

Early[™]

Being early matters[™]



Case Study: Acting Early 101
EARLY PROGRAM RESOURCE MATERIAL

EarlyTM

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Category Biomarker / Lab Test Result

Lipids	LDL-C	110 (previously 130)
	HDL-C	70
	Triglycerides	95 (previously 145)
	Non-HDL-C	130
	VLDL-C	18
	TG/HDL-C	1.4
	Total Cholesterol	198
Lipoproteins	Lp(a) mg/dl	24
	ApoB	103 (previously 118)
	ApoE	3/3
Inflammation	Homocysteine	8
	hsCRP	0.5
	Uric Acid	4.8

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Category	Biomarker / Lab Test	Result
Metabolic	Fasting Insulin	6 (previously 12)
Sterols	Campesterol	5.1
	Sitosterol	4.1
	Lathosterol	0.8
	Desmosterol	1.1
Thyroid	TSH	2.3
	fT4	1.2
	fT3	2.9
	rT3	10
	ATA	0.3
	ATAP	12

Category	Biomarker / Lab Test	Result
Sex Hormones	Estradiol	102
	FSH	7.2
	LH	4.5
	SHBG	77
	Testosterone	33
	Free Testosterone	0.51
Liver	ALT	24
	AST	18
	Total bilirubin	0.7
Kidney	Cystatin C	0.79
	eGFR - Cystatin C	102
Other	Hb	14.4
	Ferritin	78
	Omega - 3 Index (OmegaQuant)	8.5