

# Cardiac Health Panel

## Zoom Into Cardiovascular Risk Before It Starts

Feeling run down, short of breath, or struggling with high blood pressure or cholesterol? Your cardiovascular system could be signaling deeper concerns. The Cardiac Health Panel delivers actionable insights into lipid balance, inflammation, and metabolic health.

It identifies early signs of cardiovascular risk by evaluating lipids, apolipoproteins, and inflammatory markers using techniques like ELISA and enzymatic assays. Diet, stress, inflammation, and lifestyle often impact these markers, making early testing key to prevention. Whether your patients have a family history of heart disease, struggle with obesity or diabetes, or are experiencing symptoms like fatigue or chest discomfort, this test helps uncover silent drivers of cardiovascular strain.

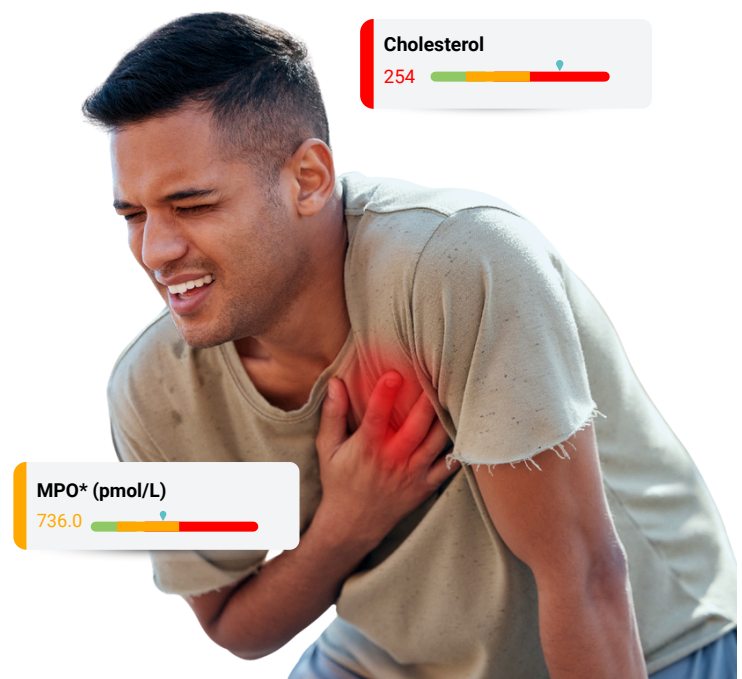
With science-backed results and a personalized approach, your healthcare provider can build a targeted prevention plan to optimize lipid levels, reduce inflammation, and support overall heart health.

## How It Works

The Cardiac Health Panel is a simple blood test that comprehensively views your cardiovascular health, lipid profile, and inflammatory status. It measures key markers such as cholesterol, apolipoproteins, and CRP, and provides additional insights into metabolic and vascular function to assess early signs of heart disease and overall risk. By identifying hidden imbalances that may affect circulation, blood pressure, and cholesterol regulation, this panel helps uncover potential threats before symptoms arise. With clear visuals and personalized insights, your provider can develop a proactive plan to improve heart health and prevent future cardiovascular events.

## Why Choose the Cardiac Health Panel?

- **Assesses Cardiovascular Risk Factors:** Identifies a wide range of cardiovascular risk factors, including lipid profiles, inflammation markers, and genetic predispositions, helping assess heart disease risk.
- **Measures Key Heart Health Biomarkers:** Measures key biomarkers like cholesterol, triglycerides, and hs-CRP (high-sensitivity C-reactive protein), offering a clear picture of heart health and inflammation levels.
- **Enables Early Risk Detection:** Provides early detection of cardiovascular issues, allowing for proactive intervention before conditions like heart attacks or strokes develop.
- **Supports Personalized Heart Health Plans:** Helps healthcare providers create personalized treatment plans, including lifestyle changes, dietary recommendations, and medication options to optimize cardiovascular health.



## Key Markers Include:

- **Apolipoprotein A1, B, & B/A1 Ratio (Lipid Risk):** Advanced lipid markers that assess cholesterol transport and balance, key predictors of atherosclerosis and cardiovascular events.
- **Hs-CRP, Fibrinogen, Lp-PLA2 (Inflammation):** Indicators of chronic low-grade inflammation and vascular injury, offering early warning signs for heart disease and stroke risk.
- **Lp(a), Homocysteine (Genetic & Metabolic):** Reflect inherited or metabolic predispositions to clot formation, endothelial dysfunction, and arterial damage.
- **HDL, LDL, Triglycerides, Total Cholesterol (Standard Lipids):** Comprehensive lipid profile essential for assessing baseline cardiovascular health and guiding statin or lifestyle interventions.
- **Insulin, HbA1c, Glucose (Metabolic Health):** Reveal blood sugar balance and insulin resistance, major contributors to vascular damage and heart disease.
- **CoQ10 & hs-Troponin (Cardiac Function):** Functional markers to evaluate mitochondrial support and cardiac muscle integrity, helpful in identifying early myocardial stress or dysfunction.



The Cardiac Health Panel analyzes lipids, inflammation, metabolic health, and vascular markers to uncover potential causes of high cholesterol, fatigue, shortness of breath, blood pressure changes, and cardiovascular risk. It identifies early signs of plaque formation, oxidative stress, and metabolic dysfunction.

## Who Should Take This Test?

- **Heart Symptoms That Won't Go Away?** Chest tightness, shortness of breath, or fatigue may signal early cardiovascular dysfunction. This test reveals what's driving your symptoms.
- **Worried About Cholesterol or Blood Pressure?** Whether on medication or exploring lifestyle changes, this panel helps guide personalized strategies.
- **Family History of Heart Disease or Stroke?** A genetic predisposition doesn't have to become your reality—early testing helps you take control.
- **Managing Diabetes, Obesity, or Inflammation?** Identify metabolic drivers that silently increase cardiovascular risk and impact long-term health.
- **Focused on Prevention and Longevity?** For those prioritizing proactive care, this panel uncovers early signs of inflammation and vascular stress before events occur.

## Take the First Step Towards Better Health

If you're dealing with fatigue, shortness of breath, chest discomfort, or a history of high cholesterol, your heart may be sending an early warning. The Cardiac Health Panel delivers clear answers and personalized insights to help you protect your cardiovascular health. Talk to your healthcare provider today and take the next step toward lasting energy, resilience, and heart-focused wellness.

### Limitations

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The information is not intended to be used by the patient for any diagnostic purpose and is not a substitute for medical advice by a healthcare practitioner. Please consult a licensed healthcare practitioner for any questions regarding diagnosis, prevention, or treatment of any disease or health assessment.

The test is not available in NY State.

### Regulatory Disclaimer

Please note the information provided by Vibrant Wellness is intended solely for research and informational purposes to help inform lifestyle choices aimed at potential risk mitigation. The tests were developed, and their performance characteristics were determined by Vibrant America and Vibrant Genomics. They have not been cleared or approved by US Food and Drug Administration. The laboratory is certified under the Clinical Laboratory Improvements Amendments (CLIA) as qualified to perform high complexity testing. The laboratory is also in compliance with College of American Pathologists (CAP) regulations and New York State Department of Health (NYSDOH) regulations.