DEMO DEMO

Name: DEMO DEMO
Date of Birth: 11-12-1990
Biological Sex: Male
Age: 35
Height: 64 inches
Weight: 160 lbs
Fasting:

Telephone: 000-000-0000
Street Address:
Email:

FINAL REPORT

Accession ID: 2167376633

Provider Information

Practice Name: DEMO CLIENT, MD
Provider Name: DEMO CLIENT, MD
Phlebotomist: 0

Telephone: 000-000-0000
Address: 3521 Leonard Ct, Santa Clara, CA 95054

Report Information

Current Result Previous Result In Control Moderate Risk

Specimen Information

Sample Type	Collection Time	Received Time	Report	Final Report Date
Serum	2026-01-15 10:00 (PST)	2026-01-15 16:39 (PST)	Foundation Zoomer - P2	2026-01-16 13:54 (PST)
EDTA	2026-01-15 10:00 (PST)	2026-01-15 16:39 (PST)	Foundation Zoomer - P2	2026-01-16 13:54 (PST)
Plasma	2026-01-15 10:00 (PST)	2026-01-15 16:39 (PST)	Foundation Zoomer - P2	2026-01-16 13:54 (PST)

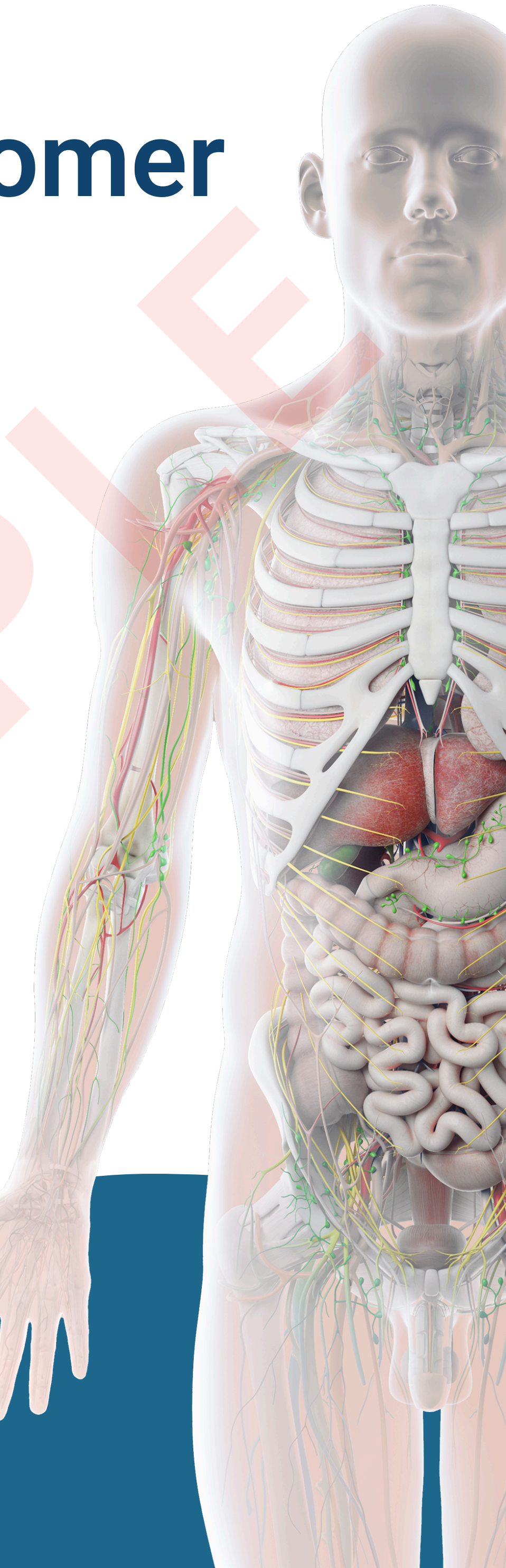
VibrantWellness
3521 Leonard Ct, Santa Clara, CA 95054
1-866-364-0963 | support@vibrant-america.com | www.vibrant-wellness.com

VibrantWellness

Foundation Zoomer

Your Foundation Health Report

Foundation Zoomer - Summary	Pg 5
Liver Health	Pg 7
Kidney Health	Pg 8
Nutrition Health	Pg 9
Blood Cell Health	Pg 10
Hormone Health	Pg 12
Cardio Health	Pg 14
Musculoskeletal Health	Pg 14
Neural Health	Pg 15
Gut Health	Pg 15
Immune Health	Pg 15
Skin and Hair Health	Pg 16
Energy Health	Pg 16



Foundation Zoomer

INTRODUCTION

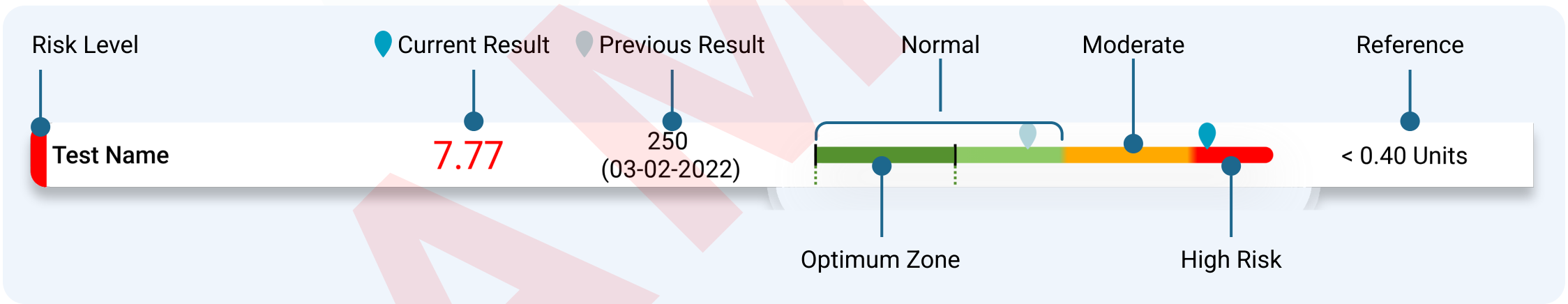
Vibrant Wellness is pleased to present to you 'Foundation Zoomer' testing to help you make healthy lifestyle choices in consultation with your healthcare provider. Foundation Zoomer is intended to be used to improve functions associated with a general state of health. Foundation Zoomer is a comprehensive health analytics panel designed to evaluate core physiological systems and provide foundational insights into overall health, resilience, and functional balance. It integrates advanced biomarker analysis across multiple domains, including Nutrition Status, Adrenal and Stress Response, Sex Hormones, Thyroid Function, Hematologic Health (RBC, WBC, Platelets), Kidney and Liver Function, Pancreatic and Metabolic Health, Cardiovascular Risk, Bone Integrity, Lung and Muscle Function, Neural and Cognitive Support, Gut Barrier Integrity, Immune Activation, Skin and Hair Health, and Energy Regulation. By assessing key biochemical, hormonal, inflammatory, and metabolic pathways, Foundation Zoomer helps identify underlying imbalances that may contribute to fatigue, metabolic dysfunction, hormonal irregularities, immune dysregulation, and overall health decline, supporting a systems-based approach to preventive and functional health assessment.

Methodology:

The Vibrant Foundation Zoomer uses tandem LC-MS/MS for detecting Reverse T3. The Vibrant Foundation Zoomer is a semiquantitative assay that detects IgG, IgA, and IgM antibodies in human serum for gut barrier integrity antigens with multiplexed chemiluminescence immunoassay (CLIA) methodology. For Anti-CCP, we use the ELISA methodology. The testing method for ANA is an indirect immunofluorescence assay (IFA) manufactured by EUROIMMUN and performed on the EUROPattern system. For markers under Nutrition Status, Adrenal and Stress Response, Sex Hormones, Thyroid Function, Hematologic Health (RBC, WBC, Platelets), Kidney and Liver Function, Pancreatic and Metabolic Health, Cardiovascular Risk, Bone Integrity, Lung and Muscle Function, Neural and Cognitive Support, Immune Activation, Skin and Hair Health, and Energy Regulation, we use FDA approved Roche Cobas platform.

Interpretation of Report:

The tests provided are not a substitute for a medical consultation, do not constitute a diagnosis or treatment, and should not be interpreted as such. Only healthcare professionals can interpret the results of said tests, based on their knowledge of the clinical records of the patients and other relevant factors and under their responsibility, provide wellness, nutritional, or dietary recommendations, diagnose medical conditions, or prescribe treatment to a patient. We disclaim any responsibility or liability arising from the use or interpretation of test results by the healthcare professional.



The Foundation Zoomer report begins with a comprehensive summary page that provides an integrated overview of the patient's overall health status across core physiological systems. The summary highlights system-level health scores on a standardized 100-point scale, categorizing results into risk tiers to help prioritize clinical attention. Key domains assessed include Energy, Neural, Cardio, Hormonal, Metabolic, Immune, Gut, Nutrition, Blood Cell, Skin and Hair, Musculoskeletal, and Organ Function (Kidney, Liver, and Pancreas). These scores are visually mapped onto a full-body anatomical illustration, allowing for intuitive visualization of system-specific imbalances and their relative severity. This integrative presentation supports rapid risk stratification and helps guide targeted follow-up testing, lifestyle interventions, and personalized care planning based on the cumulative impact of underlying biochemical, hormonal, inflammatory, and metabolic markers. Reference ranges have been established based on cohorts of 500 relatively healthy individuals. This is followed by critical values if applicable and follow-up recommendations of additional testing and a complete list of all biomarkers tested with quantitative results to enable a full overview along with the corresponding reference ranges, with results displayed in a quantile-style format using horizontal bars segmented into dark green(optimum), green (in control), yellow (moderate), and red (risk) zones, positioning the patient's value as a dot to intuitively convey relative risk levels. The Nutrition Health illustration depicts the integrated pathways of dietary intake, absorption, transport, storage, and cellular utilization of key micronutrients essential for metabolic and hematologic function. It highlights iron handling from intestinal absorption through transferrin-mediated transport and ferritin storage, vitamin D metabolism from intake to hepatic activation and its role in bone marrow erythropoiesis, and folate–vitamin B12 interactions supporting DNA synthesis and methylation. Homocysteine is presented as a functional marker reflecting methylation efficiency and nutrient sufficiency, while the overall pathway emphasizes how micronutrient balance directly influences red blood cell production and systemic energy status.

