PERFORMANCE HEALTH

FUNCTIONAL BLOODWORK ANALYSIS

Performance Health Benchmark

Prepared for	Sample Client
Report date	8 September 2026
Panel	Advanced (79 markers)
Prepared by	Lou Nicholettos MSc MSc BSc (Hons) HCPC

This report is an educational wellness analysis of your bloodwork and your completed Blueprint questionnaire. It is not a medical diagnosis. It does not diagnose, treat, cure or prevent any disease. Always speak with a qualified healthcare professional before making changes to medication or if you have any health concerns.

SECTION 1

Your Benchmark

68	78	53	12	13	22
SCORE	MARKERS	OPTIMAL	ABOVE OPTIMAL	BELOW OPTIMAL	PATTERNS DETECTED

This is your benchmark: a fixed, dated reference point for your health. Every number in this report is measured against functional optimal ranges, and against this baseline wherever you take things next. It is an educational analysis of where your markers sit, not a diagnosis.

53 of your 78 tested readings sit within the functional optimal range. Every marker, percentage and calculated ratio counts once, in one body system.

YOUR THREE PRIORITY FINDINGS

Your results were analysed across the full Synergy Patterns® library and 22 signals were detected. These three carry the most weight in your results, so they are the best place to start; each is explained in depth later in the report.

PRIORITY 1

Blood Sugar Control Working Harder

SIGNIFICANT
BLUEPRINT AGREES

Suggests your body may be working harder than it should to keep your blood sugar steady, with the glucose and storage markers behind this pattern travelling alongside the blood fat ratios that often move early in this picture, and sometimes the liver and urate signals too.

PRIORITY 2

Low Stomach Acid

MILD
BLUEPRINT AGREES

Suggests your stomach may be producing less acid than it needs to release protein, iron and B12 from your food, so nutrient levels can drift low even when your diet is good.

PRIORITY 3

Gut Strain Depleting Immunity

MILD
BLUEPRINT AGREES

Points to gut-derived inflammation that may be weighing on your immune and protein markers, which are moving together in this direction.

How to read this report: your body systems first, then how they work together, then your three priorities in depth, and finally every marker as reference.

SECTION 2

About Your Sample

Before reading a single result, we quality-check the sample itself. Six checks, run on your own bloodwork.

- ✓ **Training before your draw** — Clear
- ✓ **Hydration on the day** — Clear
- ! **Fasting window** — Allowed for in the analysis
- ✓ **Supplements before the draw** — Clear
- ✓ **Sample handling at the lab** — Clear
- ✓ **Time of day of your draw** — Clear

A few markers move the way they do when food was closer to the draw than the fasting guidance asks. If that was the case, read them lightly; if not, they are worth a second look on your call. Chiefly affects: Glucose, Triglycerides, ALP, Triglycerides:HDL Ratio.

SECTION 3

What Is Already Working

Your results are not only a list of problems. These areas are holding up well and are worth protecting.

- ✓ **Thyroid & Adrenal**
  8 of 8 readings in this area sit in their optimal range.
- ✓ **Sex Hormones**
  9 of 9 readings in this area sit in their optimal range.

SECTION 4

Your Body Systems

Ten areas of your bloodwork. Each score is the share of that area's markers sitting in your functional optimal range; every marker, percentage and calculated ratio counts once, in one area. The individual readings are in Your Individual Marker Results.

SYSTEM	MARKERS IN YOUR OPTIMAL RANGE	% OPTIMAL
Red Blood Cells & Oxygen		**57%** 4 of 7 markers

Immune Cells		82% 9 of 11 markers
Inflammation & Immune Balance		67% 4 of 6 markers
Liver & Proteins		50% 5 of 10 markers
Kidneys & Minerals		67% 4 of 6 markers
Blood Sugar & Metabolism		40% 2 of 5 markers
Heart & Circulation		63% 5 of 8 markers
Thyroid & Adrenal		100% 8 of 8 markers
Sex Hormones		100% 9 of 9 markers
Iron & Nutrients		38% 3 of 8 markers

Colour follows the same bands as your Benchmark score: 85% and above · 75 to 84 · 40 to 74 · below 40

SECTION 5

How Your Systems Work Together

These read patterns across several markers at once, so a system can be mostly optimal marker by marker in the table above and still carry a pattern worth attention here. Both views are true; the priorities below say which matters most.

