red blood cell production, and energy metabolism.
- CBC : Provides an overview of blood health, immune status, and oxygen transport.
- Albumin : Reflects nutritional status, liver function, and physiological resilience.
- ALT / SGPT : A liver enzyme used as part of the assessment of liver and metabolic health.
- LDL-C / HDL-C / Triglycerides : Lipid markers used to assess cardiovascular and metabolic health.
- Apolipoprotein B : An advanced cardiovascular marker reflecting the number of atherogenic lipoprotein particles.
- Lipoprotein(a) : A cardiovascular risk marker strongly influenced by genetics.
- Homocysteine : Associated with cardiovascular health, methylation balance, and vascular inflammation.
- High-Sensitivity CRP : Measures low-grade inflammation associated with cardiovascular and metabolic health.
- Creatinine and eGFR : Used to assess kidney function and long-term metabolic health.
- HbA1c / Fasting Glucose / Insulin : Helps assess glucose balance, insulin resistance, and metabolic health.
- Biological Age : SevenAge estimates biological age patterns using each individual's biomarker data.