Foundation Zoomer

INTRODUCTION

Vibrant Wellness is pleased to present to you 'Foundation Zoomer' testing to help you make healthy lifestyle choices in consultation with your healthcare provider. Foundation Zoomer is intended to be used to improve functions associated with a general state of health. Foundation Zoomer is a comprehensive health analytics panel designed to evaluate core physiological systems and provide foundational insights into overall health, resilience, and functional balance. It integrates advanced biomarker analysis across multiple domains, including Nutrition Status, Adrenal and Stress Response, Sex Hormones, Thyroid Function, Hematologic Health (RBC, WBC, Platelets), Kidney and Liver Function, Pancreatic and Metabolic Health, Cardiovascular Risk, Bone Integrity, Lung and Muscle Function, Neural and Cognitive Support, Gut Barrier Integrity, Immune Activation, Skin and Hair Health, and Energy Regulation. By assessing key biochemical, hormonal, inflammatory, and metabolic pathways, Foundation Zoomer helps identify underlying imbalances that may contribute to fatigue, metabolic dysfunction, hormonal irregularities, immune dysregulation, and overall health decline, supporting a systems-based approach to preventive and functional health assessment.

Interpretation of Report:

The Hormone Health illustration maps the hierarchical regulation of the endocrine system, beginning with hypothalamic and anterior pituitary signaling and extending to downstream glandular targets including the thyroid, adrenal glands, and gonads. It outlines key feedback loops involving thyroid hormones (T3, T4), adrenal hormones (cortisol, DHEA-S), and sex hormones (testosterone, estradiol, progesterone), while highlighting the modulatory role of binding proteins such as SHBG. This systems-level visualization supports interpretation of hormonal imbalances by demonstrating how central signaling, peripheral conversion, and tissue responsiveness collectively influence metabolic regulation, reproductive health, stress adaptation, and overall physiological balance.

The Vibrant Wellness platform provides tools for you to track and analyze your general wellness profile. Testing for the Cardio Zoomer panel is performed by Vibrant America, a CLIA certified lab CLIA#:05D2078809 and Vibrant Genomics, a CLIA certified lab CLIA#:05D2098445.

Vibrant provides and makes available this report and any related services pursuant to the Terms of Use Agreement (the "Terms") on its website at www.vibrant-wellness.com. By accessing, browsing, or otherwise using the report or website or any services, you acknowledge that you have read, understood, and agree to be bound by these terms. If you do not agree to these terms, you shall not access, browse, or use the report or website.

All laboratory testing is performed by CLIA-certified and CAP-accredited clinical laboratories upon the order of a licensed healthcare professional, using biological specimens obtained from patients by, or at the direction of, the ordering healthcare professional.

This test has not been reviewed or approved by the U.S. Food and Drug Administration (FDA). The test is a laboratory-developed test (LDT) that has been designed, manufactured, and validated by a CLIA-certified and CAP-accredited clinical laboratory, and is performed in accordance with applicable federal and state laboratory regulations. While certain individual analytes within this test may be measured using FDA-cleared or FDA-approved assays.

Please note:

Consider all supplements in relation to medical history and symptoms. Not all recommended supplements are appropriate in all individual cases. It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes. Pediatric ranges have not been established for these tests. It is important that you discuss any modifications to your diet, exercise, and nutritional supplementation with your healthcare provider before making any changes.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

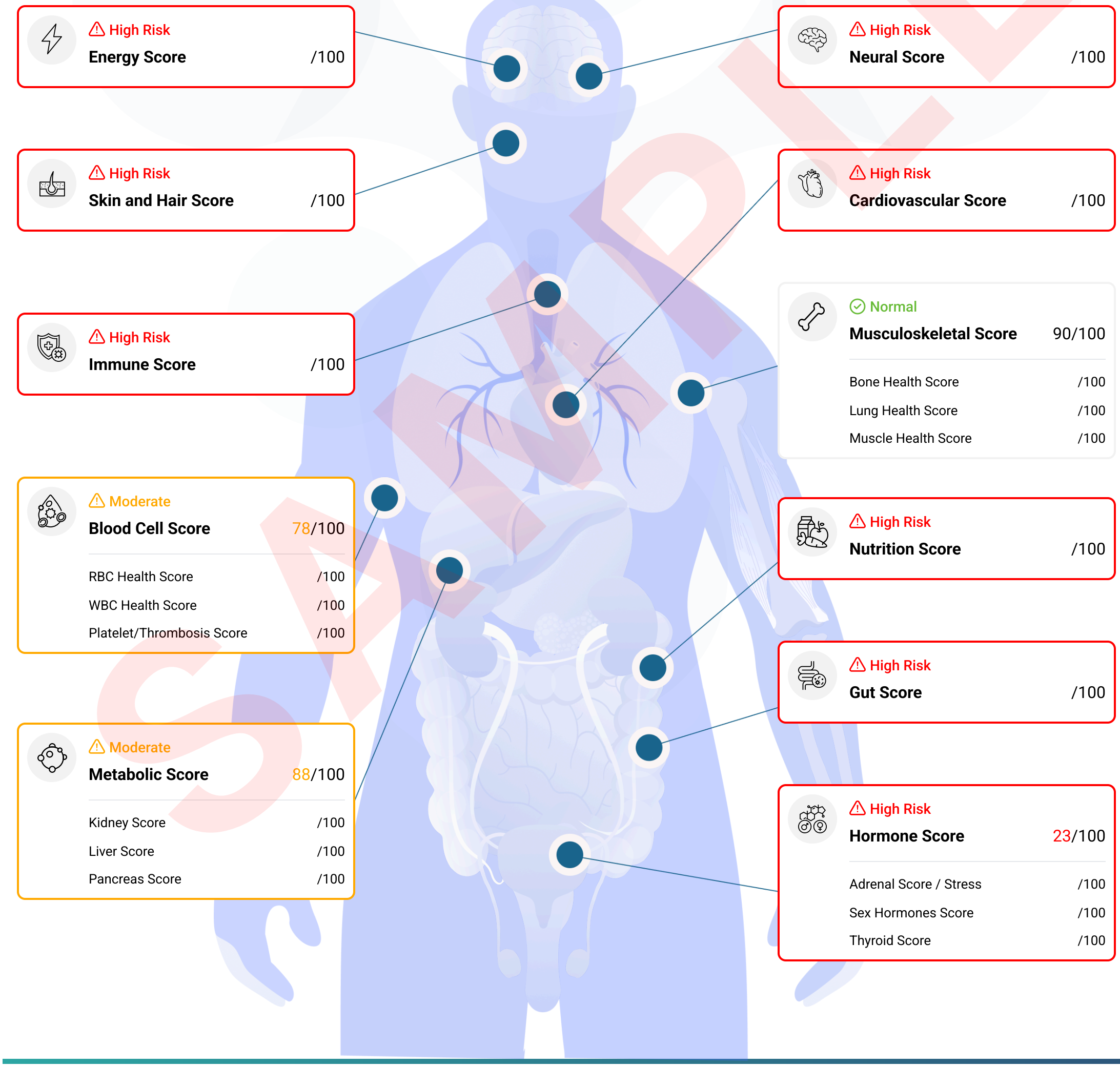
Foundation Zoomer - Summary

Summary

Critical Values:N/A

Test Recommendation: Hormone Zoomer

Bundle Recommendation: Hormone Zoomer, Cardio Zoomer, Gut Zoomer



High Risk
Energy Score /100

High Risk
Neural Score /100

High Risk
Skin and Hair Score /100

High Risk
Cardiovascular Score /100

High Risk
Immune Score /100

Normal
Musculoskeletal Score 90/100

Bone Health Score	/100
Lung Health Score	/100
Muscle Health Score	/100

Moderate
Blood Cell Score 78/100

RBC Health Score	/100
WBC Health Score	/100
Platelet/Thrombosis Score	/100

High Risk
Nutrition Score /100

High Risk
Gut Score /100

Moderate
Metabolic Score 88/100

Kidney Score	/100
Liver Score	/100
Pancreas Score	/100

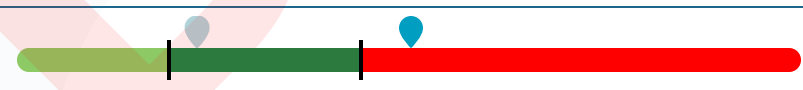
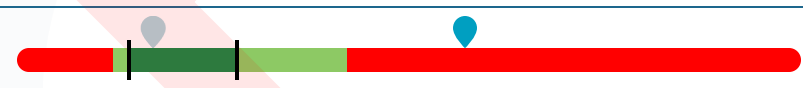
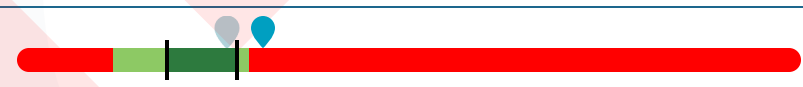
High Risk
Hormone Score 23/100