Digestion & Absorption — 78

Good · 0 to 100

How well food is being broken down and taken in.

Immunity & Recovery — 71

Suboptimal · 0 to 100

How balanced your immune system is, and how well it recovers.

Energy Production — 43

Suboptimal · 0 to 100

How your body makes and manages energy, thyroid included.

Clearance Pathways — 54

Suboptimal · 0 to 100

How your body processes and clears what it no longer needs.

Circulation — 74

Suboptimal · 0 to 100

Your heart, blood vessels and the fats that travel in them.

Hormones & Signalling — 57

Suboptimal · 0 to 100

The chemical messengers coordinating brain and body.

Structure & Connective Tissue 76

Good — 0 to 100

The tissues that hold you together and repair you.

Sleep & Stress 85

Optimal — 0 to 100

How your stress load and recovery rhythm are balancing out.

SECTION 6

Your Foundation Nutrients

The raw materials everything else depends on. These are reported here in their own right, separately from your priority findings.

Iron Balance RUNNING LOW a short bar here means below where it serves you best	Suboptimal
Vitamin B12	Optimal
Folate	Optimal
Magnesium	Optimal
Zinc Composite: read from a pattern across related markers, not a measured level	Optimal
Vitamin D	Optimal
Iodine Composite: read from a pattern across related markers, not a measured level	Optimal
CoQ10 Composite: read from a pattern across related markers, not a measured level	Optimal
Calcium & Bone Minerals	Optimal

SECTION 7

Your Priority Findings

Three findings, in the order they deserve your attention. Everything else we detected sits behind these. Where your Blueprint answers touch a finding they sit beside it; blood markers and how you feel do not always move together, which is worth knowing.

PRIORITY 1 OF 3

Blood Sugar Control Working Harder

ENERGY PRODUCTION

MILD — MODERATE — SIGNIFICANT

Suggests your body may be working harder than it should to keep your blood sugar steady, with the glucose and storage markers behind this pattern travelling alongside the blood fat ratios that often move early in this picture, and sometimes the liver and urate signals too.

THE MARKERS BEHIND IT

GGT	↑ 27	Glucose	↑ 5.3
HbA1c	↑ 39	HDL Cholesterol	↓ 1.34
Triglycerides	↑ 1.22	Uric Acid	↑ 366

YOUR BLUEPRINT

Blood Sugar and Metabolic symptoms · **Mild**

Weight and Appetite symptoms · **Mild**

WHAT THIS MEANS

Read at this stage, it is the kind of picture where food structure and movement matter most: protein-anchored meals, steady meal timing and a short walk after eating are the everyday habits most often used to ease the load on this system.

PRIORITY 2 OF 3

Low Stomach Acid

DIGESTION & ABSORPTION

MILD · MODERATE · SIGNIFICANT

Suggests your stomach may be producing less acid than it needs to release protein, iron and B12 from your food, so nutrient levels can drift low even when your diet is good.

THE MARKERS BEHIND IT

Albumin	↓ 39.6	ALP	↓ 66
Haemoglobin	↓ 139	Iron	↓ 14.4
TIBC	↑ 64	Transferrin Saturation	↓ 22.5

YOUR BLUEPRINT

Stomach and Upper Digestion symptoms · **Mild**

WHAT THIS MEANS

If this starts upstream in the stomach, the shortfall can build quietly, and may show as fatigue, thinning hair or brittle nails.

PRIORITY 3 OF 3

Gut Strain Depleting Immunity

IMMUNITY & RECOVERY

MILD · MODERATE · SIGNIFICANT

Points to gut-derived inflammation that may be weighing on your immune and protein markers, which are moving together in this direction.

THE MARKERS BEHIND IT

Albumin	↓ 39.6	Albumin:Globulin	↓ 1.32
Globulin	↑ 30	hs-CRP	↑ 1.6
Monocytes %	↑ 7.17	White Blood Cells	↓ 5.3

YOUR BLUEPRINT

Gut Inflammation signals · **Moderate**

Leaky Gut signals · **Mild**

WHAT THIS MEANS

Because the gut and immune system are so tightly linked, this can leave you fatigued, reactive to foods and slow to recover. It frames the tiredness as something that may have a gut component, and the gut is often one of the areas most open to steady changes in food and daily habits.

SECTION 8

Your Patterns, Level by Level

The patterns that display for you, organised through the six levels of the Performance Health framework. Key Markers lists the markers that drove each pattern in your results; your three priorities are numbered where they sit.

