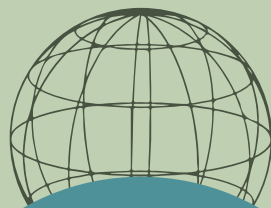


LABORATORY DECODER



Active Health
Labs

Fig. 1. Global
active health globe



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OUR GOAL

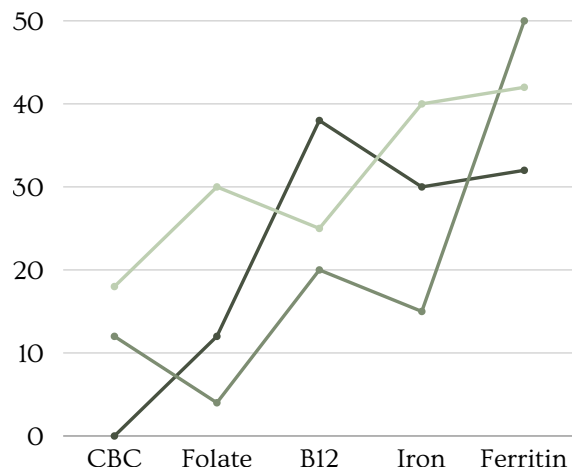
Laboratory Decoder by
Active Health Lab
Welcome to your guide to
understanding your lab
work! At Active Health Lab,
we believe that taking
charge of your health starts
with understanding your
body. We break down
complex lab results into
simple ones so you can
make informed decisions.

Your lab results are like
clues that help tell the story
of your health. By grouping
related tests into "panels,"
we can get a clearer picture
of specific areas, such as
energy levels, heart health,
or hormone balance.



UNDERSTANDING YOUR LAB TESTS

Here is a breakdown of the individual tests and panels available to you:



Panel: Energy and Anemia (Red Blood Cell Health)

These tests check if your body has enough of the right stuff to make healthy red blood cells, which carry oxygen and energy everywhere.

Test	What It Checks	Why It Matters
CBC (Complete Blood Count) Iron	The number of different blood cells and how much iron is in your blood.	Iron is like the fuel that helps your red blood cells carry oxygen. If your iron is too low, you might feel tired and weak, which is a big sign of Anemia .
Folate	The level of Folic Acid (a B vitamin) in your blood.	Folate is a building block for new cells, including red blood cells. Low folate can also lead to anemia.
B12	The level of Vitamin B12 in your blood.	B12 is essential for making red blood cells and keeping your nerves healthy. Low B12 can cause tiredness and nerve problems.

PANEL: DIABETES AND BLOOD SUGAR CONTROL

This panel checks how well your body manages sugar, which is your main source of energy.

Test	What It Checks	Why It Matters
HbA1C (Hemoglobin A1C)	Your average blood sugar level over the past 2 to 3 months.	It's like a report card for your blood sugar control. A high number means you've had too much sugar in your blood for a while, which can lead to Diabetes .

PANEL: Hormone Balance (Men & Women)

Hormones are chemical messengers that control many important body functions, from energy to mood to reproduction.

Test	What It Checks	Why It Matters
Progesterone	A hormone important for the menstrual cycle and pregnancy in women.	In women, it helps balance other hormones. In men and women, it's involved in mood and sleep.
Testosterone	The main male sex hormone, also present in women.	Controls muscle mass, bone strength, sex drive, and energy levels in both men and women.
Estradiol	A main form of estrogen (the main female sex hormone).	Important for female development and reproduction. In both sexes, it affects bone health and brain function.
PSA (Prostate-Specific Antigen)	A protein made by the prostate gland (men only).	High levels can sometimes be a clue for a problem with the prostate, a small gland in men.

PANEL: THYROID HEALTH

The thyroid is a small gland in your neck that acts like your body's thermostat and speed control.

Test	What It Checks	Why It Matters
TSH (Thyroid-Stimulating Hormone)	The hormone your brain sends to tell your thyroid how much to work.	High TSH means your thyroid is being slow, and your brain is yelling at it to work harder (you might feel tired). Low TSH means your thyroid is working too fast (you might feel anxious).
Free T3, Free T4	The actual active thyroid hormones flowing freely in your blood.	These are the hormones that control your metabolism, energy, and body temperature. You need them to be in a good range.
Reverse T4	An inactive form of T4.	Sometimes, your body turns T4 into this inactive form instead of active T3. High levels can sometimes mean your body is stressed and conserving energy.
TPO (Thyroid Peroxidase Antibody)	Checks for immune system fighters (antibodies) that might be attacking your own thyroid.	If these are present, it can be a sign of an autoimmune thyroid condition, where your body mistakenly attacks itself.



PANEL: HEART AND CIRCULATION HEALTH (CARDIOVASCULAR)



These tests check the health of your blood vessels and your risk for heart issues.

Test	What It Checks	Why It Matters
Lipid Panel (Cholesterol, Triglycerides, LDL, HDL)	Measures the fats (lipids) and cholesterol in your blood.	Too much "bad" fat (like LDL and Triglycerides) can clog your arteries. "Good" fat (HDL) helps clean them out. We want a good balance to keep your heart healthy.
Homocysteine / Fibrinogen	Special markers that show if there's inflammation or sticky blood.	High levels can make your blood vessels rough and increase the risk of clots, which is bad for your heart.
Lipoprotein (a) [Lp(a)]	A specific type of "bad" cholesterol that is mostly genetic.	If this number is high, it means you have a higher risk for heart problems, even if other cholesterol numbers look okay.
Apolipoprotein B (Apo B)	Measures the amount of protein on the "bad" cholesterol particles.	It is a more accurate way to measure the total number of "bad" particles that can cause artery blockage.
CRP (C-Reactive Protein)	A marker for general inflammation in the body.	High levels mean there's a lot of inflammation happening somewhere, which can strain your heart and blood vessels.
ESR (Erythrocyte Sedimentation Rate)	Another test that measures how much inflammation is in your body.	Similar to CRP, it's a general sign of inflammation or infection.

PANEL: BASIC BODY FUNCTION AND GENERAL HEALTH

These panels check the basic chemistry of your body, including how your kidneys and liver are working.

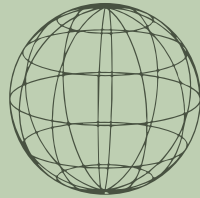
Test	What It Checks	Why It Matters
CMP (Comprehensive Metabolic Panel)	Checks sugar, electrolytes (like salt and potassium), kidney function, and liver function all at once.	It gives a broad look at your body's chemistry and how your major organs are working.
BMP (Basic Metabolic Panel)	Checks the same things as the CMP, but does not include liver function tests.	A quick snapshot of your electrolytes and kidney function.
Urinalysis	Looks at a sample of your pee for signs of infection, kidney issues, or diabetes.	Your pee can tell us a lot about what's going on inside, especially with your kidneys and how you process fluids.

When is the Best Time to Get Checked?

Most lab tests require you to be "fasting" (meaning no food or sugary drinks, only water) for 8 to 12 hours beforehand for the most accurate results, especially for blood sugar (HgbA1C) and lipid panels.

Best Time: The most common time to get blood drawn is first thing in the morning (between 7:00 AM and 10:00 AM) after an overnight fast.

Hormones: Hormone levels can change throughout the day. Your doctor may ask you to get these drawn at a specific time, like morning, especially for Testosterone and Estradiol. Women may need Progesterone tested on a specific day of their menstrual cycle.



ACTIVE HEALTH LABS

BONUS

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