Adrenal Score / Stress	/100
Sex Hormones Score	/100
Thyroid Score	/100

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer - Summary

High

Test Name	Current	Previous	Result	Reference
Vitamin B12 (pg/mL)	1410			232-1245
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9
Prolactin (ng/mL)	17.70			4.04-15.2
Hemoglobin (g/dL)	13.5			13.7-17.5
Hematocrit (%)	40.0			40.1-51
IRF (Immature Reticulocyte Fraction) (%)	18.9			2.3-13.4
Uric Acid (mg/dL)	9.0	3.1 (01-15-2026)		3.4-7
Potassium (mmol/L)	5.3	4.7 (01-15-2026)		3.5-5.1
ALT (Alanine Aminotransferase) (U/L)	59	25 (01-15-2026)		≤41
Fasting Insulin (µU/mL)	38.2	6.5 (01-15-2026)		2.6-24.9
Fasting Glucose (mg/dL)	105	95 (01-15-2026)		70-100
LDL (calculated or direct)-Friedewald	>50	>50 (01-15-2026)		≤30
RBC Count (x 10^6/µL)	4.42			4.63-6.08
IGF-1 (ng/mL)	246			63-223
Total IgG (mg/dL)	615			767-1590

Suboptimal

Test Name	Current	Previous	Result	Reference
HDL Direct (mg/dL)	53	86 (01-15-2026)		≥56
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9
MPO (Myeloperoxidase) (pmol/L)	732.0	339.0 (01-15-2026)		≤599.9

Foundation Zoomer - Summary

Liver Health

Stages of Liver Disease

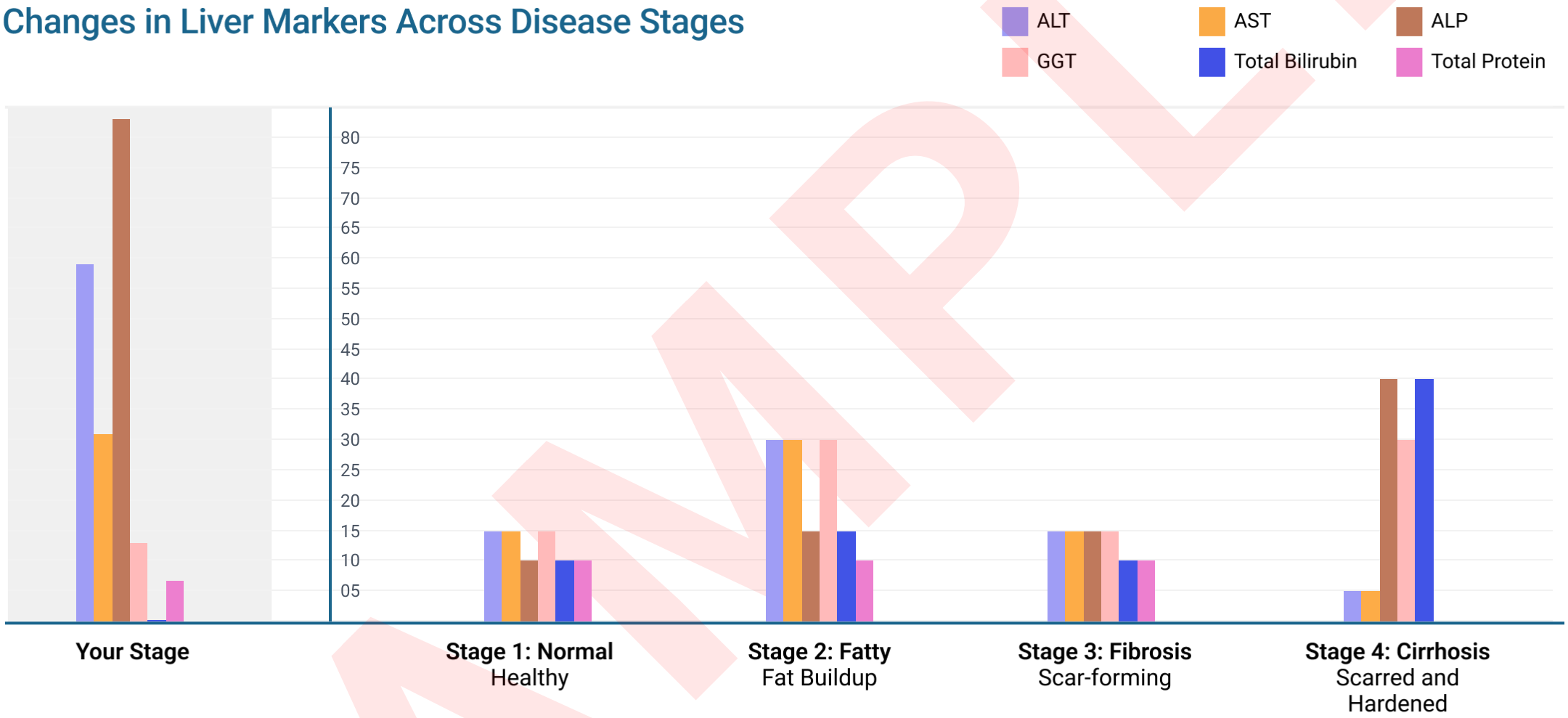
Healthy Liver
Works normally to clean blood, store energy, and produce key proteins like those for clotting and fighting infections.

Fatty Liver
Fat accumulates inside cells, but the liver can still mostly detoxify and create essential proteins, though efficiency starts dropping.

Scarred and Hardened Liver
Scarring warps the structure, severely limiting blood flow, detoxification, and production of vital proteins.

Scar-forming Liver
Early scars develop from ongoing damage, beginning to impair the liver's ability to filter toxins and make necessary proteins.

Changes in Liver Markers Across Disease Stages

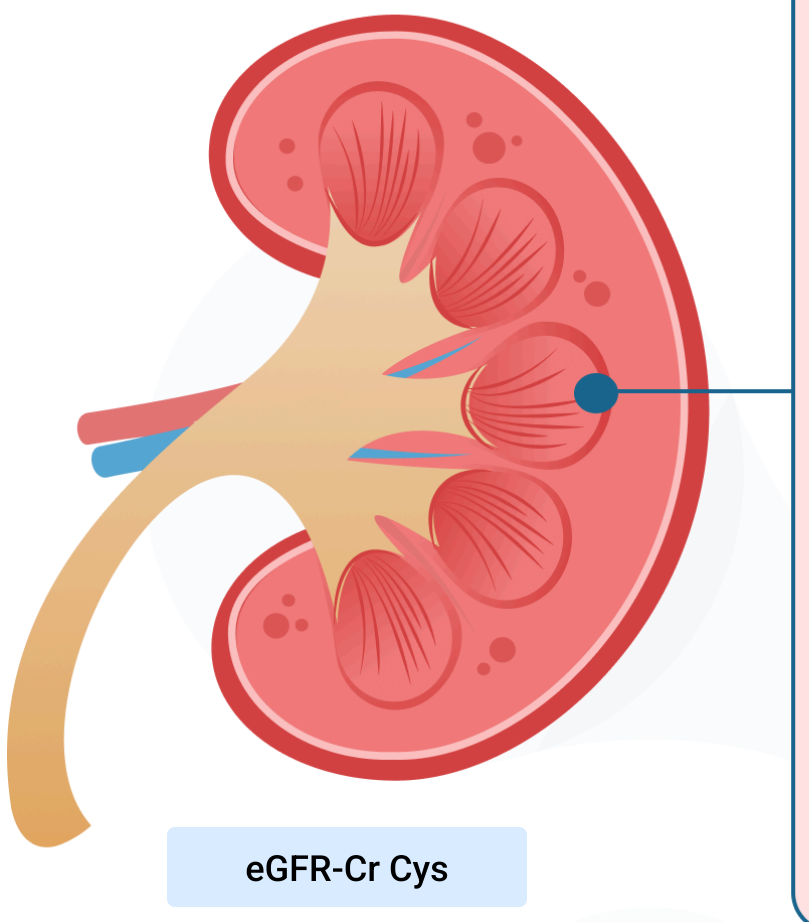


Test Name	Current	Previous	Result	Reference
ALT (Alanine Aminotransferase) (U/L)	59	25 (01-15-2026)		≤41

