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: 2248373982

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

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

TNP Test not performed R&L Refer to risks and limitations at the end of report Notes Refer to Lab notes at the end of the table

VibrantWellness

Foundation Zoomer

Your Foundation Health Report

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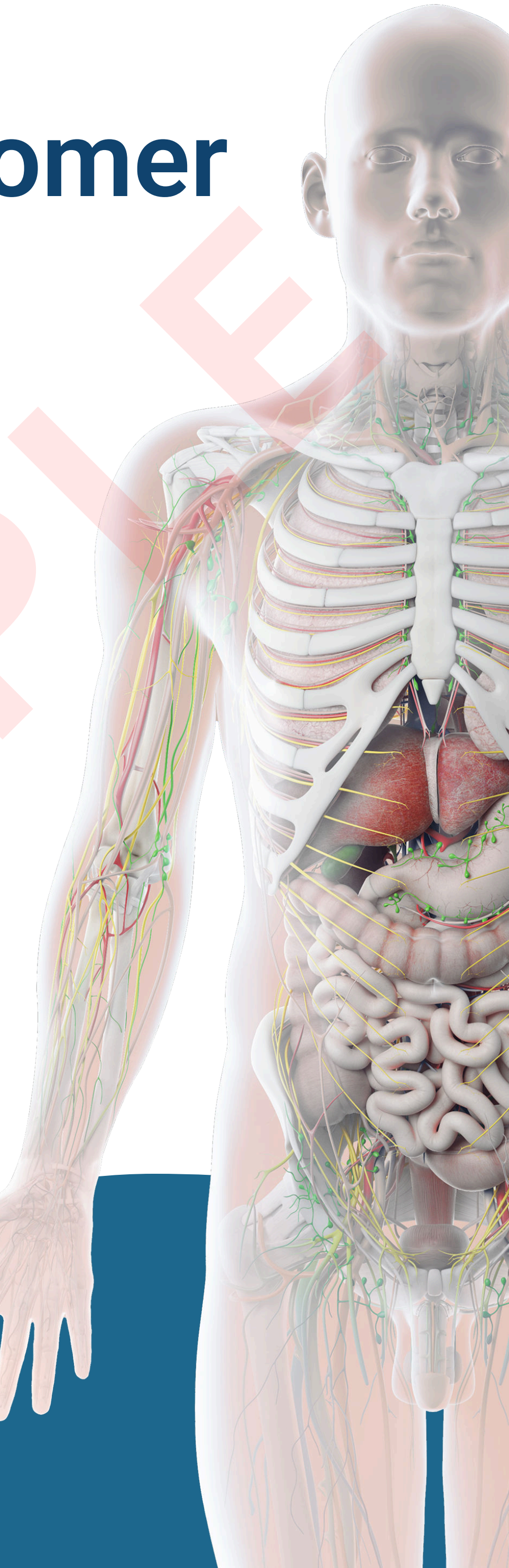


Foundation Zoomer

INTRODUCTION

Vibrant Wellness is pleased to present to you Foundation Zoomer testing to support healthy lifestyle choices in consultation with your healthcare provider. The Foundation Zoomer evaluates biomarkers across key wellness 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. Results are intended to be interpreted by healthcare providers to support a systems-based understanding of overall health and to guide personalized wellness strategies.

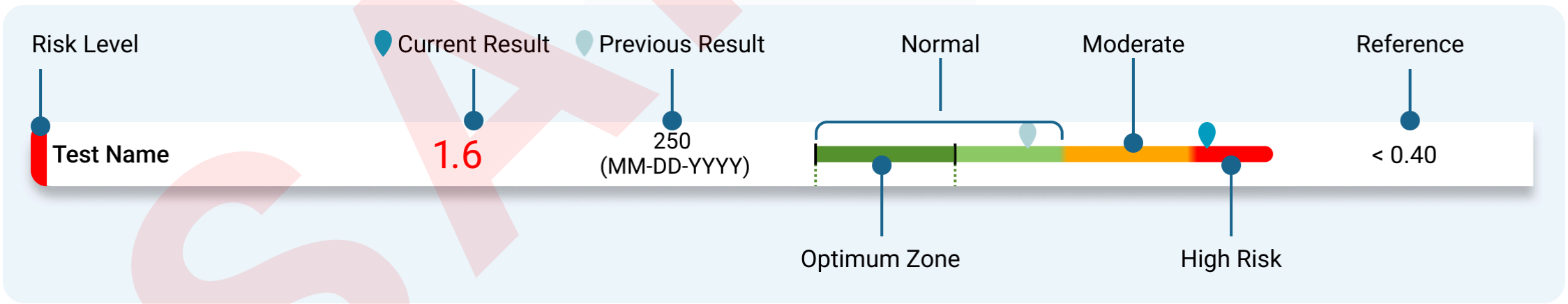
Methodology

The Foundation Zoomer uses liquid chromatography tandem mass spectrometry (LC-MS/MS) for detecting Reverse T3. The 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, Vibrant uses 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, Vibrant uses FDA approved Roche Cobas platform.

Interpretation of Report

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 adults over 18 years of age. Reference populations and age stratification may vary by analyte for FDA-approved tests included in this panel. 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 patient's value is considered normal if it falls within the dark green (optimum) or green (in control) zone. The current result and previous result are listed to the left of the reference range. The reference metric, used to establish where a patient's result lies in the reference range, is listed to the right of the reference range. See the image below for an example of a visual representation of the results.



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.

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.

Continued on next page

INTRODUCTION

Please note: It is important that you discuss any modifications to your diet, exercise, drug, and/or nutritional supplementation with your healthcare provider before making any changes.

Regulatory Disclaimer: This test was performed by Vibrant America Clinical Laboratory at 3521 Leonard Ct, Santa Clara, CA 95054 (CLIA No. 05D2078809, CAP No. 8970308). This test[1] was developed, and its performance characteristics determined, by Vibrant America Clinical Laboratory. This test has not been cleared or approved by the U.S. Food and Drug Administration (FDA).

Test[1]: Reverse T3 (rT3), adiponectin, leptin, small dense LDL (sdLDL), myeloperoxidase (MPO), zonulin, anti-zonulin IgG, anti-zonulin IgA, anti-actin IgG, anti-actin IgA, anti-LPS IgG+IgM, anti-LPS IgA, interleukin-6 (IL-6), and tumor necrosis factor-α (TNF-α).

