

# Most Comprehensive Health Screening

Live Healthy, Longer.



21<sup>st</sup> Century Health



[www.genixpro.com](http://www.genixpro.com)



+65-8875 2304



[EHS@genixpro.com](mailto:EHS@genixpro.com)



# Ultimate+ Health Screening

Ultimate+ is an All-in-1 comprehensive, holistic health screening package that includes Longevity Biomarkers + GUT Microbiome + DNA insights for our members to assess their Gut health, DNA health, in combination with 100+ Longevity Biomarkers (including blood tests for cardio-metabolic health, liver and kidney function, hormones, nutritional deficiencies, blood profile, bone and joints, and more), with detailed lifestyle self-assessment.

ULTIMATE+ LONGEVITY

100+ BLOOD BIOMARKERS

MAXIMIZE YOUR HOLISTIC NUTRITION  
SCAN TO LEARN MORE

genixpro

ULTIMATE

~~-\$799-~~

\$499

+

PREDICT | HEALTH

DNA HEALTH SCREENING

MAXIMIZE YOUR DNA HEALTH  
SCAN TO LEARN MORE

genixpro

PERSONALIZE | GUT

GUT HEALTH SCREENING

MAXIMIZE YOUR GUT HEALTH  
SCAN TO LEARN MORE

genixpro

DNA + GUT

~~-\$528-~~

\$379

=

PREDICT | HEALTH

DNA HEALTH SCREENING

MAXIMIZE YOUR DNA HEALTH  
SCAN TO LEARN MORE

genixpro

PERSONALIZE | GUT

GUT HEALTH SCREENING

MAXIMIZE YOUR GUT HEALTH  
SCAN TO LEARN MORE

genixpro

ULTIMATE+

~~-\$1378-~~

\$878

100+ Blood Tests

+

DNA + GUT Insights

=

Buy Now 

\*Turnaround time: Up to 8 weeks\* from the time the lab receives your DNA+GUT samples.

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# Blood Tests Included – 100+ Biomarkers

## 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 and Lungs (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 or longevity medicine consultations for functional insights charged extra.



# LISTEN TO YOUR GUT

Our members choose Gut Microbiome Test, when they may experience any one or more of these symptoms or conditions :

- ✓ Irregular or irritable bowels (IBS), IBD, leaky gut
- ✓ Abdomen or stomach pain, bloating, gas, discomfort
- ✓ Constipation, diarrhea, indigestion, bowel problems
- ✓ Food or skin sensitivity, allergies, eczema or psoriasis
- ✓ H. Pylori, SIBO, gastritis, nausea or acid reflux
- ✓ Difficulty in losing weight or weight-loss regain
- ✓ Low immunity, poor sleep quality, sleep disturbances
- ✓ Feelings of anxiety or depression, impacts mental health
- ✓ Low energy, fatigue or brain fog, lethargy, tiredness
- ✓ Inflammation, bone and joint discomfort; or
- ✓ Want to assess gut microbiome to optimize health





# LISTEN TO YOUR GENES

Our members choose to fully decode their DNA health proactively, to maximize their genetic potential and to gain early insights about:

- ✓ Diet and metabolism, DNA methylation, nutritional deficiencies
- ✓ Personalized vitamins, micronutrient needs and ideal dosages
- ✓ Lactose and gluten intolerances; alcohol, caffeine, salt sensitivity
- ✓ Fitness and exercise potential, likely ACL or Achilles injury risks
- ✓ Eating behavior, weight loss potential, and weight regain issues
- ✓ Disease risks influenced by genes and lifestyle, early interventions
- ✓ Health risk carrier status, fertility or premarital DNA risk screen
- ✓ Inflammation; cardiovascular; bone, joint, musculoskeletal health
- ✓ Autoimmune diseases, thyroid imbalances, skin and hair conditions
- ✓ Sleep Apnea, poor sleep depth or quality influenced by genes



# LEARN ABOUT DNA+GUT HEALTH

Discover personalized insights and gain actionable recommendations to optimize your nutrition, fitness, and holistic well-being

**Personalize Your Nutrition | Fitness**

- ✓ Know your food sensitivity
- ✓ Avoid trigger foods
- ✓ Identify likely allergens
- ✓ Probiotics | Supplements
- ✓ Restore your gut balance