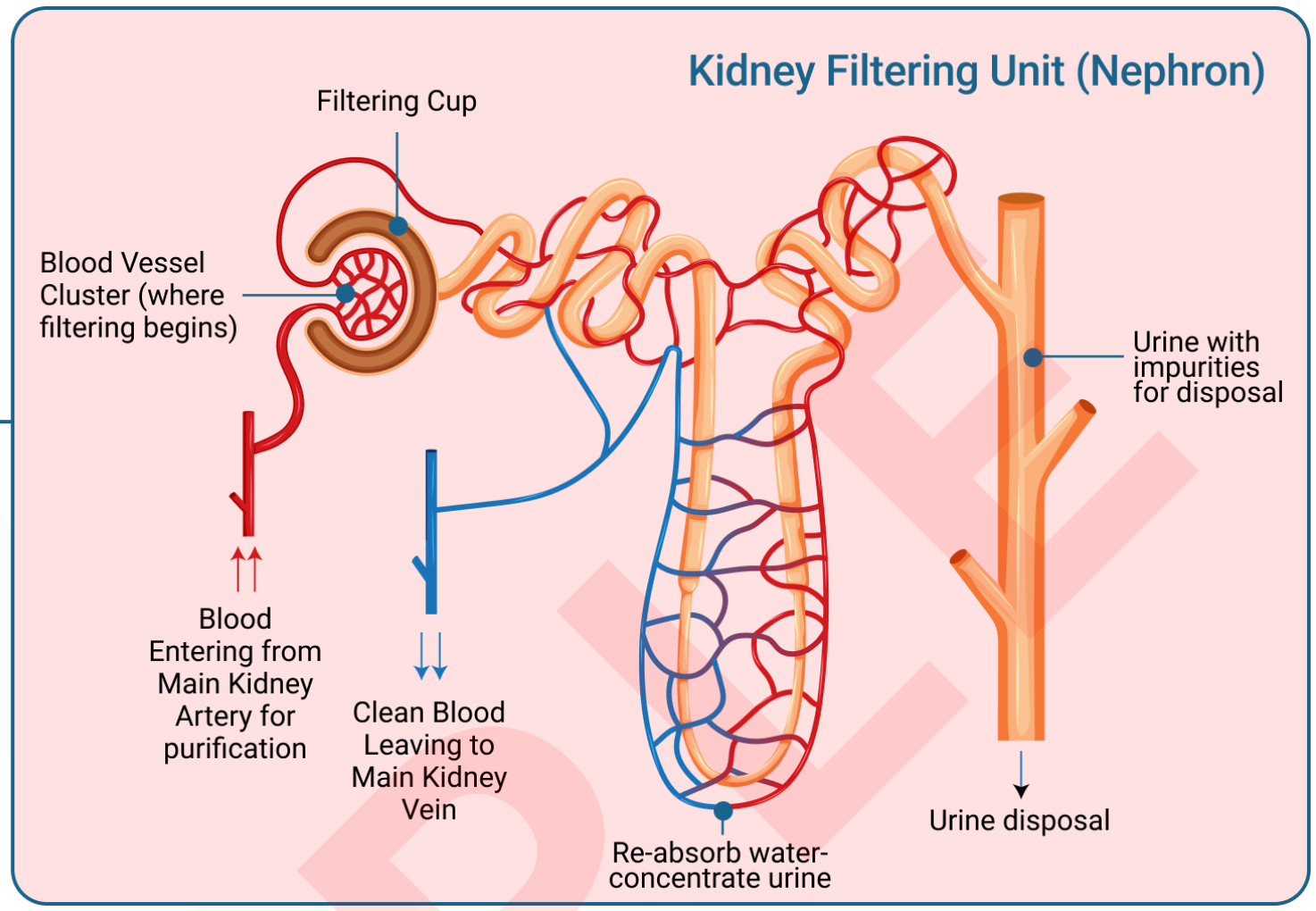
ALT is a liver enzyme involved in amino acid metabolism within liver cells, and high levels indicate liver-related issues such as liver damage or inflammation.

Foundation Zoomer - Summary

Kidney Health



eGFR-Cr Cys



Test Name	Current	Previous	Result	Reference
Uric Acid (mg/dL)	9.0	3.1 (01-15-2026)		3.4-7

Uric acid is a metabolic waste product eliminated from the blood by kidney filtration. Elevated levels indicate kidney dysfunction such as reduced filtration or renal failure.

Potassium (mmol/L)	5.3	4.7 (01-15-2026)		3.5-5.1

Potassium is essential for fluid balance, and high levels (hyperkalemia) indicate kidney dysfunction such as acute or chronic kidney failure or impaired renal excretion.

Metabolic Health

Pancreas	Current	Previous	Result	Reference
Fasting Insulin (µU/mL)	38.2	6.5 (01-15-2026)		2.6-24.9

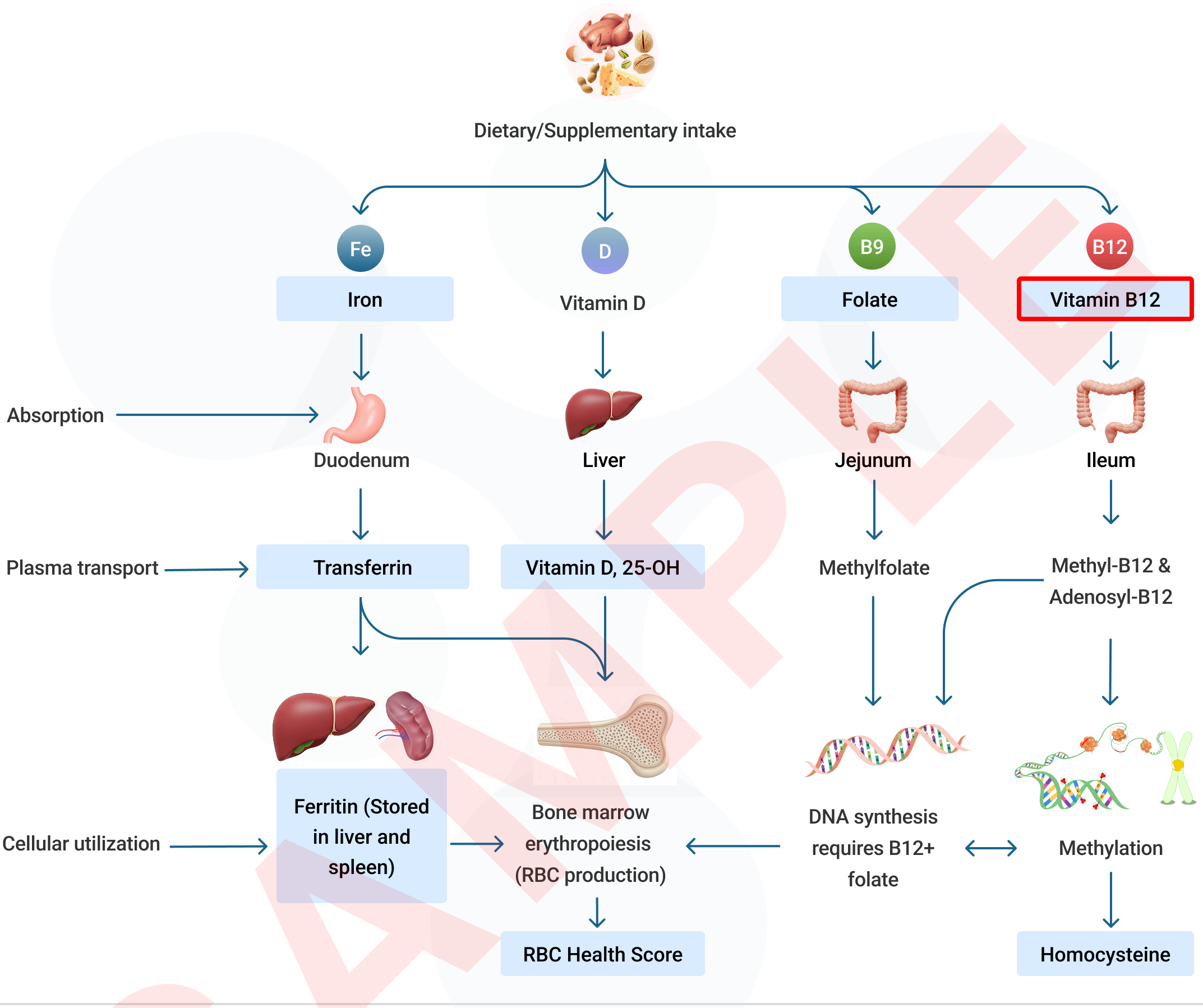
Fasting insulin, measured after an overnight fast, reflects pancreatic insulin secretion, and elevated levels indicate the pancreas is producing extra insulin to control high blood sugar, which can be seen in conditions such as insulin resistance, prediabetes, or early type 2 diabetes.

Fasting Glucose (mg/dL)	105	95 (01-15-2026)		70-100

Fasting glucose measures blood sugar levels after an overnight fast, and high levels indicate hyperglycemia, which suggests diabetes or impaired glucose regulation.

Foundation Zoomer - Summary

Nutrition Health



Test Name	Current	Previous	Result	Reference
Vitamin B12 (pg/mL)	1410			232-1245

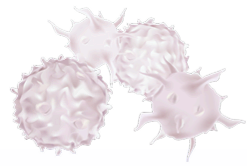
Vitamin B12 is essential for DNA synthesis, red blood cell formation, and neurological function, and elevated levels may reflect altered hepatic storage, reduced renal clearance, or increased release from damaged cells.

Foundation Zoomer - Summary

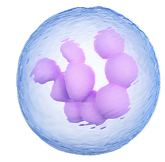
Blood Cell Health

Red Blood Cells

Reticulocytes



White Blood Cells



Megakaryotic Cells

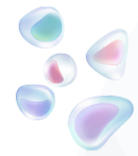
- RBC Count
- Hemoglobin (Hb)
- Hematocrit (Hct)
- Nucleated RBC count
- Nucleated RBC %

RBC Indices

- MCV
- MCH
- MCHC
- RDW-SD
- RDW-CV

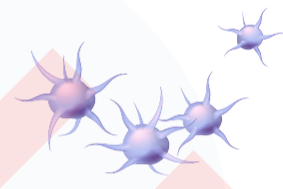
- Reticulocyte Count
- Reticulocyte %
- IRF-Immature Reticulocyte Fraction
- Retic-hemoglobin

- WBC Count



Immature Forms

- Immature Granulocytes %
- Immature Granulocyte Count



Platelets

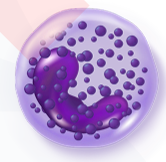
- Platelet Count
- MPV

Granulocytes

Agranulocytes

- Neutrophils %
- Neutrophil Count

- Eosinophils %
- Eosinophil Count



- Basophils %
- Basophil Count

- Monocytes (%)
- Monocytes Count

- Lymphocytes (%)
- Lymphocytes Count

RBC Health	Current	Previous	Result	Reference
Hemoglobin (g/dL)	13.5			13.7-17.5

Hemoglobin is a protein in red blood cells that carries oxygen, and low levels indicate anemia, blood loss, or nutrient deficiencies, reducing oxygen supply to the body.

