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MAREK HEALTH

# THE LAB PANEL

By leveraging high-accuracy assays and precise biomarkers, this panel delivers clear and reliable information about your hormonal function, metabolic health, lipids, and organ health. You will gain accurate insights into your body to help identify potential imbalances and allow you to make targeted adjustments.



## Included Lab Markers:

### Sex Hormones:

Total Testosterone (LC/MS) [uncapped]  
Free Testosterone (Equilibrium Ultrafiltration) [uncapped]  
Estradiol, Sensitive / Ultrasensitive (LC/MS)  
Sex Hormone Binding Globulin (SHBG)  
Progesterone  
Prolactin  
Cortisol

### Gonadotropins:

Luteinizing Hormone (LH)  
Follicle-Stimulating Hormone (FSH)

### Neurosteroids:

Dehydroepiandrosterone Sulfate (DHEA-S)

### Thyroid:

TSH  
Free T<sub>3</sub>  
Free T<sub>4</sub>

### Lipids:

ApoB  
Total Cholesterol  
HDL Cholesterol  
LDL Cholesterol  
LDL:HDL Ratio  
VLDL Cholesterol  
Triglycerides  
Lipoprotein(a)

### Growth Hormone/IGF-1:

Insulin-Like Growth Factor I (IGF-1)

### Blood:

Complete Blood Count w/ Differential (Hematocrit; hemoglobin; mean corpuscular volume (MCV); mean corpuscular hemoglobin (MCH); mean corpuscular hemoglobin concentration (MCHC); red cell distribution width (RDW); percentage and absolute differential counts; platelet count (RBC); red cell count; white blood cell count (WBC))

### Metabolic:

Comprehensive Metabolic Panel (albumin:globulin (A:G) ratio; albumin, serum; alkaline phosphatase, serum; bilirubin, total; BUN:creatinine ratio; calcium, serum; carbon dioxide, total; chloride, serum; globulin, total; potassium, serum; protein, total, serum; sodium, serum)

### Insulin Sensitivity:

Blood glucose  
Fasting Insulin  
HbA<sub>1c</sub>

### Prostate Health: (MALE ONLY)

Prostate Specific Antigen (PSA)

### Pregnancy: (FEMALE ONLY)

hCG Beta subunit, Qual

### Liver Function:

AST  
ALT  
BUN  
Bilirubin, Total  
γ-Glutamyl Transferase (GGT)

### Kidney Function:

Creatinine w/ eGFR

### Vitamins:

Vitamin D, 25-OHD (25-Hydroxy)

### Iron Panel:

Iron  
Transferrin Saturation / Iron Saturation  
TIBC  
UIBC  
Ferritin

### Inflammatory Markers:

C-Reactive Protein, High Sensitivity (hsCRP)

### Urinalysis:

Complete Urinalysis (color; appearance; specific gravity; pH; protein; glucose; occult blood; ketones; leukocyte esterase; nitrite; bilirubin; urobilinogen; microscopic examination of urine sediment)



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## WHAT YOU'LL GET:

**27 Tests****84 Biomarkers**

- ✓ A 45-minute lab review call with a Marek Health Coach
- ✓ An in-depth lab report with optimal test ranges validated by our Clinical Research Team and Partnered Medical Providers
- ✓ Lifestyle & treatment recommendations
- ✓ Tailored for those wanting to optimize their mental, physical, and sexual health
- ✓ Expedited on-boarding should you opt to connect with one of our Partnered Medical Providers



## Marek has changed my life

“Marek has changed my life. Without sounding cliché, I do everything I’m told and my life and my wife’s life have only gotten better. The coaches and doctors are honest they aren’t here to just sell you a prescription they are trained in preventative care not just reactionary. I tried for 8 years to get my hormones taken care of and was shamed for wanting to get on trt. Then I found Marek and I haven’t looked back..”

– *Jeffrey Hill*

## HERE'S HOW THE PROCESS WORKS:

### STEP 1: Order your Labs

Go to [MarekHealth.com/coach](https://MarekHealth.com/coach) and enter the code we provide for you.

Fill out the Health History Questionnaire and receive your lab requisition form in your email within 24 business hours (check your spam).

Find the nearest diagnostic center in your area and schedule an appointment to get your blood drawn.

Within 7-14 days, Marek Health will send you a copy of your results along with a link to schedule your review.

If you have any questions PRIOR to your lab review, email Ian Ostrosky at [Coaching@MarekHealth.com](mailto:Coaching@MarekHealth.com). He will ensure things run as smoothly as possible.

### STEP 2: Your Review and Recommendations

Meet with your Health Coach via video call to go over your lab review written by our Director of Patient Care. Take a deep dive into your diagnostics test results and discuss symptoms and physical, mental, and sexual goals. Your new medical team will provide optimization recommendations with actionable solutions.

### STEP 3: Medical Provider Consult

**\*OPTIONAL\***

One of Marek Health’s licensed partnered providers will meet with you via video conference to discuss your results in detail, answer questions in real time, and formulate a customized treatment plan. Treatments will be sent directly to your door once your treatment plan is finalized and approved.

### STEP 4: Outside the Box Solutions

Participate in monthly check-ins with your health success team at Marek to share your progress, ask your questions and address any roadblocks you may face.



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## FREQUENTLY ASKED QUESTIONS

### 1. What does my Review include?

A 45-minute video conference to review your lab results with actionable steps to improve your health and performance. You will have the CHOICE to receive potential prescription treatment options, over-the-counter supplementation, and lifestyle changes.

NOTE: Your Health Coach is NOT a Medical Provider. The analysis is limited within their scope. You will have the option to meet with a Medical Provider via Zoom for an additional \$250 if you choose.

### 2. Does Marek Health accept health insurance?

Marek Health does not communicate with health insurance companies for any of our services, even though the overall health of our clients is tremendously enhanced, and they experience a better quality of life. Many health insurance providers don't see it this way and consider our services elective.

Marek Health is a direct-pay service and does not seek reimbursement from insurance providers. However, many customers have successfully used FSA or HSA means of payment. Marek Health can provide copies of invoices and lab requisitions as needed.

### 3. What does the Referral Network include?

If you opt-in for the \$250 Provider consultation, you will receive premium concierge service. With your personal Marek Health Coach, you'll have regular check-ins, bi-annual Medical Provider consultations, and potential prescription treatments shipped directly to your door. You will have officially joined the Marek Community.

### 4. How do I get my prescription?

All treatment is compounded in the US and conveniently sent directly to your door.

Please direct all inquiries regarding your care through Marek Health to your designated Health Coach. This includes questions regarding bloodwork, supplementation, protocols, medications, treatments, and shipping/tracking. Due to HIPAA guidelines, we cannot act as an intermediary between you and your medical team at Marek Health.