**Enhance Your Health**

**Holistic Well-being**

**Food Class** Frequency

My 45-day personalized food recommendations

Food Class	Frequency
Vegetables, Salad, Mushrooms, Algae	Savour
Fruits	Moderate
Legumes	Avoid
Dairy Products	Avoid
Cereals (w/Gluten)	Minimize
Meat & Poultry	Moderate
Nuts & Seeds	
Herbs & Spices	

**Organ Meat**  
**AVOID**

**Strength Training**  
20 min. x 3

**Mindfulness**  
15 min. daily

**SUPPLEMENTS**  
Bone & Joint Reinforcer, Sleep Optimizer, Vitamin D, Probiotics  
Based on your holistic assessment

**NYAH – Your Digital Health Coach**  
Let's cook mediterranean...low FODMAP diet made Easy!  
with Amy @19:00 | 30 min | 37 attending

**BUY NOW** ➡

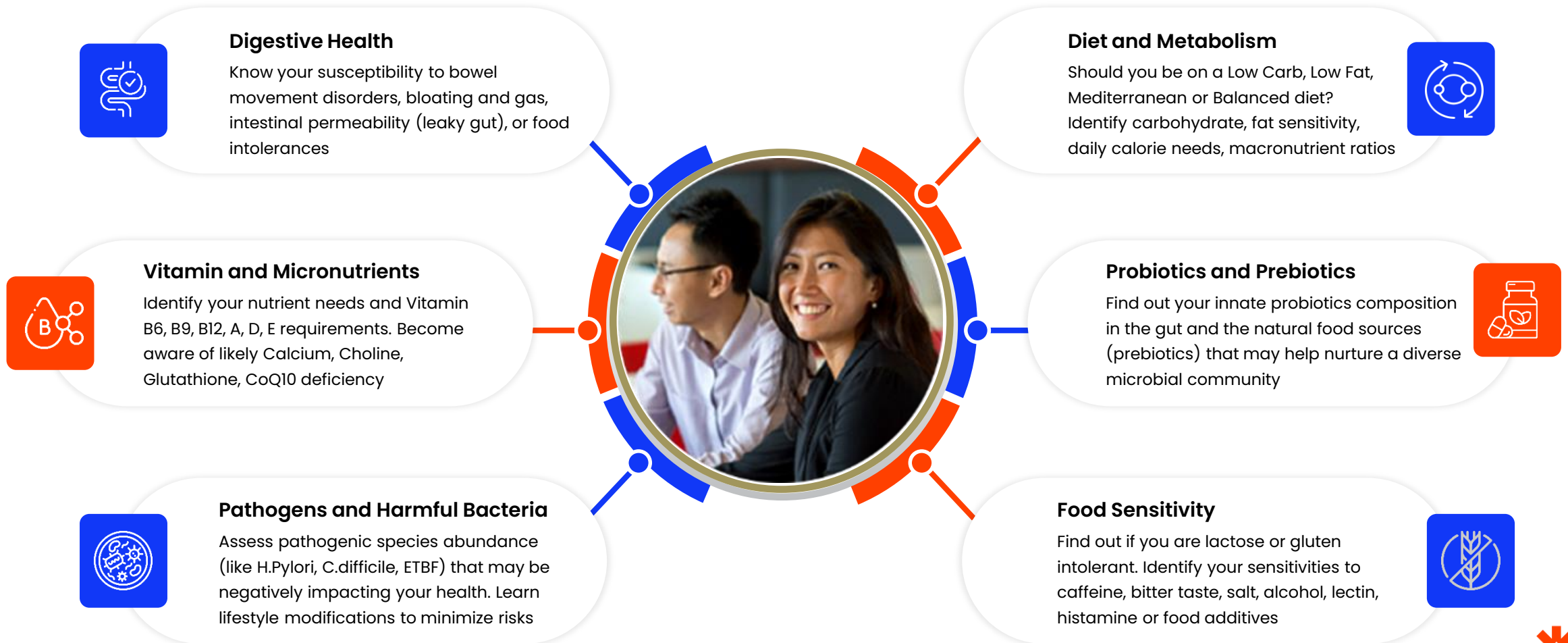
**\$878**

- ✓ Know 650+ food items to eat and avoid
- ✓ Know your supplementation and probiotics needs
- ✓ Test to optimize sleep, mood, memory and brain function
- ✓ Enhance sleep and stress management
- ✓ Identify ways to maximize efficiency, calorie burn
- ✓ Maximize your innate potential to transform your holistic health