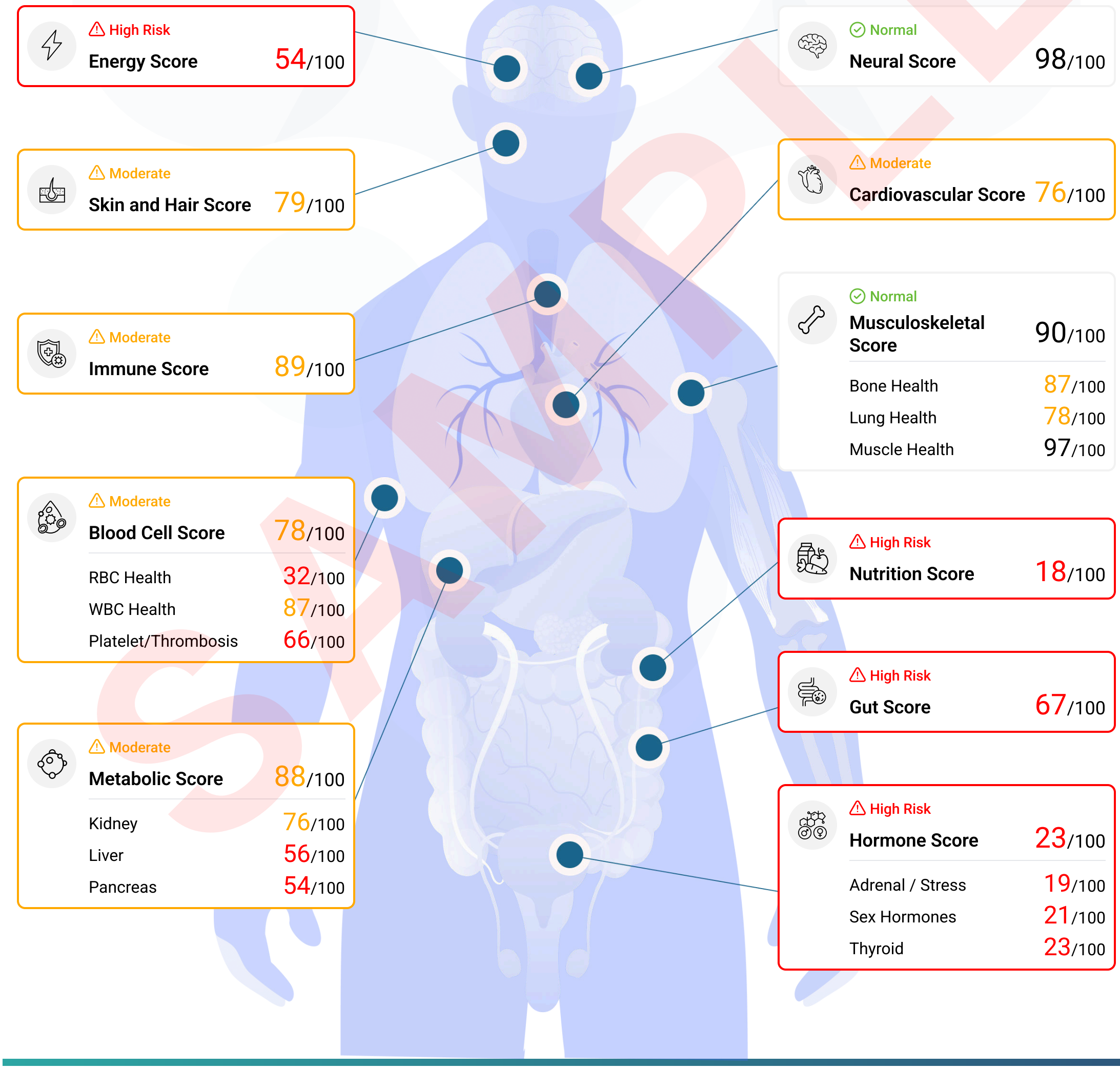
Foundation Zoomer - Summary

Summary

Critical Values: N/A

Test Recommendation: Nutrient Zoomer

Bundle Recommendation: Nutrient Zoomer, Gut Zoomer, Toxin Zoomer



High Risk
Energy Score 54/100

Normal
Neural Score 98/100

Moderate
Skin and Hair Score 79/100

Moderate
Cardiovascular Score 76/100

Moderate
Immune Score 89/100

Normal
Musculoskeletal Score 90/100
- Bone Health 87/100
- Lung Health 78/100
- Muscle Health 97/100

Moderate
Blood Cell Score 78/100
- RBC Health 32/100
- WBC Health 87/100
- Platelet/Thrombosis 66/100