PATTERN	KEY MARKERS	WHAT THIS MEANS
Nourish the non-negotiable foundations		
Signs of Low Vitamin C MODERATE	↓ Albumin ↓ ALP ↓ Ferritin ↑ hs-CRP ↑ RDW ↓ White Blood Cells	Suggests your vitamin C is running low, a water-soluble antioxidant and essential cofactor for building collagen and absorbing iron.
Digest how food is broken down and taken in		
PRIORITY 2 **Low Stomach Acid** MILD	↓ Albumin ↓ ALP ↓ Haemoglobin ↓ Iron ↑ TIBC ↓ Transferrin Saturation	Suggests your stomach may be producing less acid than it needs to release protein, iron and B12 from your food, so nutrient levels can drift low even when your diet is good.
Clear how your body processes and clears		
Signs of Early Detox Strain SIGNIFICANT	↓ Albumin:Globulin ↓ ALP ↑ GGT ↑ Globulin ↑ hs-CRP ↑ Monocytes %	Points to your liver and clearance markers shifting slightly together, which may happen when those pathways are handling more than usual.
Liver Under Strain MILD	↓ Albumin ↓ Albumin:Globulin ↑ GGT ↑ Globulin ↑ Glucose ↑ HbA1c	Suggests your liver is working under a low-grade strain, with the enzyme balance and inflammatory markers shifting gently rather than sharply.
Resolve how inflammation switches off		
	↓ Albumin	

PRIORITY 3 **Gut Strain Depleting Immunity** MILD	↓ Albumin:Globulin ↑ Globulin ↑ hs-CRP ↑ Monocytes % ↓ White Blood Cells	Points to gut-derived inflammation that may be weighing on your immune and protein markers, which are moving together in this direction.
Adapt how your systems respond to demand		
PRIORITY 1 **Blood Sugar Control Working Harder** SIGNIFICANT	↑ GGT ↑ Glucose ↑ HbA1c ↓ HDL Cholesterol ↑ Triglycerides ↑ Uric Acid	Suggests your body may be working harder than it should to keep your blood sugar steady, with the glucose and storage markers behind this pattern travelling alongside the blood fat ratios that often move early in this picture, and sometimes the liver and urate signals too.
Collagen Renewal Under Pressure MILD	↓ Albumin ↓ Ferritin ↑ GGT ↑ Glucose ↑ HbA1c ↓ HDL Cholesterol	Points to your connective tissue being under-supported.

A further 15 patterns fired but are not listed here: close siblings of a stronger finding in the same family, or below the display threshold. They are reflected in your system scores.

SECTION 9

What Your Blueprint Showed

Before any blood result, this is the picture you painted yourself: your Blueprint questionnaire answers from the past 30 days, grouped by body system. It describes how things have felt, in your own words, and it is not a score or a verdict. Where your bloodwork tells the same story, you will see the two connected through this report.

BODY SYSTEM	YOUR ANSWERS	RAISED AREAS
Head and senses	Quiet	Nothing raised here
Skin, hair and nails	Quiet	Nothing raised here
Heart and lungs	Quiet	Nothing raised here
Digestion and detox	Mild	Stomach and Upper Digestion, Gut and Microbiome
Energy, stress and sleep	Mild	Energy and Fatigue, Sleep and Circadian
Metabolic and hormonal	Mild	Blood Sugar and Metabolic, Weight and Appetite
Structure and immunity	Quiet	Nothing raised here
Mind and mood	Quiet	Nothing raised here
Fluid and urinary	Quiet	Nothing raised here

The areas your answers raised most: **Gut and Microbiome**, **Energy and Fatigue** and **Stomach and Upper**

Digestion.

SECTION 10

Your Individual Marker Results

Your reference library: every marker we measured, what it does, and where your result sits. Come back to it any time.

On each track, the shaded band is your optimal zone and the dot is your result.