Hematocrit (%)	40.0			40.1-51

Hematocrit measures the percentage of blood volume occupied by red blood cells, and low levels indicate anemia, bleeding, or overhydration, reducing oxygen-carrying capacity.

Foundation Zoomer - Summary

Blood Cell Health

RBC Health	Current	Previous	Result	Reference
IRF (Immature Reticulocyte Fraction) (%)	18.9			2.3-13.4

The immature reticulocyte fraction (IRF) measures immature red blood cells, and high levels indicate an active bone marrow response, as seen in acute blood loss, hemolytic anemia, or recovery after bone marrow suppression.

Foundation Zoomer - Summary

Hormone Health

Hypothalamic Hormones

Dopamine
TRH
CRH
Somatoastatin
GHRH
GnRH
Hypothalamus
Anterior pituary gland

Anterior Pituitary Hormones

Prolactin
TSH
ACTH
GH
FSH
LH
Gonadotropins

Endocrine Targets

Thyroid gland
Adrenal Cortex
Liver
Testes
Ovaries
Total Cholesterol
T3
T4
Cortisol
IDFs
Androgens
Estrogen
Progesterone
Pregnonelone
DHEA-S
Leydig cell
Testosterone
Estradiol

Non-Endocrine Targets

Breast
PTH
Multiple Tissues
SHBG
Testosterone Bound to SHGB
Free Testosterone
Total Testosterone
Germ cells of the gonads

Foundation Zoomer - Summary

Hormone Health

Adrenal / Stress	Current	Previous	Result	Reference
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (µg/dL)	231.0			88.9-427

Sex Hormones	Current	Previous	Result	Reference
Free Testosterone (ng/dL)	13.83			4.09-37.37
Total Testosterone (ng/dL)	485.0			200.5-1437.8
Estradiol (pg/mL)	26.3			25.8-60.7
Progesterone (ng/mL)	0.103			≤0.595
LH (Luteinizing Hormone) (mIU/mL)	6.9			1.7-8.6
FSH (Follicle-Stimulating Hormone) (mIU/mL)	3.4	1.0 (04-08-2025)		1.5-12.4
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9

SHBG is a liver-derived glycoprotein that binds testosterone and estradiol in circulation, regulating their bioavailability, and low levels increase free androgen availability, commonly associated with insulin resistance or hyperandrogenic states such as PCOS.

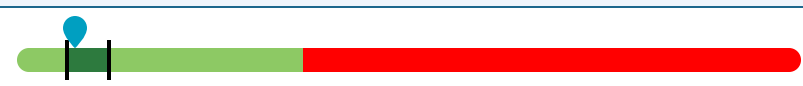
Prolactin (ng/mL)	17.70			4.04-15.2

Prolactin is a pituitary hormone involved in lactation and reproductive regulation, and elevated levels suppress LH and FSH release, leading to menstrual irregularities, infertility, or hypogonadism.

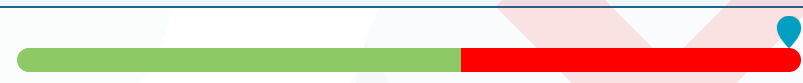
Thyroid	Current	Previous	Result	Reference
TSH (Thyroid-Stimulating Hormone) (µIU/mL)	3.830	100.000 (04-02-2025)		0.111-4.91
Free T4 (ng/dL)	1.2			0.9-1.7
Free T3 (pg/mL)	3.1			2-4.4
Total T3 (Triiodothyronine) (ng/mL)	0.9			0.8-2
Total T4 (Thyroxine) (µg/dL)	6.3			4.5-9.8
Reverse T3 (ng/dL)	13			7-23
Anti-TPO (IU/mL)	<12			≤34

Foundation Zoomer - Summary

Hormone Health

Thyroid	Current	Previous	Result	Reference
Anti-TG (IU/mL)	19.5			≤115

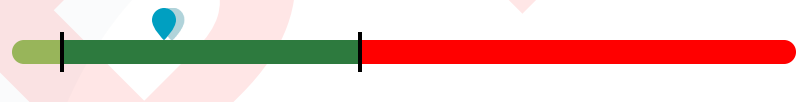
Cardio Health

Test Name	Current	Previous	Result	Reference
LDL (calculated or direct)-Friedewald	>50	>50 (01-15-2026)		≤30

LDL (calculated or direct) by Friedewald method is a cardiovascular risk marker that estimates LDL cholesterol, with higher levels indicating increased risk of heart attack and stroke.

HDL Direct (mg/dL)	53	86 (01-15-2026)		≥56

HDL Direct measures high-density lipoprotein (HDL) cholesterol, known as good cholesterol, which helps remove excess cholesterol from the bloodstream and low levels Indicate normal and healthy state.

hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9

High-sensitivity C-reactive protein (hsCRP) is an inflammatory marker, and elevated levels indicate active inflammation, correlating with Rheumatoid Arthritis (RA) disease activity and cardiovascular risk.

MPO (Myeloperoxidase) (pmol/L)	732.0	339.0 (01-15-2026)		≤599.9

MPO is an enzyme and a marker for oxidative stress and inflammation, and high levels indicate an increased risk of cardiovascular diseases, and acute coronary syndrome.

Musculoskeletal Health

Lung Health	Current	Previous	Result	Reference
Hemoglobin (g/dL)	13.5			13.7-17.5

Hemoglobin is a protein in red blood cells that carries oxygen, and low levels indicate anemia, blood loss, or nutrient deficiencies, reducing oxygen supply to the body.

Hematocrit (%)	40.0			40.1-51

Hematocrit measures the percentage of blood volume occupied by red blood cells, and low levels indicate anemia, bleeding, or overhydration, reducing oxygen-carrying capacity.

RBC Count (x 10^6/µL)	4.42			4.63-6.08

Red blood cells (RBCs) carry oxygen to the lungs and body, and low levels indicate reduced oxygen delivery, which can contribute to breathlessness and impaired lung function.

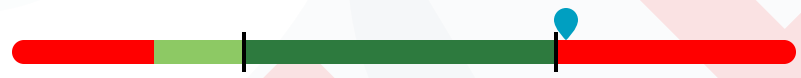
Foundation Zoomer - Summary

Musculoskeletal Health

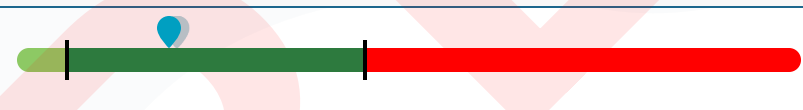
Muscle Health	Current	Previous	Result	Reference
IGF-1 (ng/mL)	246			63-223

IGF-1 is a hormone that reflects growth hormone activity and supports muscle growth and repair. Higher levels indicate enhanced muscle protein synthesis, strength, and overall physical fitness.

Neural Health

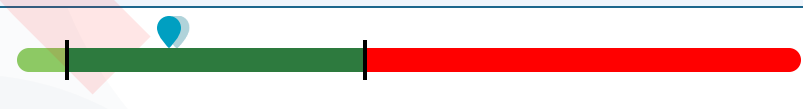
Test Name	Current	Previous	Result	Reference
Vitamin B12 (pg/mL)	1410			232-1245

Vitamin B12 is essential for DNA synthesis, red blood cell formation, and neurological function, and elevated levels may reflect altered hepatic storage, reduced renal clearance, or increased release from damaged cells.

hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9

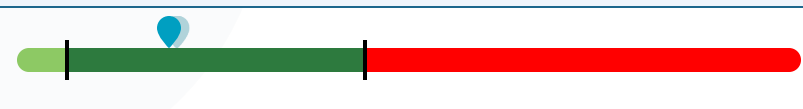
High-sensitivity C-reactive protein (hsCRP) is an inflammatory marker, and elevated levels indicate active inflammation, correlating with Rheumatoid Arthritis (RA) disease activity and cardiovascular risk.

Gut Health

Test Name	Current	Previous	Result	Reference
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9

High-sensitivity C-reactive protein (hsCRP) is an inflammatory marker, and elevated levels indicate active inflammation, correlating with Rheumatoid Arthritis (RA) disease activity and cardiovascular risk.

Immune Health

Test Name	Current	Previous	Result	Reference
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9

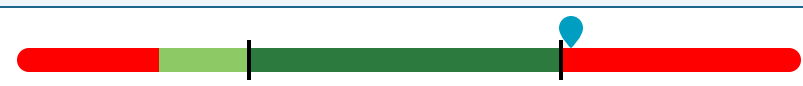
High-sensitivity C-reactive protein (hsCRP) is an inflammatory marker, and elevated levels indicate active inflammation, correlating with Rheumatoid Arthritis (RA) disease activity and cardiovascular risk.

Total IgG (mg/dL)	615			767-1590

Total IgG is crucial for overall humoral immunity and low levels indicate increased susceptibility to infections, impaired vaccine responses, and weakened immunity.

Foundation Zoomer - Summary

Skin and Hair Health

Test Name	Current	Previous	Result	Reference
Vitamin B12 (pg/mL)	1410			232-1245

Vitamin B12 is essential for DNA synthesis, red blood cell formation, and neurological function, and elevated levels may reflect altered hepatic storage, reduced renal clearance, or increased release from damaged cells.