High Risk
Nutrition Score 18/100

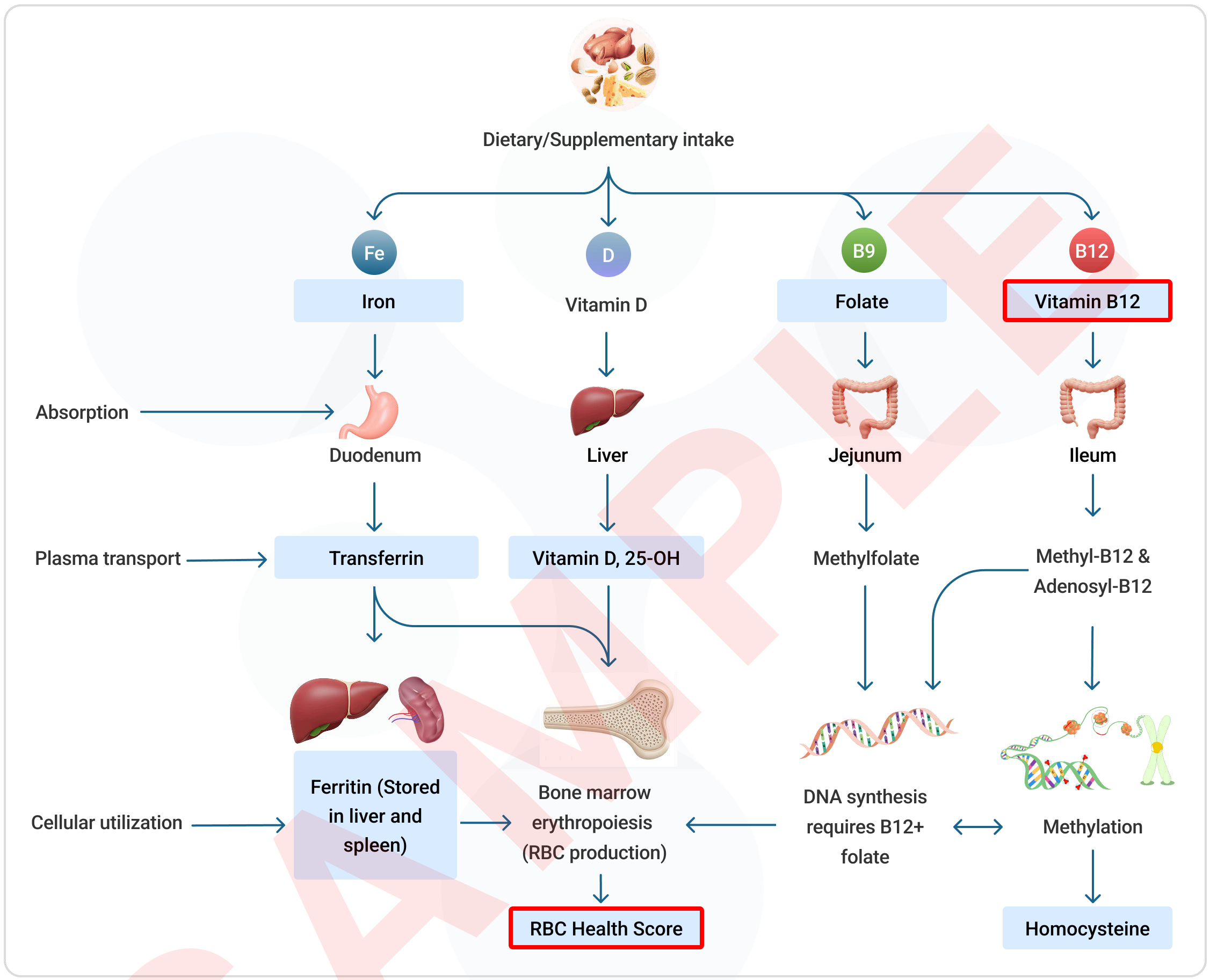
High Risk
Gut Score 67/100

Moderate
Metabolic Score 88/100
- Kidney 76/100
- Liver 56/100
- Pancreas 54/100

High Risk
Hormone Score 23/100
- Adrenal / Stress 19/100
- Sex Hormones 21/100
- Thyroid 23/100

Foundation Zoomer - Summary

Nutrition Health



Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	<3 (03-19-2025)		30-400
Transferrin Saturation (%)	20			15-50
Vitamin D, 25-OH (ng/mL)	37.6			30-108
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.

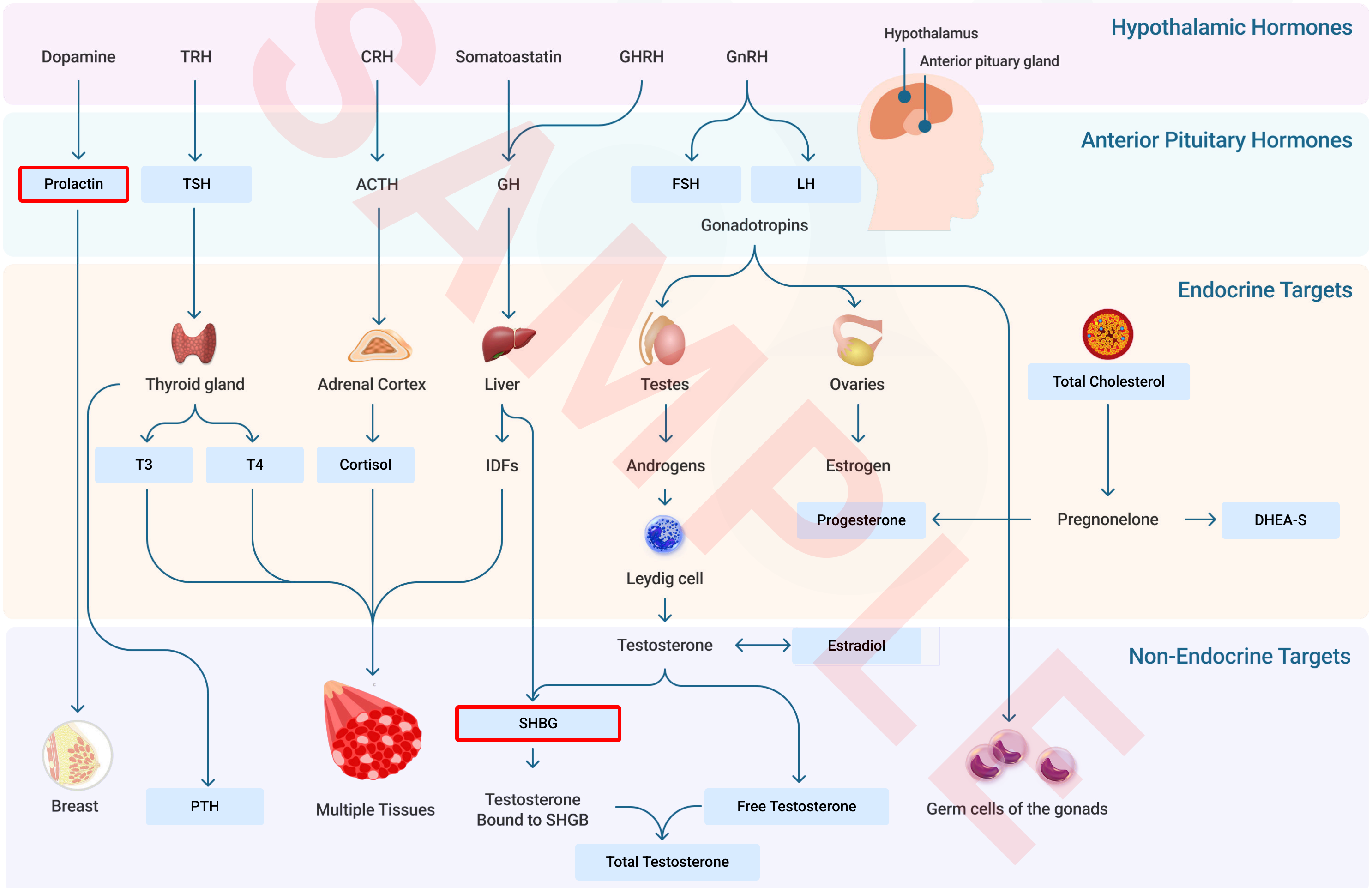
Foundation Zoomer - Summary

Nutrition Health

Test Name	Current	Previous	Result	Reference
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

Foundation Zoomer - Summary

Hormone Health



Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2248373982**
Service Date: **2026-01-15 10:00 (PST)**

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.