Red Blood Cells & Oxygen

7 markers

Haematocrit
Shows the proportion of your blood made up of red blood cells.
0.42 L/L
Below optimal

Haemoglobin
Reflects how much oxygen your red blood cells can carry throughout your body.
139 g/L
Below optimal

Mean Cell Haemoglobin (MCH)
Reflects how much haemoglobin is contained within each red blood cell.
28.4 pg
Optimal

Mean Cell Haemoglobin Concentration (MCHC)
Shows how concentrated haemoglobin is inside your red blood cells.
331 g/L
Optimal

Mean Cell Volume (MCV)
Reflects the average size of your red blood cells.
85.7 fL
Optimal

RDW
Shows how varied your red blood cells are in size.
13.3 %
Above optimal

Red Blood Cell Count
Shows how many red blood cells are available to transport oxygen around your body.
4.9 $\times 10^{12}$/L
Optimal

Immune Cells

11 markers

Basophil Count
Shows the number of immune cells involved in histamine-related responses.
0.05 $\times 10^{9}$/L
Optimal

Basophils %
Reflects the percentage of white blood cells linked to histamine-related responses.
0.94 %
Optimal

Eosinophil Count
Reflects the level of immune cells linked to sensitivity-related or reactive immune activity.
0.1 $\times 10^{9}$/L
Optimal

Eosinophils %
Shows the proportion of white blood cells involved in sensitivity-linked activity.
1.89 %
Optimal

Lymphocyte Count
Reflects the level of immune cells involved in long-term defence and immune memory.

2.28 $\times 10^9$/L
Optimal

Lymphocytes %
Shows the percentage of your white blood cells that are lymphocytes.

43.02 %
Optimal

Monocyte Count
Shows the number of immune cells involved in clean-up and repair processes.

0.38 $\times 10^9$/L
Optimal

Monocytes %
Reflects the percentage of white blood cells involved in repair and cleanup.

7.17 %
Above optimal

Neutrophil Count
Shows the amount of fast-responding immune cells in your blood.

2.49 $\times 10^9$/L
Optimal

Neutrophils %
Reflects the proportion of your white blood cells that are neutrophils.

46.98 %
Optimal

White Blood Cells
Reflects the overall level of immune cells circulating in your bloodstream.

5.3 $\times 10^9$/L
Below optimal

Inflammation & Immune Balance
6 markers

Eosinophils:Lymphocytes Ratio
Shows the balance between sensitivity-related and adaptive immune cells.

0.044 Ratio
Optimal

High Sensitivity C-Reactive Protein (hs-CRP)
Reflects very low-grade inflammatory activity linked to metabolic and cardiovascular health.

1.6 mg/L
Above optimal

Lymphocytes:Monocytes Ratio
Shows the balance between immune defence and repair activity.

6 Ratio
Optimal

MBE Sum
The combined count of three immune cell types: your monocytes, basophils and eosinophils. It sits in an unusually narrow optimal band, and because a reading on either side of that band points in a different direction, we read it together with your gut barrier patterns rather than on its own.

0.53 $\times 10^9$/L
Optimal

Neutrophils:Lymphocyte Ratio
Shows the balance between fast-responding and long-term immune cell activity.

1.09 Ratio
Optimal

Platelets:Lymphocytes Ratio
Reflects the relationship between clotting activity and longer-term immune function.

96.49 Ratio
Below optimal

Liver & Proteins
10 markers

ALP
Shows an enzyme involved in bone turnover, liver function, and bile flow.

66 U/L
Below optimal

ALT
Reflects a liver enzyme involved in processing amino acids and cellular metabolism.

17 U/L
Optimal

AST
Shows an enzyme found in the liver, heart, and muscles that supports energy metabolism.

19 U/L
Optimal

AST:ALT Ratio
A comparison of two key liver enzymes that gives insight into liver and metabolic balance.

1.12 Ratio
Optimal

Albumin
A major blood protein that helps maintain fluid balance and transport hormones and nutrients.

39.6 g/L
Below optimal

Albumin:Globulin Ratio
The balance between two major protein groups that supports immunity and nutrient transport.

1.32 Ratio
Below optimal

GGT
Reflects a liver enzyme involved in detoxification and bile transport.

27 U/L
Above optimal

Globulin
A group of proteins involved in immunity, transport, and inflammation control.

30 g/L
Above optimal

Total Bilirubin
A pigment formed when red blood cells break down, linked to liver processing and detox pathways.

11 µmol/L
Optimal

Total Protein
The combined level of albumin and globulins in the bloodstream.

70 g/L
Optimal

Kidneys & Minerals

6 markers

Calcium (Total)
A mineral needed for bone health, muscle contraction, and nerve communication.

2.36 mmol/L
Optimal

Creatinine
A waste product from muscle activity used to assess kidney filtration and muscle turnover.

