FoundationBaseline

MARKERS LIST

A focused starting point for foundational health, with results in two days. Foundation Baseline brings key health markers into one succinct report, giving providers a clear view of the broader patient picture and where closer investigation may be useful.

Markers listed in more than one category are indicated with a cross (†).

METABOLIC SCORE

Liver
- Albumin
- Total Protein
- AST†
- ALP†
- ALT
- GGT
- Bilirubin Direct
- Bilirubin Total

Insulin Resistance
- HbA1C
- Fasting Insulin
- HOMA-IR
- Fasting Glucose
- Lipase
- Adiponectin
- Fructosamine
- Ferritin

Kidney
- Uric Acid†
- Creatinine
- BUN/Creatinine Ratio
- Cystatin C
- eGFR
- BUN
- Serum Osmolality
- Sodium
- Potassium
- Chloride
- Carbon Dioxide

INFLAMMATION SCORE

Inflammation
- hs-CRP
- Total WBC

Immune Resilience
- Neutrophil/Lymphocyte Ratio
- Neutrophil Count
- Immature Granulocyte Count
- Immature Granulocytes %
- Lymphocyte Count
- Basophil Count
- Eosinophil Count
- Monocyte Count
- Neutrophils %
- Lymphocytes %
- Basophils %
- Eosinophils %
- Monocytes %
- Total IgG
- Total IgM

Autoimmune
- ANA
- ANA pattern
- ANA titre
- RF IgM

HORMONE SCORE

Sex Hormones
- Total Testosterone
- Free Testosterone
- Estradiol (E2)
- Progesterone
- SHBG
- LH
- FSH
- Prolactin

Prostate Health
- Total PSA (Male only)
- Free PSA (Male only)
- Free PSA% (Male only)

Adrenal Stress
- Cortisol
- DHEA-S

Thyroid
- Anti-TPO
- Anti-TG
- TSH
- Free T4
- Free T3
- Total T3
- Total T4
- Serum Iron

CARDIO SCORE

Lipids/Lipoproteins
- Apo B
- Apo B: Apo A-1
- Lp(a)†
- sdLDL
- Triglycerides
- HDL Direct
- Apo A-1
- Total Cholesterol
- LDL Direct
- Cholesterol/HDL Ratio
- LDL, Calculated

Plaque
- Lp(a)†
- MPO
- Homocysteine†
- IRF
- MPV
- Platelet Count

CELLULAR SCORE

Mitochondrial Health
- TIBC
- Transferrin
- Transferrin Saturation
- UIBC
- Hematocrit
- Hemoglobin
- MCH
- MCHC
- MCV
- Nucleated RBC Count
- Nucleated RBC %
- RBC
- RDW - CV
- RDW - SD
- Reticulocyte Count
- Reticulocyte Hemoglobin
- Reticulocyte (%)

RECOVERY AND RESILIENCE SCORE

Muscle Building
- IGF-1

Muscle Breakdown
- LDH
- Total CK
- AST†
- Uric Acid†

Bone Integrity
- Vitamin D, 25-OH
- Calcium
- ALP†
- Inorganic Phosphate

NEURAL SCORE

Cognitive Health
- Homocysteine†
- Vitamin B12
- Folate