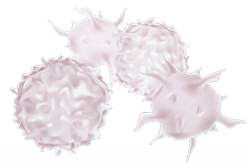
Thyroid	Current	Previous	Result	Reference
TSH (Thyroid-Stimulating Hormone) (µIU/mL)	3.830	100.000 (04-02-2025)		0.111-4.91
Free T4 (ng/dL)	1.2			0.9-1.7
Free T3 (pg/mL)	3.1			2-4.4
Total T3 (Triiodothyronine) (ng/mL)	0.9			0.8-2
Total T4 (Thyroxine) (µg/dL)	6.3			4.5-9.8
Reverse T3 (ng/dL)	13			7-23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

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

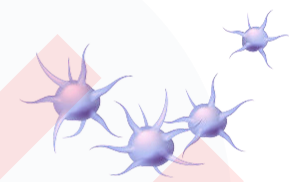
- MCV
- MCH
- MCHC
- RDW-SD
- RDW-CV

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

- WBC Count

Immature Forms

- Immature Granulocytes %
- Immature Granulocyte Count



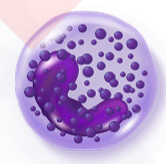
Platelets

- Platelet Count
- MPV

Granulocytes

- Neutrophils %
- Neutrophil Count

- Eosinophils %
- Eosinophil Count



- Basophils %
- Basophil Count

Agranulocytes

- Monocytes (%)
- Monocytes Count

- Lymphocytes (%)
- Lymphocytes Count

RBC Health	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	<3 (03-19-2025)		30-400
Hemoglobin (g/dL)	13.5			13.7-17.5

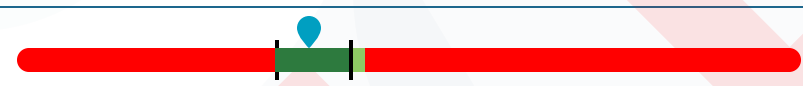
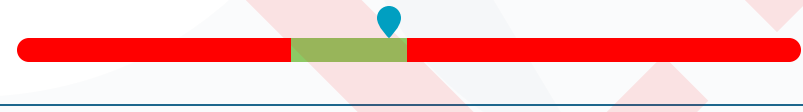
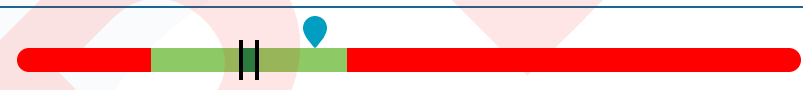
Hemoglobin is a protein in red blood cells that carries oxygen, and low levels indicate anemia, blood loss, or nutrient deficiencies, reducing oxygen supply to the body.

Foundation Zoomer - Summary

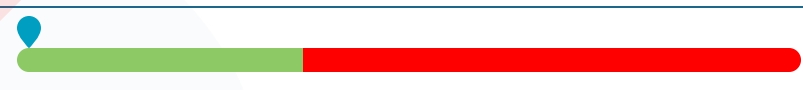
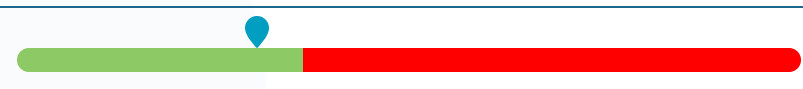
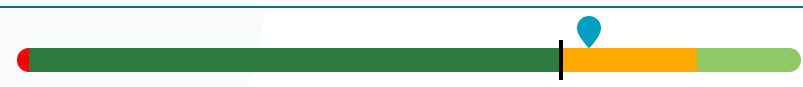
Blood Cell Health

RBC Health	Current	Previous	Result	Reference
Hematocrit (%)	40.0			40.1-51

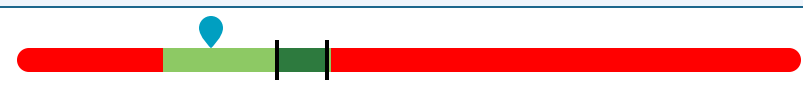
Hematocrit measures the percentage of blood volume occupied by red blood cells, and low levels indicate anemia, bleeding, or overhydration, reducing oxygen-carrying capacity.

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

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.

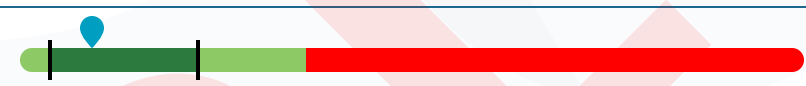
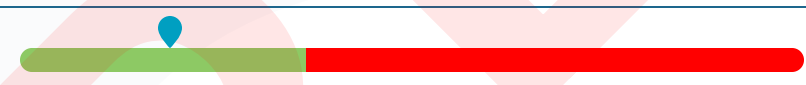
Reticulocyte Hemoglobin Content (Retic-Hemoglobin) (pg)	33.8			28.2-35.7
Nucleated RBC% (/100WBC)	0.0			≤0.2
Nucleated RBC count (x 10^3/µL)	<0.01			≤0.012
LDL (calculated or direct)- Martin Hopkins	83			≥96

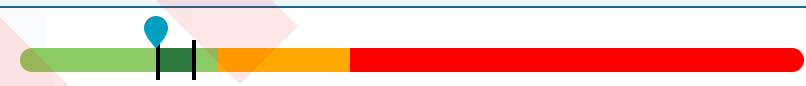
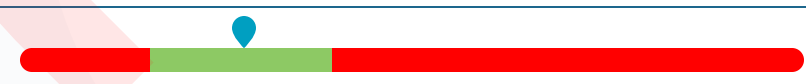
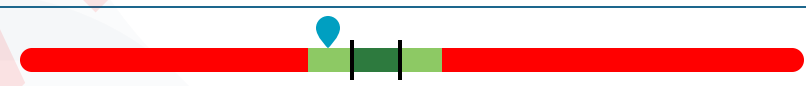
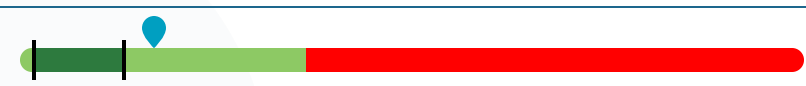
LDL (calculated or direct)-Martin Hopkins method is a key cardiovascular risk marker that provides a more accurate estimation of LDL-C than traditional formulas, particularly in individuals with elevated triglyceride levels. Elevated LDL-C by the Martin–Hopkins method is strongly associated with atherosclerosis, myocardial infarction, and stroke, indicating the need for targeted interventions to reduce cardiovascular risk.