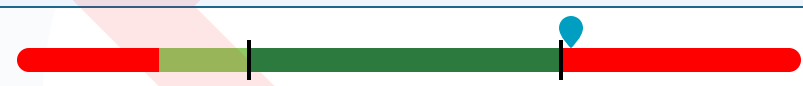
Test Name	Current	Previous	Result	Reference
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9

SHBG is a liver-derived glycoprotein that binds testosterone and estradiol in circulation, regulating their bioavailability, and low levels increase free androgen availability, commonly associated with insulin resistance or hyperandrogenic states such as PCOS.

Test Name	Current	Previous	Result	Reference
Prolactin (ng/mL)	17.70			4.04-15.2

Prolactin is a pituitary hormone involved in lactation and reproductive regulation, and elevated levels suppress LH and FSH release, leading to menstrual irregularities, infertility, or hypogonadism.

Energy Health

Test Name	Current	Previous	Result	Reference
Vitamin B12 (pg/mL)	1410			232-1245

Vitamin B12 is essential for DNA synthesis, red blood cell formation, and neurological function, and elevated levels may reflect altered hepatic storage, reduced renal clearance, or increased release from damaged cells.

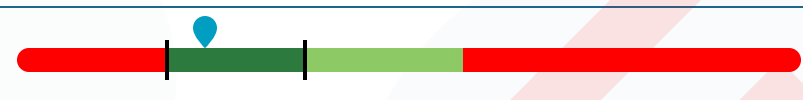
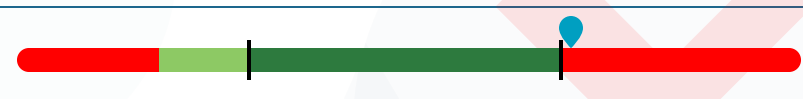
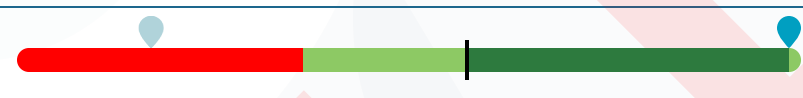
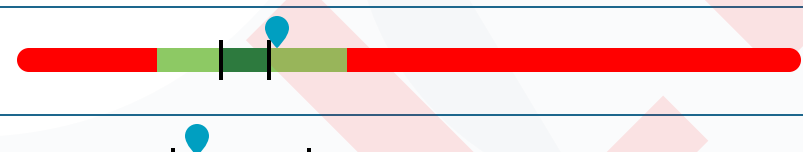
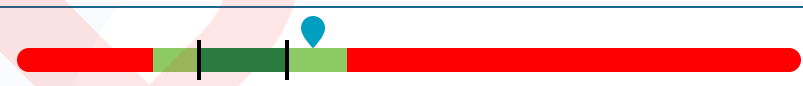
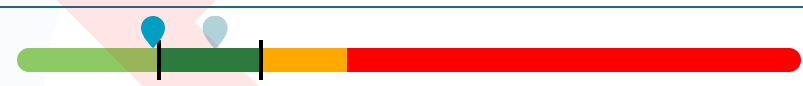
Test Name	Current	Previous	Result	Reference
Hemoglobin (g/dL)	13.5			13.7-17.5

Hemoglobin is a protein in red blood cells that carries oxygen, and low levels indicate anemia, blood loss, or nutrient deficiencies, reducing oxygen supply to the body.

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

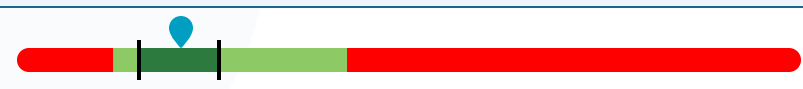
Foundation Zoomer

Nutrition Health

Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	94 (01-15-2026)		30-400
Transferrin Saturation (%)	20			15-50
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Vitamin B12 (pg/mL)	1410			232-1245
Folate (ng/mL)	>20	<2 (03-19-2025)		≥4.6
TIBC (µg/dL)	384			171-505
Serum Iron (ug/dL)	77			59-158
Transferrin (mg/dL)	301			203-362
UIBC (µg/dL)	307			112-347
Homocysteine (µmol/L)	6	9 (01-15-2026)		≤9

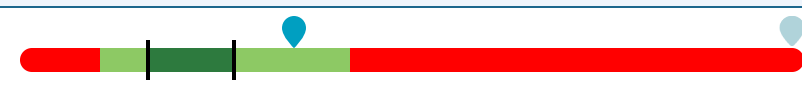
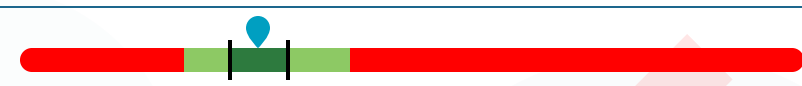
Hormone Health

Adrenal / Stress	Current	Previous	Result	Reference
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (µg/dL)	231.0			88.9-427

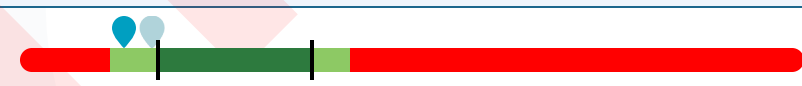
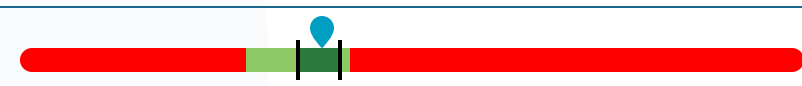
Sex Hormones	Current	Previous	Result	Reference
Free Testosterone (ng/dL)	13.83			4.09-37.37
Total Testosterone (ng/dL)	485.0			200.5-1437.8
Estradiol (pg/mL)	26.3			25.8-60.7
Progesterone (ng/mL)	0.103			≤0.595
LH (Luteinizing Hormone) (mIU/mL)	6.9			1.7-8.6
FSH (Follicle-Stimulating Hormone) (mIU/mL)	3.4	1.0 (04-08-2025)		1.5-12.4
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9
Prolactin (ng/mL)	17.70			4.04-15.2

Foundation Zoomer

Hormone Health

Thyroid	Current	Previous	Result	Reference
TSH (Thyroid-Stimulating Hormone) (µIU/mL)	3.830	100.000 (04-02-2025)		0.111-4.91
Free T4 (ng/dL)	1.2			0.9-1.7
Free T3 (pg/mL)	3.1			2-4.4
Total T3 (Triiodothyronine) (ng/mL)	0.9			0.8-2
Total T4 (Thyroxine) (µg/dL)	6.3			4.5-9.8
Reverse T3 (ng/dL)	13			7-23
Anti-TPO (IU/mL)	<12			≤34
Anti-TG (IU/mL)	19.5			≤115

Blood Cell Health

RBC Health	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	94 (01-15-2026)		30-400
Hemoglobin (g/dL)	13.5			13.7-17.5
Hematocrit (%)	40.0			40.1-51
MCV (x 10^3/µL)	90.5			79-92.2
MCH (pg)	30.5			25.7-32.2
MCHC (g/dL)	33.8			32.3-36.5
RDW - SD (fL)	42.6			35.1-43.9
RDW - CV (%)	12.8			11.6-14.4
Reticulocyte Count (x 10^6/µL)	0.1286			0.0444-0.1451
Reticulocyte Percentage (Reticulocyte %) (%)	2.9			≤3
IRF (Immature Reticulocyte Fraction) (%)	18.9			2.3-13.4
Reticulocyte Hemoglobin Content (Retic-Hemoglobin) (pg)	33.8			28.2-35.7
Nucleated RBC% (/100WBC)	0.0			≤0.2

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Blood Cell Health

RBC Health	Current	Previous	Result	Reference
Nucleated RBC count (x 10^3/µL)	<0.01			≤0.012
LDL (calculated or direct)- Martin Hopkins	83			

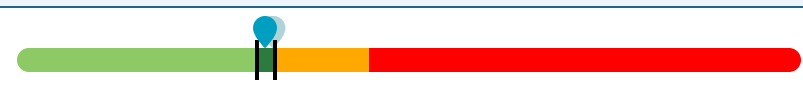
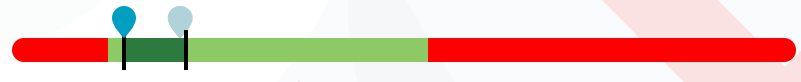
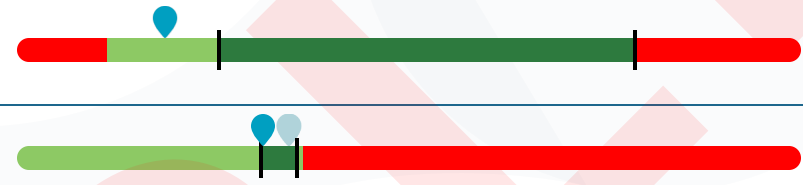
WBC Health	Current	Previous	Result	Reference
Total WBC (x 10^3/µL)	5.63			4.23-9.07
Neutrophils (%)	51.4			34-67.9
Lymphocytes (%)	37.3			21.8-53.1
Monocytes (%)	7.8			5.3-12.2
Eosinophils (%)	2.1			0.8-7
Basophils (%)	0.7			0.2-1.2
Immature Granulocytes (%)	0.7			≤2.1
Neutrophil count (x 10^3/µL)	2.89			1.78-5.38
Lymphocyte count (x 10^3/µL)	2.10			1.32-3.57
Monocyte count (x 10^3/µL)	0.44			0.2-0.9
Eosinophil count (x 10^3/µL)	0.12			≤0.54
Basophil count (x 10^3/µL)	0.04			≤0.08
Immature Granulocyte count (x 10^3/µL)	0.040			≤0.1

