

Most Comprehensive Health Screening

Live Healthy, Longer.



21st Century Health



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Inflammation
High Risk

ApoB
Elevated

DNA Health

Heart Health

Triglycerides

Last Assessed (ORV): 61 mg/dL (on 19-Jul-24)

Inconclusive **Optimal** Acceptable Borderline High High

61

Below 40.0 40.0-80.0 81.0-140.0 141.0-180.0 Above 180.0

Historical Trend

Date	Value
16-Nov-20	70.8
24-Mar-21	53
17-May-21	61.93
17-May-21	68
16-Sep-21	52
16-Sep-21	51
16-Sep-21	42
16-Sep-21	46
01-Nov-20	54
01-Nov-20	54
22-Apr-21	53
22-Apr-21	53
18-Nov-21	59
24-Jul-23	58
24-Feb-24	65
19-Jul-24	42
19-Jul-24	93
19-Jul-24	61

TMAO Production
Average

Gut Health



Ultimate+ Health Screening

Ultimate+ is an All-in-1 comprehensive, holistic health screening package that includes Longevity Biomarkers + GUT Microbiome + DNA insights for our members to assess their Gut health, DNA health, in combination with 100+ Longevity Biomarkers (including blood tests for cardio-metabolic health, liver and kidney function, hormones, nutritional deficiencies, blood profile, bone and joints, and more), with detailed lifestyle self-assessment.

ULTIMATE | LONGEVITY
100+ BLOOD BIOMARKERS
ULTIMATE
- \$799 -
\$499

PREDICT | HE
DNA HEALTH SCREENING
PERSONALIZE | GUT
GUT HEALTH SCREENING
DNA + GUT
- \$528 -
\$379

ULTIMATE+
- \$1378 -
\$878

100+ Blood Tests

+

DNA + GUT Insights

=

Buy Now

Turnaround time: Up to 6-8 weeks from the time the lab receives your DNA+GUT samples.



Blood Tests Included – 100+ Biomarkers



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)
- Total Testosterone
- Cortisol
- DHEA-Sulfate (DHEAS)



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.



LISTEN TO YOUR GUT

Our members choose Gut Microbiome Test, when they may experience any one or more of these symptoms or conditions :

- ✓ Irregular or irritable bowels (IBS), IBD, leaky gut
- ✓ Abdomen or stomach pain, bloating, gas, discomfort
- ✓ Constipation, diarrhea, indigestion, bowel problems
- ✓ Food or skin sensitivity, allergies, eczema or psoriasis
- ✓ H. Pylori, SIBO, gastritis, nausea or acid reflux
- ✓ Difficulty in losing weight or weight-loss regain
- ✓ Low immunity, poor sleep quality, sleep disturbances
- ✓ Feelings of anxiety or depression, impacts mental health
- ✓ Low energy, fatigue or brain fog, lethargy, tiredness
- ✓ Inflammation, bone and joint discomfort; or
- ✓ Want to assess gut microbiome to optimize health

*Results are available in up to 6-8 weeks.



LISTEN TO YOUR GENES

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ Diet and metabolism, DNA methylation, nutritional deficiencies
- ✓ Personalized vitamins, micronutrient needs and ideal dosages
- ✓ Lactose and gluten intolerances; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ Eating behavior, weight loss potential, and weight regain issues
- ✓ Disease risks influenced by genes and lifestyle, early interventions
- ✓ Health risk carrier status, fertility or premarital DNA risk screen
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ Autoimmune diseases, thyroid imbalances, skin and hair conditions
- ✓ Sleep Apnea, poor sleep depth or quality influenced by genes