84 µmol/L
Optimal

Magnesium
An essential mineral involved in energy production, muscle function, and nerve signalling.

0.93 mmol/L
Optimal

Sodium
An essential mineral that helps regulate fluid balance, nerves, and muscle function.

138.6 mmol/L
Below optimal

Uric Acid
A natural waste product from metabolism linked to antioxidant activity and kidney processing.

366 µmol/L
Above optimal

eGFR
An estimate of how efficiently your kidneys are filtering your blood.

94 mL/min/1.73m²
Optimal

Blood Sugar & Metabolism
5 markers

Glucose
The main form of sugar in your blood used for energy.

5.3 mmol/L
Above optimal

HbA1c
A measure of how much glucose has attached to red blood cells over the past 2 to 3 months.

39 mmol/mol
Above optimal

Triglycerides
A main form of stored fat used for energy.

1.22 mmol/L
Above optimal

Triglycerides:HDL Ratio
A ratio showing the relationship between stored fats and protective HDL cholesterol. Higher numbers can correlate with insulin resistance.

0.91 Ratio
Optimal

Triglycerides:LDL Ratio
A comparison of your triglyceride and LDL cholesterol levels, read alongside your other lipid markers.

0.46 Ratio
Optimal

Heart & Circulation
8 markers

Cholesterol:HDL Ratio
A comparison showing balance between total cholesterol and its protective HDL component.

3.39 Ratio
Optimal

HDL Cholesterol
A form of cholesterol that helps clear excess lipids from the bloodstream.

1.34 mmol/L
Below optimal

LDL Cholesterol
A type of cholesterol that transports lipids to tissues.

2.65 mmol/L
Optimal

LDL:HDL Ratio
Compares atherogenic LDL to protective HDL.

1.98 Ratio
Optimal

MPV
Reflects the average size and activity level of your platelets.

9.7 fL
Above optimal

Non-HDL Cholesterol
All cholesterol particles considered more likely to contribute to cardiovascular strain.

3.2 mmol/L
Optimal

Platelets
Reflects the number of clotting cells that help maintain healing and tissue repair.

220 $\times 10^9$/L
Below optimal

Total Cholesterol
The total amount of cholesterol used for hormones, cell membranes, and metabolic processes.

4.54 mmol/L
Optimal

Thyroid & Adrenal

8 markers

Anti-Thyroglobulin Antibody
An antibody that targets a thyroid protein involved in hormone production.

3 IU/mL
Optimal

Anti-Thyroid Peroxidase Antibody (TPO)
An antibody directed against a key thyroid enzyme involved in hormone synthesis.

4 IU/mL
Optimal

Cortisol
A hormone produced by the adrenal glands that helps regulate stress response, energy, and metabolism.

470 nmol/L
Optimal

Cortisol:DHEA Ratio
A comparison of two adrenal hormones that reflects stress, recovery balance.

52.81 Ratio
Optimal

DHEA-S
A hormone involved in energy, hormone balance, and healthy ageing.

8.9 µmol/L
Optimal

Free T3
The active thyroid hormone used by your cells to regulate metabolism and energy.

5.6 pmol/L
Optimal

Free T4
The main thyroid hormone produced by the thyroid gland before being converted into active T3.

16.9 pmol/L
Optimal

Thyroid Stimulating Hormone (TSH)
A hormone secreted by the pituitary gland that signals the thyroid to produce Thyroid hormones

1.3 mIU/L
Optimal

Sex Hormones

9 markers

Follicle Stimulating Hormone (FSH)
A pituitary hormone that supports sperm production in men.

4.8 IU/L
Optimal

Free Androgen Index
A calculation estimating how much usable androgen is available in the bloodstream.

64.71 %
Optimal

Free Testosterone (Calculated)
The fraction of testosterone available for use by tissues.

0.6 nmol/L
Optimal

Luteinising Hormone (LH)
A pituitary hormone that tells the testes to make testosterone.

3.9 IU/L
Optimal

Oestradiol
A hormone men make in small amounts from testosterone; it matters for bone, mood and libido.

98 pmol/L
Optimal

Progesterone
A hormone men make in small amounts; it feeds into testosterone and cortisol production.

1.5 nmol/L
Optimal

Prolactin
A hormone involved in reproductive and metabolic regulation.

190 mIU/L
Optimal

Sex Hormone Binding Globulin (SHBG)
A protein that binds sex hormones and influences how much is available to your cells.