Platelet/Thrombosis	Current	Previous	Result	Reference
Homocysteine (µmol/L)	6	9 (01-15-2026)		≤9
Platelet Count (x 10^3/µL)	231.0			129-326
MPV (Mean Platelet Volume) (fL)	9.8			9.4-12.4
Lp(a) (Lipoprotein(a)) (mg/dL)	13	11 (01-15-2026)		≤29
ox-LDL (U/L)	33.1	49.2 (01-15-2026)		≤99.1

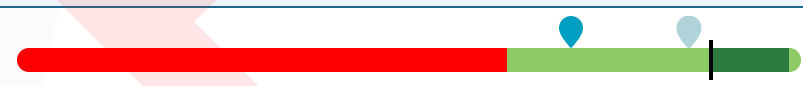
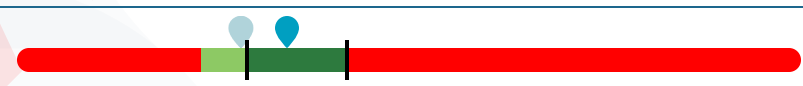
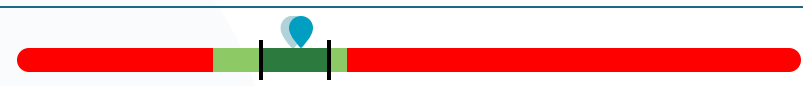
Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Metabolic Health

Pancreas	Current	Previous	Result	Reference
Hemoglobin A1c (HbA1c) (%)	5.3	5.5 (01-15-2026)		≤5.6
Fasting Insulin (µU/mL)	38.2	6.5 (01-15-2026)		2.6-24.9
Fasting Glucose (mg/dL)	105	95 (01-15-2026)		70-100
HOMA-IR (calculated)	1.5	1.5 (01-15-2026)		0.7-2
Adiponectin (ug/mL)	6.9	16.3 (01-15-2026)		4.5-58.5
Leptin (ng/mL)	4.0	4.0 (01-15-2026)		1.1-13.4
Glycated Serum Protein (fructosamine) (umol/L)	242	270 (01-15-2026)		≤285

Kidney Health

Test Name	Current	Previous	Result	Reference
eGFR (non-African American) (mL/min/1.73m²)	66	79 (01-15-2026)		≥60
eGFR (African American) (mL/min/1.73m²)	72	>90 (01-15-2026)		≥60
eGFR- Cr Cys	86			
Creatinine (mg/dL)	0.99	0.83 (01-15-2026)		0.7-1.2
Cystatin C (mg/L)	0.83	0.81 (01-15-2026)		0.61-0.95
BUN (Blood Urea Nitrogen) (mg/dL)	16	18 (01-15-2026)		6-20
Serum Osmolality (mOsm/kg)	308.1	307.1 (01-15-2026)		285-315
Albumin (g/dL)	5.0			3.5-5.2
BUN/Creatinine Ratio	16	22 (01-15-2026)		10-20
Uric Acid (mg/dL)	9.0	3.1 (01-15-2026)		3.4-7
Sodium (mmol/L)	143	143 (01-15-2026)		136-145
Potassium (mmol/L)	5.3	4.7 (01-15-2026)		3.5-5.1
Chloride (mmol/L)	105	106 (01-15-2026)		98-107
Carbon Dioxide (CO2) (mmol/L)	21	23 (01-15-2026)		18-29

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Liver Health

Test Name	Current	Previous	Result	Reference
Albumin (g/dL)	5.0			3.5-5.2
ALT (Alanine Aminotransferase) (U/L)	59	25 (01-15-2026)		≤41
AST (Aspartate Aminotransferase) (U/L)	31	23 (01-15-2026)		≤40
GGT (Gamma-glutamyl transferase) (U/L)	13	15 (01-15-2026)		≤60
Bilirubin direct (mg/dL)	0.2			≤0.3
Billirubin direct (mg/dL)	0.3	0.7 (01-15-2026)		≤1.2
Alkaline Phosphatase (ALP) (U/L)	83	61 (01-15-2026)		40-129
Total Protein (g/dL)	6.8	6.9 (01-15-2026)		6.2-8
LDH (Lactate dehydrogenase) (U/L)	175			135-225
Total CK (U/L)	146	109 (01-15-2026)		30-223

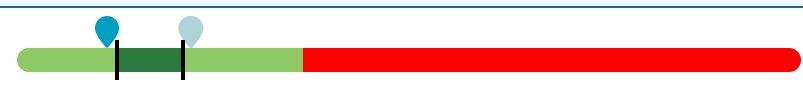
Cardio Health

Test Name	Current	Previous	Result	Reference
Homocysteine (µmol/L)	6	9 (01-15-2026)		≤9
Lp(a) (Lipoprotein(a)) (mg/dL)	13	11 (01-15-2026)		≤29
ox-LDL (U/L)	33.1	49.2 (01-15-2026)		≤99.1
Apo B (mg/dL)	52	151 (01-15-2026)		≤89
Low-Density Lipoprotein Direct (LDL Direct) (mg/dL)	75	233 (01-15-2026)		≤99
LDL (calculated or direct)-Friedewald	>50	>50 (01-15-2026)		≤30
Triglycerides (mg/dL)	70	80 (01-15-2026)		≤149
HDL Direct (mg/dL)	53	86 (01-15-2026)		≥56
Interleukin-6 (IL-6) (pg/mL)	5.4	1.5 (01-15-2026)		≤6.9
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1	4.8 (01-15-2026)		≤8

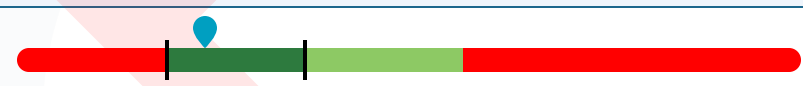
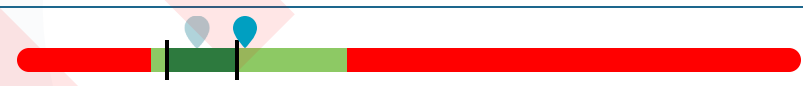
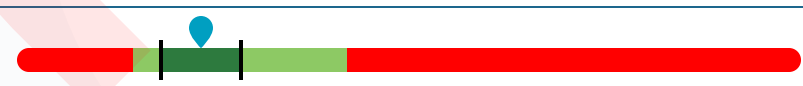
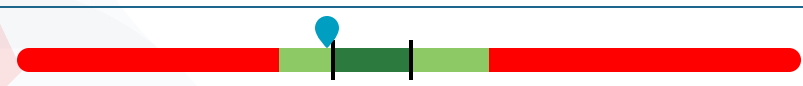
Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

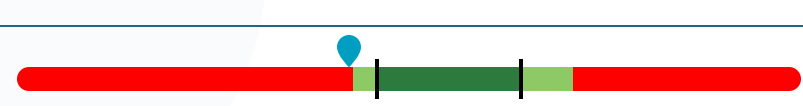
Foundation Zoomer

Cardio Health

Test Name	Current	Previous	Result	Reference
sdLDL (Small Dense LDL) (mg/dL)	14.2	29.5 (01-15-2026)		≤50
Apo A-1 (mg/dL)	138	192 (01-15-2026)		≥120
PLAC (Lp-PLA2) (nmol/min/mL)	127	174 (01-15-2026)		≤224
MPO (Myeloperoxidase) (pmol/L)	732.0	339.0 (01-15-2026)		≤599.9
Cholesterol/HDL Ratio	2.6			≤3.5
Apo B: Apo A-1 Ratio	0.38	0.79 (01-15-2026)		≤0.69
Total Cholesterol (mg/dL)	140	338 (01-15-2026)		≤199

Musculoskeletal Health

Bone Health	Current	Previous	Result	Reference
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Alkaline Phosphatase (ALP) (U/L)	83	61 (01-15-2026)		40-129
Parathyroid Hormone (PTH) (pg/mL)	30			15-65
Calcium (mg/dL)	9.2			8.9-10.6

Lung Health	Current	Previous	Result	Reference
Transferrin Saturation (%)	20			15-50
Hemoglobin (g/dL)	13.5			13.7-17.5
Hematocrit (%)	40.0			40.1-51
RDW - SD (fL)	42.6			35.1-43.9
RDW - CV (%)	12.8			11.6-14.4
RBC Count (x 10^6/µL)	4.42			4.63-6.08

Muscle Health	Current	Previous	Result	Reference
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Free Testosterone (ng/dL)	13.83			4.09-37.37

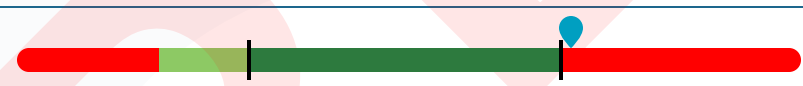
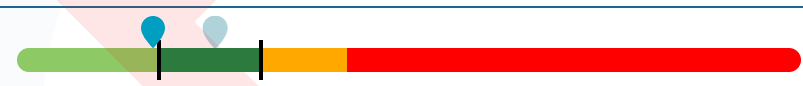
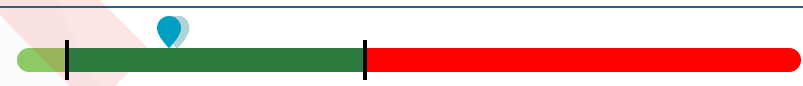
Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Musculoskeletal Health

Muscle Health	Current	Previous	Result	Reference
Albumin (g/dL)	5.0			3.5-5.2
AST (Aspartate Aminotransferase) (U/L)	31	23 (01-15-2026)		≤40
Total CK (U/L)	146	109 (01-15-2026)		30-223
IGF-1 (ng/mL)	246			63-223