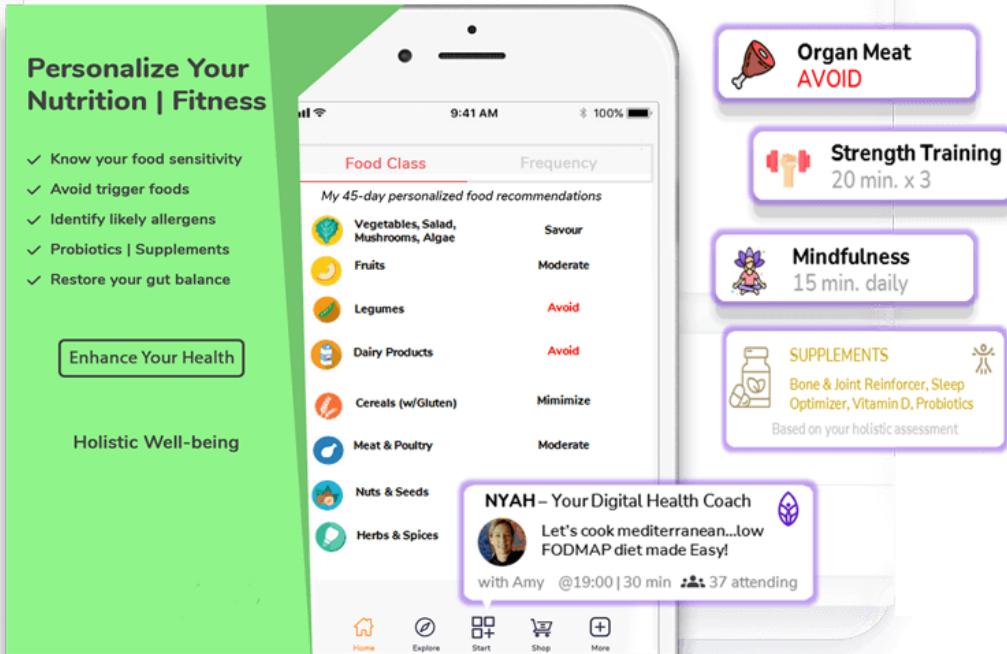


*Results are available in up to 6-8 weeks.



LEARN ABOUT DNA+GUT HEALTH

Discover personalized insights and gain actionable recommendations to optimize your nutrition, fitness, and holistic well-being



BUY NOW 

\$878

- ✓ Know 650+ food items to eat and avoid
- ✓ Know your supplementation and probiotics needs
- ✓ Test to optimize sleep, mood, memory and brain function
- ✓ Enhance sleep and stress management
- ✓ Identify ways to maximize efficiency, calorie burn
- ✓ Maximize your innate potential to transform your holistic health



What You May Learn

About your nutrition and fitness.



Digestive Health

Know your susceptibility to bowel movement disorders, bloating and gas, intestinal permeability (leaky gut), or food intolerances

Diet and Metabolism

Should you be on a Low Carb, Low Fat, Mediterranean or Balanced diet? Identify carbohydrate, fat sensitivity, daily calorie needs, macronutrient ratios



Vitamin and Micronutrients

Identify your nutrient needs and Vitamin B6, B9, B12, A, D, E requirements. Become aware of likely Calcium, Choline, Glutathione, CoQ10 deficiency

Probiotics and Prebiotics

Find out your innate probiotics composition in the gut and the natural food sources (prebiotics) that may help nurture a diverse microbial community



Pathogens and Harmful Bacteria

Assess pathogenic species abundance (like H.Pylori, C.difficile, ETBF) that may be negatively impacting your health. Learn lifestyle modifications to minimize risks

Food Sensitivity

Find out if you are lactose or gluten intolerant. Identify your sensitivities to caffeine, bitter taste, salt, alcohol, lectin, histamine or food additives



What You May Learn

About your health conditions.



Gastrointestinal Health

Is your gut microbiome predisposing you to risk for IBD, IBS, Ulcerative Colitis, Crohn's disease or leaky gut? Learn ways to mitigate your risks for optimal health



Neurodegenerative Disorders

Protect your future by understanding how your gut bacteria may influence risk for conditions such as Dementia, Alzheimer's and Parkinson's



Mental Health

Gut bacteria influences mood, impacts risk for depression, bipolar disorder, anxiety or schizophrenia. Learn about these aspects and resilience, and stress response



Metabolic Health

Know your risk of lifestyle diseases such as type-2 diabetes, hypertension, kidney and liver disease. Learn ways to optimize sleep quality, stress resilience to mitigate risks



Cardiovascular Health

Find out your genetic likelihood for Elevated LDL Cholesterol, Triglycerides, Blood Sugar or Decreased HDL. Make informed health choices personalized to your needs

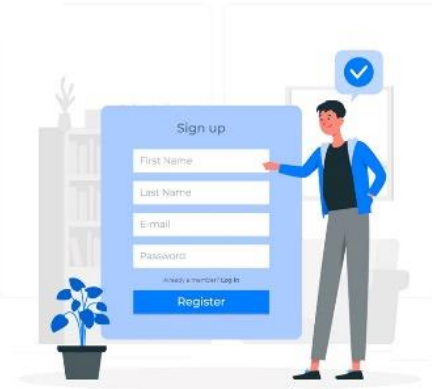


Liver and Kidney Disorders

Oh My Gut! CKD, NAFLD, Cirrhosis, Hepatitis risk. Discover how diet impacts such risks. Learn about your body's actual biological processes and their gut health connection



How It Works



Join

1. Choose your package and add-on options (if any)
2. Purchase online. E-receipt emailed upon confirmation
3. Schedule your appointment from the next screen



Test

4. Test at clinic location(s) at either Royal Square Novena or Paragon
5. Our packages allow greater flexibility to test anytime within 6-months of purchase



Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review* of lab test results (online – video)
8. Use AI Assistants to generate a personalized action plan



Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.

*Note: Basic review included. Specialist or longevity medicine consultations for functional insights charged extra.

Holistic Health

