

Ultimate Longevity Functional Screening.

Live Healthy, Longer.



21st Century Health



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WHY CHOOSE ULTIMATE LONGEVITY SCREENING?

Our members choose the Ultimate Longevity Screening package in their pursuit to monitor, track, and optimize their holistic well-being

- ✓ Includes all the most commonly tested lab biomarkers
- ✓ APOB, LP(a) and advanced heart health risk biomarkers
- ✓ Test to optimize sleep, mood, memory and brain function
- ✓ Screen for early cognitive decline, to intervene early
- ✓ Test nutritional deficiencies - Vit. D, B12, Folate, Iron, Mg
- ✓ Test for tiredness, low energy, brain fog, poor metabolism
- ✓ Suspect hormonal or thyroid imbalances, menopause or perimenopause, fertility or autoimmune conditions?
- ✓ Determine root cause for weight imbalances or hair loss
- ✓ Prevent colon cancer risk, liver and kidney disorders



HOLISTIC HEALTH



Screen for...

- ✓ Holistic health and longevity
- ✓ Advanced heart health risks
- ✓ Vitamins & metabolic health
- ✓ Sleep, mood, brain function
- ✓ Weight imbalances, hair-loss

Buy Now ✨

Ultimate Longevity Screening – 100+ Biomarkers. All-in-1 Test

01 Heart Health & Longevity

- Lipoprotein(a) or LP(a)
- Apolipoprotein B or ApoB
- Total Cholesterol
- HDL, Non-HDL, LDL Cholesterol
- Triglycerides
- Cholesterol Ratio(s)
- High-Sensitivity C-Reactive Protein (hsCRP)

02 Energy & Metabolism

- Glucose (Fasting)
- Hemoglobin A1c or HbA1c
- eAG (Estimated Average Glucose)
- Insulin (Fasting)
- HOMA-IR (Insulin Resistance Screen)

03 Vitamins & Micronutrients

- Vitamin D
- Vitamin B12
- Folate (Vitamin B9)
- Homocysteine
- Ferritin
- Magnesium
- Iron
- Iron Binding Capacity (TIBC)
- Transferrin
- Iron Saturation

04 Cancer Risk Screening

- Liver (AFP)
- Colon (CEA)
- Female: Ovaries (CA125) OR Male: Prostate (PSA)

05 Hormones & Fertility

- Free Triiodothyronine (Free T3)
- Free Thyroxine (Free T4)
- Thyroid Stimulating Hormone (TSH)
- Follicle Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)
- Progesterone (Female only*)
- Prolactin
- Estradiol (E2)
- Total Testosterone
- Cortisol
- DHEA-Sulfate (DHEAS)

06 Kidney Function

- Urea (or BUN)
- Creatinine
- Estimated Glomerular Filtration Rate (eGFR)
- Sodium, Potassium
- Chloride, Bicarbonate
- Anion Gap (Acid-Base Imbalances)
- Urine Microalbumin/Creatinine Ratio

07 Liver & Gallbladder

- Total Bilirubin
- Direct (Conjugated) Bilirubin
- Indirect (Unconjugated) Bilirubin
- Aspartate Aminotransferase (AST)
- Alanine Transaminase (ALT)
- AST/ALT Ratio
- Alkaline Phosphatase (ALP)
- Gamma-glutamyl Transferase (GGT)
- Total Protein, Albumin, Globulin, A/G Ratio
- FIB-4 Index (Assess Fibrosis Risk)
- Lactate Dehydrogenase (LDH)

08 Hepatitis Risk Screening

- Hepatitis Bs Antigen (HBsAg)
- Hepatitis Bs Antibody (HBsAb)
- Hepatitis A Total Antibody

09 Bone & Joint Health

- Calcium
- Corrected Calcium
- Phosphate
- Uric Acid (Assess Gout Risk)
- Rheumatoid Arthritis (RA) Factor

10 Body Measurements | Vitals

- Height, Weight, BMI, BSA, RMR
- Biological Age, Heart Age
- Blood Pressure (Systolic | Diastolic)

11 Blood & Immunity Profile

- Hemoglobin
- Hematocrit
- Red Blood Cell (RBC) Count
- RBC Indices – MCH, MCHC, MCV, RDW, Platelet Count
- White Blood Cell (WBC) Count
- Erythrocyte Sedimentation Rate (ESR)
- Peripheral Blood Film (PBF)
- Absolute & Differential (%) Counts for – Neutrophils, Lymphocytes, Monocytes, Eosinophils, Basophils

12 Urine and Stool Analysis

- Urine Color, Appearance, pH and Specific Gravity
- Urine Chemistry – Blood, Glucose, Protein, Bilirubin, Urobilinogen, Nitrite, Ketones
- Urine Microscopy – Red Blood Cells, White Blood Cells, Epithelial Cells, Mucus Threads, Bacteria, Yeast, Casts, Crystals, Others
- Fecal Occult Blood Test

13 Functional Insights*

- Weight and Mood Imbalances, Poor Sleep, Hair Loss, Fatigue, Cognition, Immunity, Fertility, Low Libido*, Menopause, Perimenopause



*Note: Blood tests are done at clinic locations at Royal Square Novena or Paragon. Detailed health advisory emailed upon purchase. Specialist consultations for functional insights charged extra.

Specialty Add-ons

DNA HEALTH INSIGHTS



PREDICT | HEALTH RISKS

Learn about your innate health traits, nutritional deficiencies and needs, hereditary health risk predispositions, likely food sensitivities & intolerances.

EXPLORE ✨

GUT HEALTH INSIGHTS



PERSONALIZE | NUTRITION

Assess gut microbiome composition, likely beneficial and harmful bacteria, their impact on health, probiotics and supplementation, food to eat or avoid.

EXPLORE ✨

GLUCOSE MONITORING (CGM)



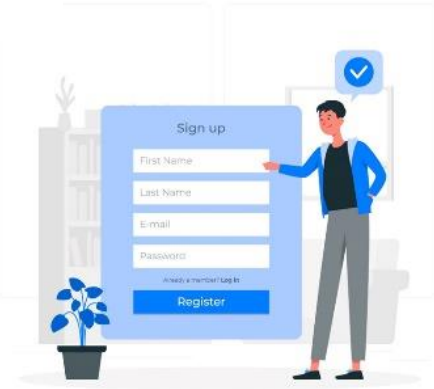
CUSTOMIZE | YOUR DIET, FITNESS

Monitor your blood glucose levels to understand ways your diet, lifestyle, activity, sleep, stress and glucose imbalances impact metabolic health.

EXPLORE ✨



How It Works



Join

1. Choose your package and add-on options (if any)
2. Purchase online. E-receipt emailed upon confirmation
3. Schedule your appointment from the next screen



Test

4. Test at clinic location(s) at either Royal Square Novena or Paragon
5. Our packages allow greater flexibility to test anytime within 6-months of purchase



Know

6. Get results ready email notification (app, portal, WA)
7. Schedule Dr. review of lab test results (online – video)
8. Use AI Assistants to generate a personalized action plan



Act

9. Adhere to plan. Track results. Use voice, text AI Assistants for inquiries or to customize your recommendations, next steps
10. Transform your health. Retest. Optimize your healthspan.

Holistic Health