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

Foundation Zoomer - Summary

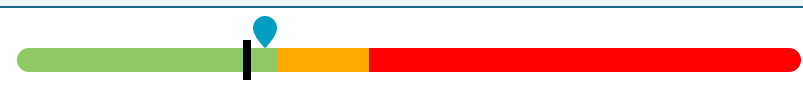
Blood Cell Health

WBC Health	Current	Previous	Result	Reference
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
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			≤29
ox-LDL (U/L)	33.1			≤99.1

Foundation Zoomer - Summary

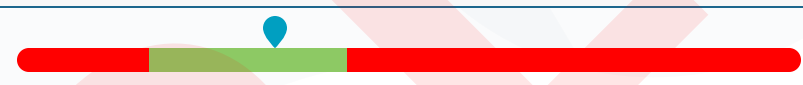
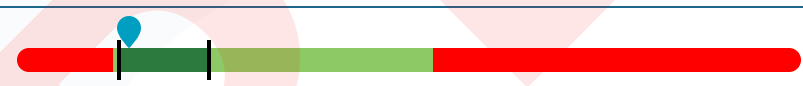
Metabolic Health

Pancreas	Current	Previous	Result	Reference
Hemoglobin A1c (HbA1c) (%)	5.3			≤5.6
Fasting Insulin (µU/mL)	38.2			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.

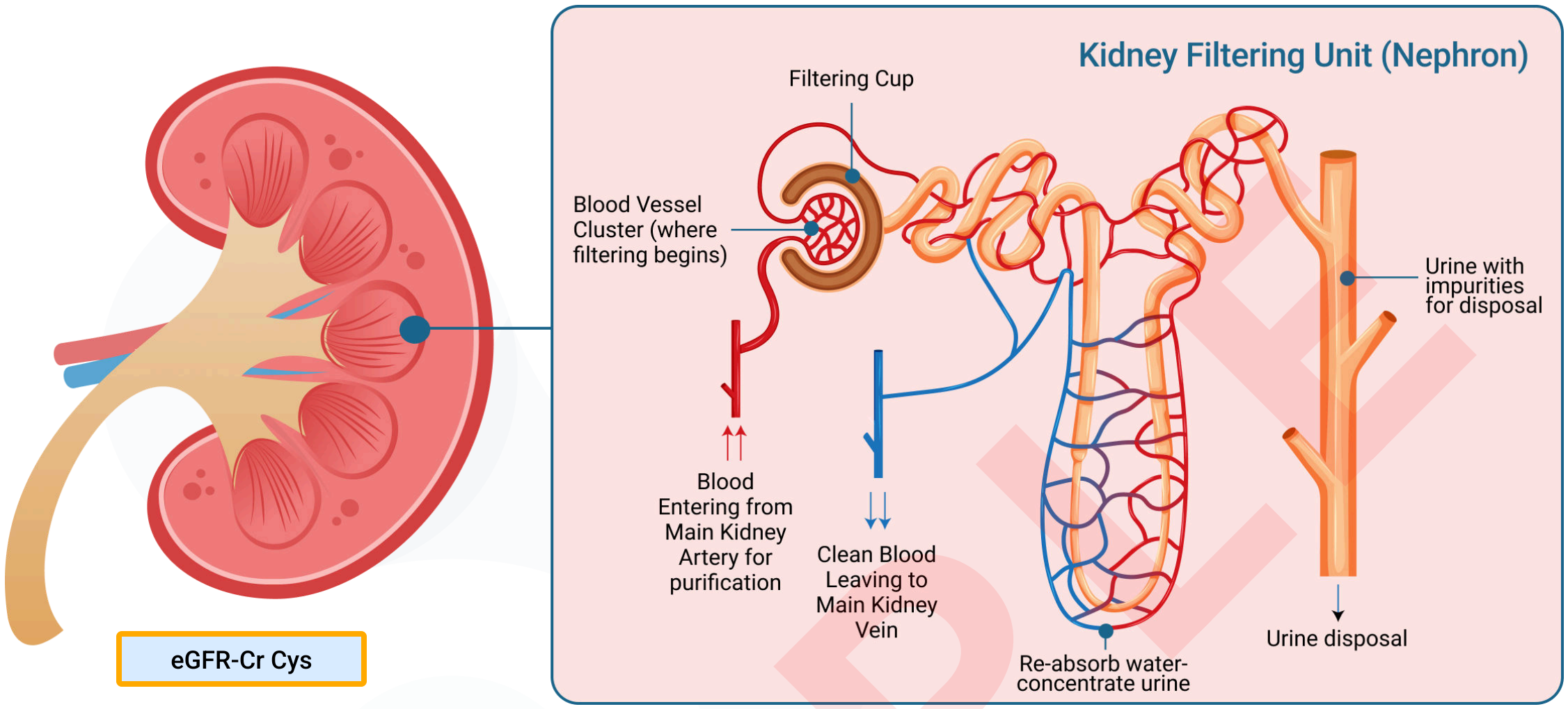
Fasting Glucose (mg/dL)	105			70-100

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

HOMA-IR (calculated)	1.5			0.7-2
Adiponectin (ug/mL)	6.9			4.5-58.5
Leptin (ng/mL)	4.0			1.1-13.4
Glycated Serum Protein (fructosamine) (umol/L)	242			≤285

Foundation Zoomer - Summary

Kidney Health



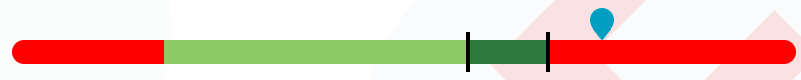
Test Name	Current	Previous	Result	Reference
eGFR (non-African American) (mL/min/1.73m²)	66			≥60
eGFR (African American) (mL/min/1.73m²)	72			≥60
eGFR- Cr Cys	86			≥96

eGFR–Cr Cys is a combined kidney function marker using both creatinine and cystatin C to estimate glomerular filtration, offering improved accuracy over single-marker estimates. High eGFR–Cr Cys levels suggest normal or preserved kidney filtration, indicating healthy renal function and lower risk of kidney disease.

Creatinine (mg/dL)	0.99			0.7-1.2
Cystatin C (mg/L)	0.83			0.61-0.95
BUN (Blood Urea Nitrogen) (mg/dL)	16			6-20
Serum Osmolality (mOsm/kg)	308.1			285-315
Albumin (g/dL)	5.0			3.5-5.2
BUN/Creatinine Ratio	16			10-20

Patient Name: **DEMO DEMO**
Date of Birth: **11-12-1990** Accession ID: **2248373982**
Service Date: **2026-01-15 10:00 (PST)**

Foundation Zoomer - Summary

Test Name	Current	Previous	Result	Reference
Uric Acid (mg/dL)	9.0			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.				
Sodium (mmol/L)	143			136-145
Potassium (mmol/L)	5.3			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.				
Chloride (mmol/L)	105			98-107
Carbon Dioxide (CO2) (mmol/L)	21			18-29

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.

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

Foundation Zoomer - Summary

Cardiovascular Health

Test Name	Current	Previous	Result	Reference
Homocysteine (µmol/L)	6			≤9
Lp(a) (Lipoprotein(a)) (mg/dL)	13			≤29
ox-LDL (U/L)	33.1			≤99.1
Apo B (mg/dL)	52			≤89
Low-Density Lipoprotein Direct (LDL Direct) (mg/dL)	75			≤99
LDL (calculated or direct)-Friedewald	>50			≤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.