Neural Health

Test Name	Current	Previous	Result	Reference
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Vitamin B12 (pg/mL)	1410			232-1245
Folate (ng/mL)	>20	<2 (03-19-2025)		≥4.6
Homocysteine (µmol/L)	6	9 (01-15-2026)		≤9
Interleukin-6 (IL-6) (pg/mL)	5.4	1.5 (01-15-2026)		≤6.9
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1	4.8 (01-15-2026)		≤8

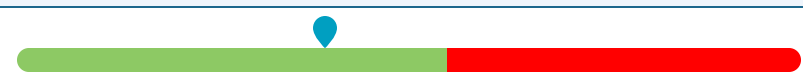
Gut Health

Test Name	Current	Previous	Result	Reference
Interleukin-6 (IL-6) (pg/mL)	5.4	1.5 (01-15-2026)		≤6.9
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1	4.8 (01-15-2026)		≤8
Zonulin (ng/mL)	18.0			≤45.3
Anti-Zonulin IgG	0.54			≤0.89
Anti-Zonulin IgA	0.38			≤0.89
Anti-Actin IgG	0.57			≤0.89
Anti-Actin IgA	0.66			≤0.89

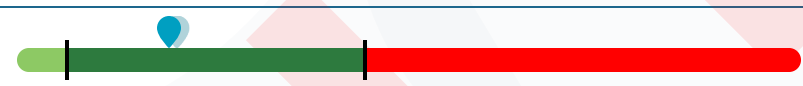
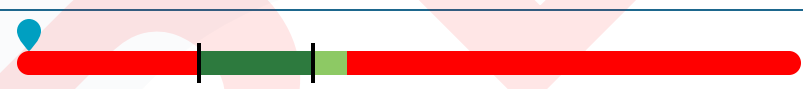
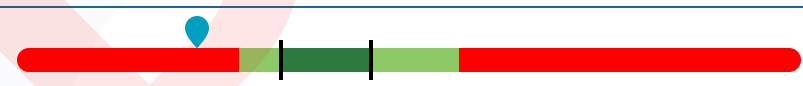
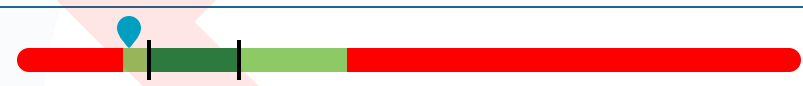
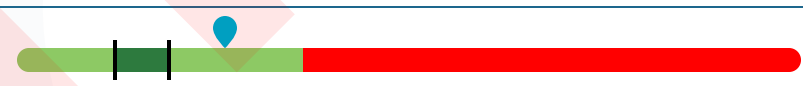
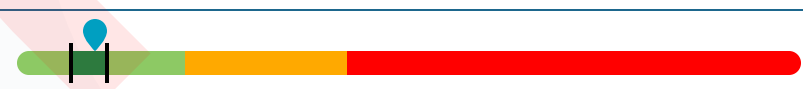
Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Gut Health

Test Name	Current	Previous	Result	Reference
Anti-LPS IgG+IgM (U/ml)	199.0			≤281
Anti-LPS IgG+IgM (U/ml)	18.0			≤30

Immune Health

Test Name	Current	Previous	Result	Reference
Interleukin-6 (IL-6) (pg/mL)	5.4	1.5 (01-15-2026)		≤6.9
hs-CRP (mg/L)	1.1	1.2 (01-15-2026)		≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1	4.8 (01-15-2026)		≤8
ANA	Positive			1.9-2.1
Total IgG (mg/dL)	615			767-1590
Total IgM (mg/dL)	50			45-281
RF IgM (IU/mL)	<10			≤14
Anti-CCP3 IgG + IgA (U)	8			≤19

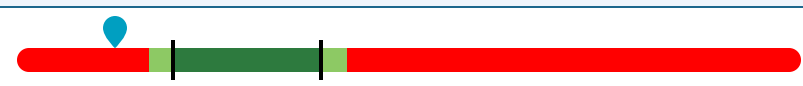
Skin and Hair Health

Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	94 (01-15-2026)		30-400
Transferrin Saturation (%)	20			15-50
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Vitamin B12 (pg/mL)	1410			232-1245
Folate (ng/mL)	>20	<2 (03-19-2025)		≥4.6
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (µg/dL)	231.0			88.9-427
Free Testosterone (ng/dL)	13.83			4.09-37.37
Estradiol (pg/mL)	26.3			25.8-60.7

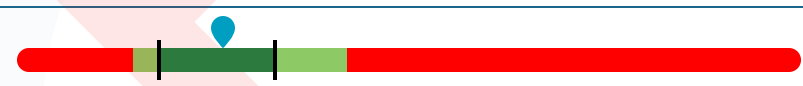
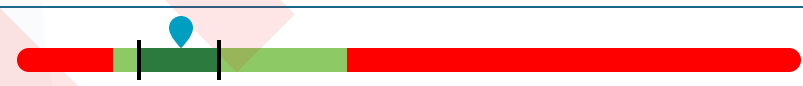
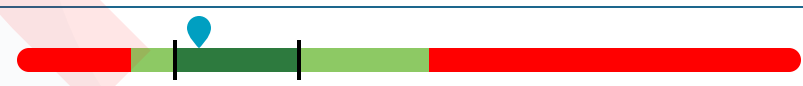
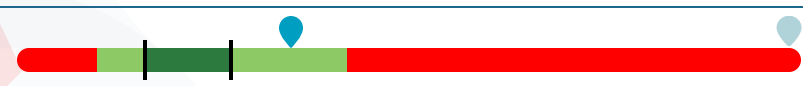
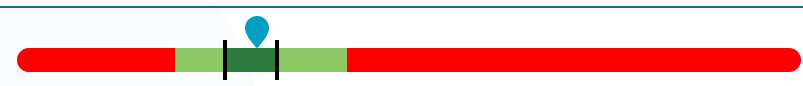
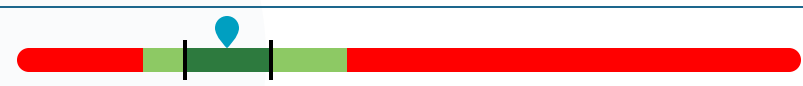
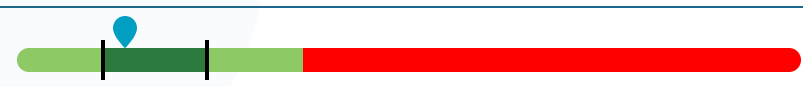
Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2167376633**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer

Skin and Hair Health

Test Name	Current	Previous	Result	Reference
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9
Prolactin (ng/mL)	17.70			4.04-15.2
Free T3 (pg/mL)	3.1			2-4.4

Energy Health

Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	94 (01-15-2026)		30-400
Transferrin Saturation (%)	20			15-50
Vitamin B12 (pg/mL)	1410			232-1245
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (µg/dL)	231.0			88.9-427
Free Testosterone (ng/dL)	13.83			4.09-37.37
Total Testosterone (ng/dL)	485.0			200.5-1437.8
TSH (Thyroid-Stimulating Hormone) (µIU/mL)	3.830	100.000 (04-02-2025)		0.111-4.91
Free T3 (pg/mL)	3.1			2-4.4
Reverse T3 (ng/dL)	13			7-23
Anti-TPO (IU/mL)	<12			≤34
Hemoglobin (g/dL)	13.5			13.7-17.5

Risk and Limitations

Results may vary between individuals and reflect biological and analytical findings at the time of specimen collection. Interpretation should consider individual health context, as population-based reference frameworks may not fully represent all age groups, ethnic backgrounds, or health profiles.

Results obtained from stool specimens may be affected by factors outside the control of Vibrant, including specimen collection technique, transport, storage, and timing relative to diet, medication use, or supplementation, as well as intermittent shedding of microorganisms that can lead to variability between samples collected at different time points. Detection of microbial DNA or RNA dependent on appropriate specimen collection, handling, transport, storage, and preparation. False-negative results may occur due to sequence variability or genetic rearrangements in assay target regions. According to information provided by the test manufacturer, Cary-Blair transport media used for stool dilution and processing is screened for viable organisms but may not be specifically evaluated for microbial nucleic acids. The presence of detectable nucleic acids in the transport medium may result in false-positive findings in nucleic acid–based assays.

Results generated using RT-PCR, immunoassay, LC-MS/MS, and microarray methodologies are subject to inherent analytical limitations related to instrument performance, manufacturer specifications, and methodological variability.

Vibrant has effective procedures in place to protect against technical and operational problems. However, such problems may still occur. Examples include failure to obtain the result for a specific test due to circumstances beyond Vibrant's control. Vibrant may re-test a sample to obtain these results but upon retesting the results may still not be obtained. As with all medical laboratory testing, there is a small chance that the laboratory could report incorrect results. A tested individual may wish to pursue further testing to verify any results.

Vibrant does not diagnose, treat, or cure medical conditions and does not replace the care of a licensed medical practitioner or counselor, nor does it recommend self-diagnosis or self-medication. Depending on the nature of the testing, individuals who receive moderate- or high-risk results may be advised to pursue confirmatory testing and seek appropriate medical follow-up with a healthcare professional. Vibrant shall not be liable to any individual or third party for any loss, injury, or damages arising in whole or in part from the procurement, compilation, interpretation, delivery, or reporting of information contained in this report, nor for any decisions made or actions taken or not taken in reliance on such information.

The supplement recommendations and dosage guidelines provided are intended for general informational purposes only and should not replace professional medical advice; final dosage decisions must be made in consultation with your healthcare provider. Vibrant disclaims any liability for adverse effects, outcomes, or consequences arising from the use of these suggestions.