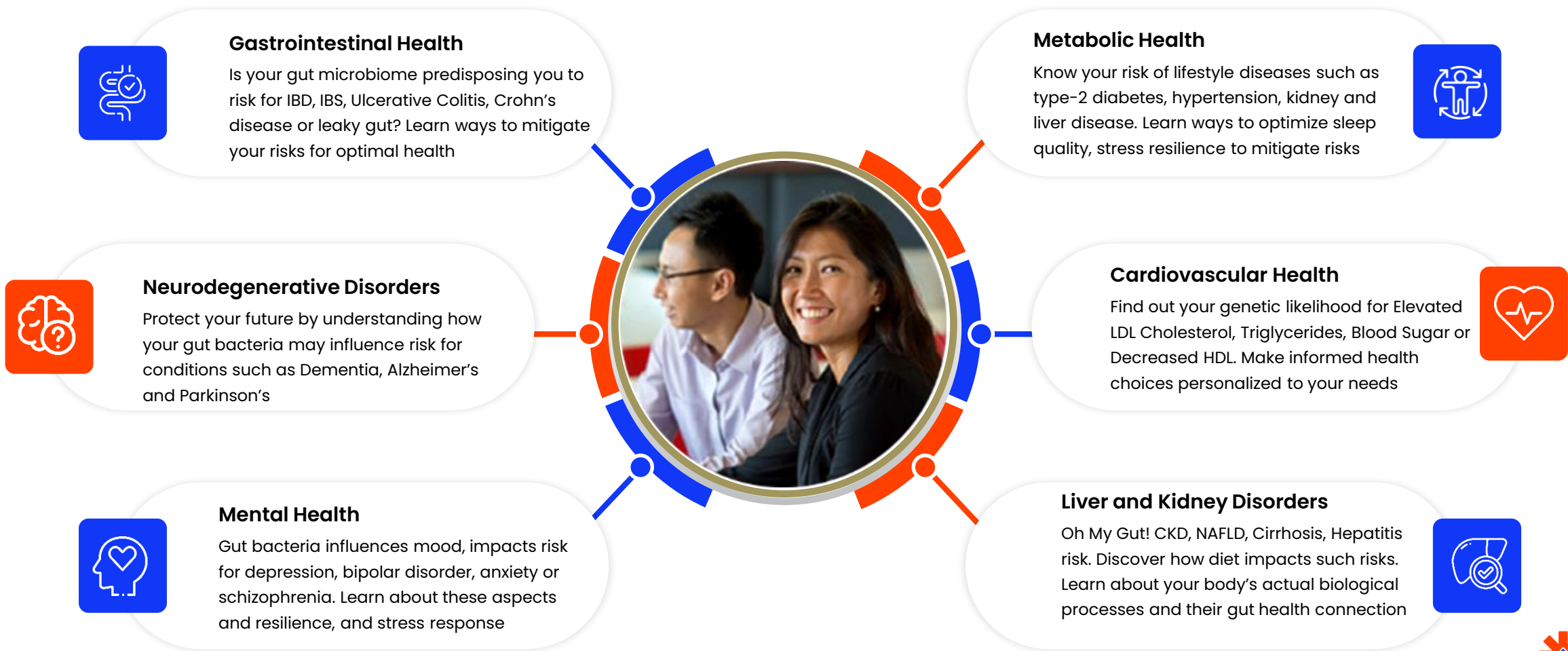
# What You May Learn

About your nutrition and fitness.



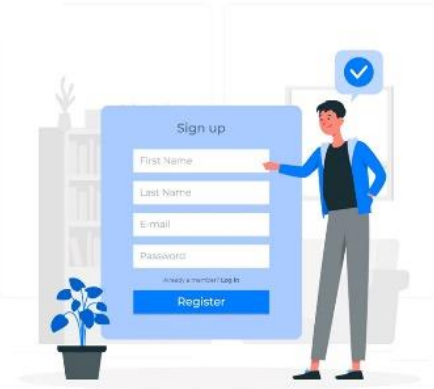
# What You May Learn

About your health conditions.





# 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.

**\*Note:** Basic review included. Specialist or longevity medicine consultations for functional insights charged extra.

# Holistic Health