Triglycerides (mg/dL)	70			≤149
HDL Direct (mg/dL)	53			≥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.

Interleukin-6 (IL-6) (pg/mL)	5.4			≤6.9
hs-CRP (mg/L)	1.1			≤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.

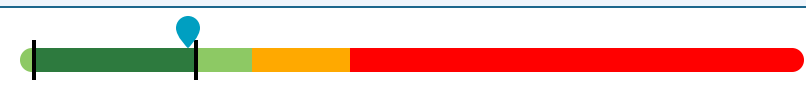
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤8
sdLDL (Small Dense LDL) (mg/dL)	14.2			≤50
Apo A-1 (mg/dL)	138			≥120
PLAC (Lp-PLA2) (nmol/min/mL)	127			≤224
MPO (Myeloperoxidase) (pmol/L)	732.0			≤599.9

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.

Cholesterol/HDL Ratio	2.6			≤3.5
Apo B: Apo A-1 Ratio	0.38			≤0.69

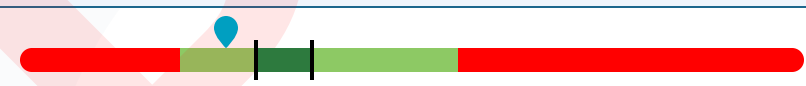
Foundation Zoomer - Summary

Cardiovascular Health

Test Name	Current	Previous	Result	Reference
Total Cholesterol (mg/dL)	140			≤199

Musculoskeletal Health

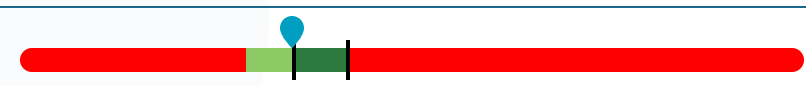
Bone Health	Current	Previous	Result	Reference
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Alkaline Phosphatase (ALP) (U/L)	83			40-129
Parathyroid Hormone (PTH) (pg/mL)	30			15-65
Calcium (mg/dL)	9.2			8.9-10.6

Lung Health	Current	Previous	Result	Reference
Transferrin Saturation (%)	20			15-50
Hemoglobin (g/dL)	13.5			13.7-17.5

Hemoglobin (Hb) is a protein in red blood cells that carries oxygen, and low levels indicate reduced oxygen-carrying capacity, which can affect lung function and cause fatigue or shortness of breath.

Hematocrit (%)	40.0			40.1-51

Hematocrit measures the proportion of red blood cells in blood, and low levels indicate anemia, leading to reduced oxygen delivery.

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

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.

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
Albumin (g/dL)	5.0			3.5-5.2
AST (Aspartate Aminotransferase) (U/L)	31			≤40

Foundation Zoomer - Summary

Musculoskeletal Health

Muscle Health	Current	Previous	Result	Reference
Total CK (U/L)	146			30-223
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 D, 25-OH (ng/mL)	37.6			30-108
Vitamin B12 (pg/mL)	1410			232-1245

Vitamin B12 is essential formaintaining the protective myelin sheath around the nerve fibres, and high levels indicate adequate B12 availability, supporting normal neural function and optimal nervous system health.

Folate (ng/mL)	>20	<2 (03-19-2025)		≥4.6
Homocysteine (µmol/L)	6			≤9
Interleukin-6 (IL-6) (pg/mL)	5.4			≤6.9
hs-CRP (mg/L)	1.1			≤0.9

High-sensitivity C-reactive protein (hsCRP) is an inflammatory marker, and high levels indicate systemic inflammation that can contribute to brain structure changes, cognitive decline, and neurological dysfunction, particularly in Alzheimer's disease.

Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤8

Gut Health

Test Name	Current	Previous	Result	Reference
Interleukin-6 (IL-6) (pg/mL)	5.4			≤6.9
hs-CRP (mg/L)	1.1			≤0.9

High-sensitivity C-reactive protein (hs-CRP) reflects immune activity, and elevated levels indicate active gut inflammation, correlating with intestinal tissue damage and disease severity in conditions such as colitis.

Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤8
Zonulin (ng/mL)	18.0			≤45.3

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Foundation Zoomer - Summary

Gut Health

Test Name	Current	Previous	Result	Reference
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
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			≤6.9
hs-CRP (mg/L)	1.1			≤0.9

High-sensitivity C-reactive protein (hs-CRP) reflects immune activity, and high levels indicate systemic inflammation and impaired immune regulation.

Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤8
ANA	Positive			1.9-2.1
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.

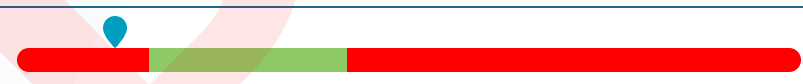
Total IgM (mg/dL)	50			45-281
RF IgM (IU/mL)	<10			≤14
Anti-CCP3 IgG + IgA (U)	8			≤19

Skin and Hair Health

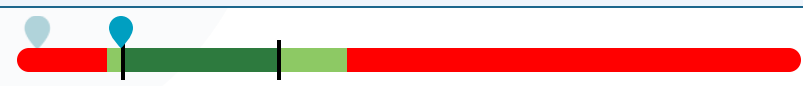
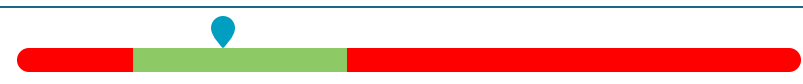
Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	<3 (03-19-2025)		30-400
Transferrin Saturation (%)	20			15-50

Foundation Zoomer - Summary

Skin and Hair Health

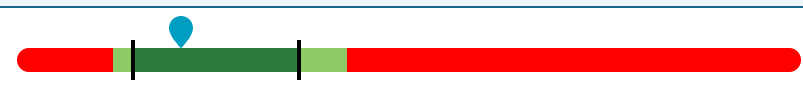
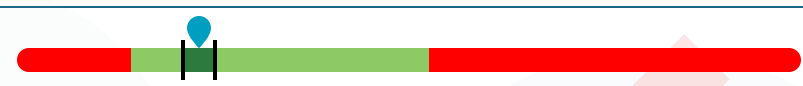
Test Name	Current	Previous	Result	Reference
Vitamin D, 25-OH (ng/mL)	37.6			30-108
Vitamin B12 (pg/mL)	1410			232-1245
High vitamin B12 levels are considered safe for skin and hair health.				
Folate (ng/mL)	>20	<2 (03-19-2025)		≥4.6
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (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
Sex Hormone-Binding Globulin (SHBG) (nmol/L)	11.8			16.5-55.9
SHBG (Sex Hormone Binding Globulin) is a protein that regulates the availability of sex hormones like testosterone and estrogen. Low SHBG increases free testosterone, potentially leading to oily skin, acne, and excess hair growth.				
Prolactin (ng/mL)	17.70			4.04-15.2
Prolactin is a polypeptide hormone that regulates hair growth, sebaceous gland activity, and immune function in the skin, and elevated levels can cause hormonal imbalances leading to acne or excessive facial and body hair growth.				
Free T3 (pg/mL)	3.1			2-4.4