34 nmol/L
Optimal

Total Testosterone
The total amount of testosterone circulating in the blood.

22 nmol/L
Optimal

Iron & Nutrients

8 markers

Ferritin
Shows how much usable iron your body has stored, supporting energy, focus, and thyroid health.

68 µg/L
Below optimal

Folate (Serum)
A B-vitamin that supports cell growth, DNA repair, and red blood cell formation.

22 nmol/L
Optimal

Iron
The amount of circulating iron available for oxygen transport and enzyme function.

14.4 µmol/L
Below optimal

TIBC
A measure of how much iron your blood can carry based on available binding proteins.

64 µmol/L
Above optimal

Transferrin
A protein that transports iron through your bloodstream.

2.55 g/L
Above optimal

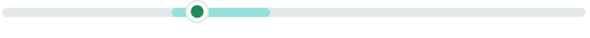
Transferrin Saturation
The percentage of transferrin that is loaded with iron.

22.5 %
Below optimal

Vitamin B12
Supports red blood cells, nerve function, memory, and energy metabolism.

540 pmol/L
Optimal

Vitamin D
A hormone-like nutrient that supports immunity, bone health, and inflammation control.



126 nmol/L
Optimal

SECTION 11

Where to Start

Everyday first moves for each of your priority findings, in the same order as the priorities above. None of this is a personalised protocol, and nothing here needs buying. If you are pregnant, have an allergy, follow a prescribed diet or take regular medication, keep to what you have been advised and pick the ones that fit. A priority with no safe everyday first move is not listed here. It is covered on your consult call instead.

PRIORITY 1 OF 3

Blood Sugar Control Working Harder

- Protein-anchored meals, movement after eating, steady meal timing, colourful high-fibre plants.

PRIORITY 2 OF 3

Low Stomach Acid

- Start meals with something bitter: rocket, chicory, watercress or a squeeze of lime.

PRIORITY 3 OF 3

Gut Strain Depleting Immunity

- Anchor every meal with a proper portion of protein.
- Favour cooked, simply prepared meals over raw and heavy ones while your gut settles.
- Minimise processed foods, alcohol and sugar, which are hard on a stressed gut lining.

There are free guides, blogs and monthly webinars available via the Performance Health website. If you would like these findings turned into a plan, you can:

- add a personalised nutrition and supplement plan;
- book further consult calls;
- step up to the fully guided Performance Health Flagship programme, where we build your plan and guide you through the next four months.

SECTION 12

Your Consult Call

1. **Your Benchmark and body systems** · 3 min
2. **Your three priorities** · 7 min
3. **Your questions** · 3 min
4. **Where next** · 2 min. The Benchmark tells you where you stand; if you want these findings turned into a plan, that is what the full Performance Health programme is for, and we cover it here.

> **Before the call:** note the one finding you most want to understand, and the one symptom that bothers you most.

A NOTE ON YOUR GP

Keep your GP in the loop

We recommend you share your laboratory report with your GP; it's attached at the end. Bloodwork is one window on your health, and it makes most sense alongside your history, how you feel and any other checks your GP has done. Nothing in this report replaces their care. If you have a medical condition or take regular medication, speak to your GP or prescriber before changing your diet or starting a supplement.

What is the Performance Health Benchmark?

A functional analysis of your bloodwork against optimal ranges, not just standard laboratory ranges. It is a fixed, dated reference point: a benchmark of where your health stands today, reviewed before it reaches you.

How your numbers are calculated

Your Benchmark Score is a plain count: the share of your tested readings sitting inside their functional optimal range. Your system scores weigh how markers behave together, so the two views can differ, and both are true.

What are Synergy Patterns®?

Individual markers tell you little on their own. Synergy Patterns® read how groups of markers move together, which is closer to how the body actually works than a list of highs and lows.

Important information

This report is an educational wellness analysis, not a medical diagnosis, and it does not replace care from your GP. It does not diagnose, treat, cure or prevent any disease. If you have symptoms that concern you, or a result has been flagged for a GP conversation, please act on that first.

PRECISION HEALTH INTELLIGENCE

Prepared by Lou Nicholettos, HCPC-registered physiotherapist (BSc Hons, MSc, MSc).

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This analysis is generated from your laboratory results and, where provided, your questionnaire responses. It is reviewed before delivery and remains educational in nature.