Energy Health

Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	<3 (03-19-2025)		30-400
Transferrin Saturation (%)	20			15-50
Vitamin B12 (pg/mL)	1410			232-1245
Vitamin B12 is a cofactor in metabolic pathways that convert food into cellular energy, and high levels support optimal energy production and efficient cellular metabolism.				
Cortisol (µg/dL)	9.2			6.2-19.4
Dehydroepiandrosterone Sulfate (DHEA-S) (µg/dL)	231.0			88.9-427

Foundation Zoomer - Summary

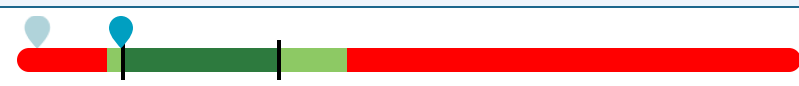
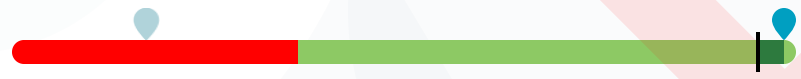
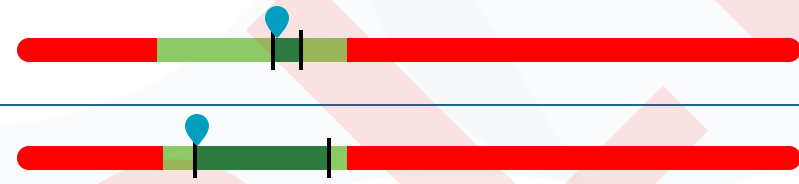
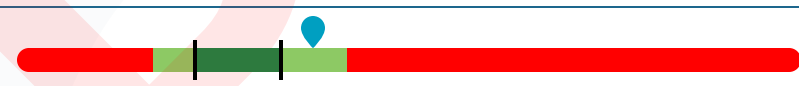
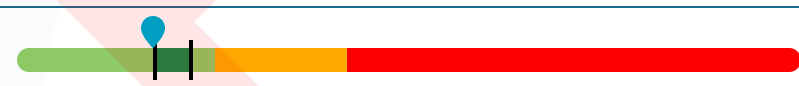
Energy Health

Test Name	Current	Previous	Result	Reference
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

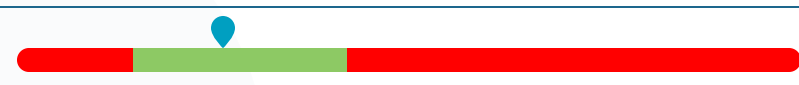
Hemoglobin is the oxygen-carrying protein in red blood cells that supports energy levels and stamina, and low levels cause anemia, leading to fatigue, weakness, and reduced energy production from poor oxygen delivery to tissues.

Foundation Zoomer - All Markers

Nutrition Health

Test Name	Current	Previous	Result	Reference
Ferritin (ng/mL)	51	<3 (03-19-2025)		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

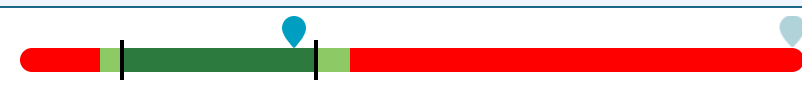
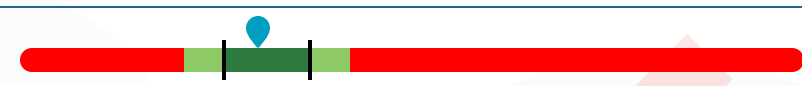
Hormone Health

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

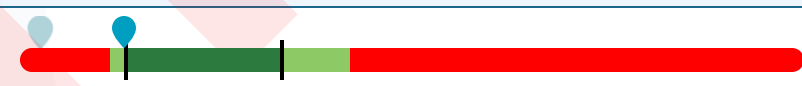
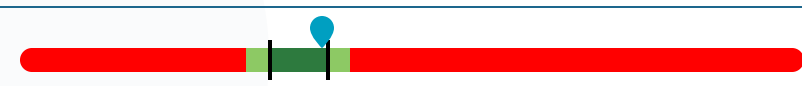
Sex Hormones	Current	Previous	Result	Reference
Free Testosterone (ng/dL)	13.83			4.09-37.37
Total Testosterone (ng/dL)	485.0			200.5-1437.8
Estradiol (pg/mL)	26.3			25.8-60.7
Progesterone (ng/mL)	0.103			≤0.595
LH (Luteinizing Hormone) (mIU/mL)	6.9			1.7-8.6
FSH (Follicle-Stimulating Hormone) (mIU/mL)	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 - All Markers

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	<3 (03-19-2025)		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

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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			≥96

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
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			≤29
ox-LDL (U/L)	33.1			≤99.1

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Metabolic Health

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

Kidney Health

Test Name	Current	Previous	Result	Reference
eGFR (non-African American) (mL/min/1.73m²)	66			≥60
eGFR (African American) (mL/min/1.73m²)	72			≥60
eGFR- Cr Cys	86			≥96
Creatinine (mg/dL)	0.99			0.7-1.2
Cystatin C (mg/L)	0.83			0.61-0.95
BUN (Blood Urea Nitrogen) (mg/dL)	16			6-20
Serum Osmolality (mOsm/kg)	308.1			285-315
Albumin (g/dL)	5.0			3.5-5.2
BUN/Creatinine Ratio	16			10-20
Uric Acid (mg/dL)	9.0			3.4-7
Sodium (mmol/L)	143			136-145
Potassium (mmol/L)	5.3			3.5-5.1
Chloride (mmol/L)	105			98-107
Carbon Dioxide (CO2) (mmol/L)	21			18-29

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Liver Health

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

Cardiovascular Health

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

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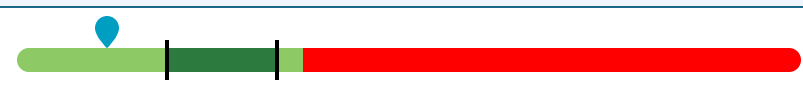
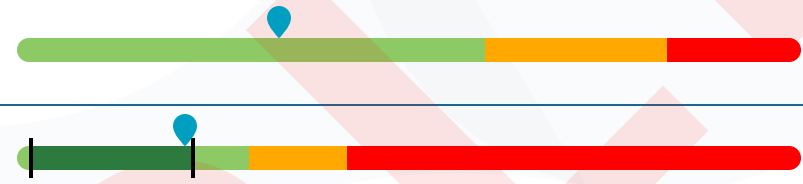
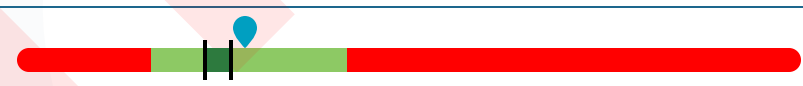
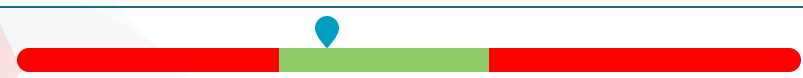
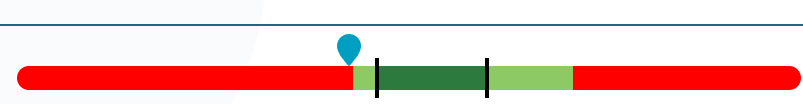
Cardiovascular Health

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

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Musculoskeletal Health

Muscle Health	Current	Previous	Result	Reference
Albumin (g/dL)	5.0			3.5-5.2
AST (Aspartate Aminotransferase) (U/L)	31			≤40
Total CK (U/L)	146			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
Interleukin-6 (IL-6) (pg/mL)	5.4			≤6.9
hs-CRP (mg/L)	1.1			≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤8

Gut Health

Test Name	Current	Previous	Result	Reference
Interleukin-6 (IL-6) (pg/mL)	5.4			≤6.9
hs-CRP (mg/L)	1.1			≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤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

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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			≤6.9
hs-CRP (mg/L)	1.1			≤0.9
Tumor necrosis factor-α (TNF-α) (pg/ml)	6.1			≤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	<3 (03-19-2025)		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

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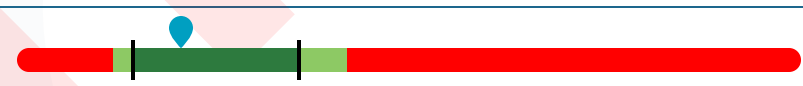
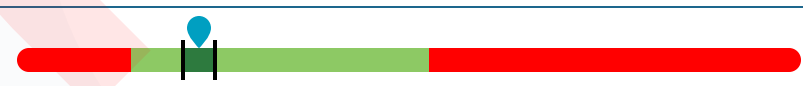
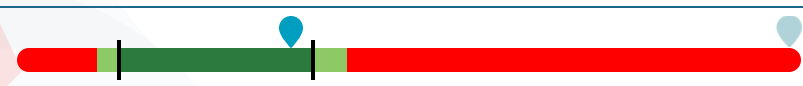
Skin and Hair Health

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	<3 (03-19-2025)		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

Test results reflect biological and analytical findings at the time of specimen collection and may vary between individuals. Reference ranges for most of laboratory-developed tests (LDT) were established using a healthy adult population and may not be representative of other specific populations (e.g. pediatric, pregnant, individuals with chronic conditions or from all ethnic backgrounds). They do not provide absolute levels at which the symptoms may occur and hence clinical correlation by the provider is recommended.

Results may be affected by pre-analytical variables related to specimen collection, handling, transport, storage, and inherent biological variability. Specimens including urine, saliva, stool, and blood-based samples (serum, plasma, EDTA whole blood, TES, and dried blood spots) may be impacted by improper collection technique, contamination, insufficient sample volume, delayed shipment or processing, temperature excursions, or improper storage conditions. Additional factors such as hemolysis; anticoagulant effects; clotting, centrifugation, or mixing parameters; incomplete mixing with transport media; and variability in dried blood spot application or saturation may further affect analyte stability or result accuracy. Specimen-specific factors, including urine dilution or concentration, variability in saliva composition or flow rate, and intermittent microbial shedding in stool, may also contribute to result variability. These factors may impact result accuracy and, in some cases, lead to a Test Not Performed (TNP). When clinically appropriate, repeat testing may be recommended; however, repeat testing may still fail to produce a reportable result if the underlying limitations persist.

All laboratory testing methodologies are subject to inherent analytical limitations related to instrument performance, assay design, methodological variability, and the specifications of FDA-approved and laboratory-developed analytes included in a test panel. As with all clinical laboratory testing, there is a small possibility of incorrect results due to technical errors, sample misidentification, contamination, rare genetic variants, or software-related issues.

Genetic testing is helpful in analyzing risks to various diseases. However, it is important to note that genetic risk determinants are neither necessary nor sufficient for the development of disease. Environmental and lifestyle risk factors could also affect the risk of disease development. Genetic risk does not indicate how common a health condition or variant is within the population; a risk-associated variant may be common or uncommon. Interpretation of genetic results should consider individual health context, as population-based reference frameworks may not fully represent all age groups, ethnic backgrounds, or health profiles. Genetic testing evaluates only the genotypes indicated and does not assess other genetic abnormalities found elsewhere in the genome. Different laboratories may test different variants when evaluating genetic risk for a given condition; therefore, genetic risk results may not be directly comparable between laboratories.

Some individuals may experience anxiety related to their genetic test results. Vibrant encourages any concerned individual to consult with a qualified healthcare professional prior to sample collection for a genetic test. Users of the test are encouraged to discuss their test results with a genetic counselor, board-certified clinical molecular geneticist, or equivalent health care professional. In some cases, the identification of risk-associated genetic variants may prompt discussion with a healthcare provider about additional testing or follow-up.

The reported analytes, SNPs, and associated informational content are informed by scientific knowledge at the time of reporting, including peer-reviewed scientific publications, publicly available research, and guidance from recognized scientific and public health organizations. Interpretive content may be updated as scientific knowledge continues to evolve. The informational content included in this report is derived from publicly available scientific literature and is provided for educational and informational purposes only. This content does not replace medical advice from a qualified healthcare professional. Any wellness, nutritional, or dietary recommendations, diagnoses of medical conditions, or treatment decisions based on these results are made at the discretion and responsibility of the ordering healthcare professional.

Vibrant does not diagnose, treat, or cure medical conditions and does not replace the care of a licensed medical practitioner or counselor, nor does Vibrant recommend self-diagnosis or self-medication. Depending on the nature of testing, individuals who receive moderate- or high-risk results may be advised to pursue confirmatory testing and appropriate medical follow-up. Vibrant assumes no liability for any loss, injury, or damages arising from the procurement, compilation, interpretation, delivery, or reporting of information contained in this report, nor from any decisions made or actions taken based on these results.

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.