

Platinum Female Wellness Panel

DESCRIPTION

Your health and wellness depend on your body's ability to regulate all your vital systems and efficiently adapt to stressors. Much like an airport that depends on seamless coordination between air traffic control, ground crews, and flight operations, your body relies on clear communication between all its systems.

The **Platinum Female Wellness Panel** takes a deeper look at how your body's main systems are communicating by assessing 19 biomarkers encompassing your hormones, metabolism, immune response, and nutrient balance. It goes beyond routine testing by connecting the dots between things like reproductive health, mood, inflammation, and energy production so you can better understand the language your body is speaking.

Ideal for individuals experiencing complex or nonspecific symptoms, this panel supports a more accurate clinical picture. It will help you identify where your body may need support to restore balance, guide treatment, and optimize overall well-being.

Test Details:

This panel includes the following tests:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Lipid Panel
- Hemoglobin A1c (HbA1c)
- Estrogens, Fractionated
- Progesterone
- Follicle Stimulating Hormone (FSH)
- Luteinizing Hormone (LH)
- DHEA Sulfate
- Testosterone, Free & Total
- TSH with reflex to FT4
- Total Thyroxine (T4)
- Free Triiodothyronine (T3)
- Thyroid Peroxidase Antibody (TPO)
- Ferritin
- Iron with Total Iron Binding Capacity (TIBC)
- Vitamin D
- Vitamin B12 with Folic Acid
- Uric Acid

WHO SHOULD GET THIS TEST?

The **Platinum Female Wellness Panel** is useful for women of all ages who want to evaluate their overall health.

WHY IS THIS TEST IMPORTANT?

Comprehensive, routine lab testing is an essential step in managing your health. It can help you identify the root cause of unexplained symptoms by assisting you and your healthcare provider in monitoring how these values change over time. This can help you work with your healthcare provider to design more targeted approaches to treatments.

The **Platinum Female Panel** includes 19 tests:

- **Complete Blood Count (CBC):** May detect anemia, infection, bleeding disorders, and more.
- **Comprehensive Metabolic Panel (CMP):** Measures your blood glucose and provides valuable information about your kidney function, liver function, and electrolytes.
- **Lipid Panel:** Measures your LDL cholesterol, HDL cholesterol, and triglycerides.
- **Hemoglobin A1c:** Measures your average blood glucose levels over the past 2-3 months.
- **Estrogens, Fractionated:** Provides a breakdown of the three primary forms of estrogen produced in females - estrone (E1), estradiol (E2), and estriol (E3). Each of these hormones is dominant at a different stage of a woman's reproductive life cycle.
- **Progesterone:** A hormone produced primarily by the ovaries that has roles to play in the menstrual cycle and during pregnancy.
- **Follicle-Stimulating Hormone (FSH):** A hormone responsible for the development of follicles in the ovaries of females.
- **Luteinizing Hormone (LH):** A hormone that plays a role in ovulation and menstrual cycle regulation in females.
- **DHEA Sulfate:** A hormone produced by the adrenal glands that is used to make estrogens as well as other male and female sex hormones.
- **Testosterone (Free & Total):** The primary sex hormone in males. In females, testosterone is important for healthy sexual function, mood balance, and muscle and bone health.
- **Thyroid Stimulating Hormone (TSH) with Free Thyroxine (Free T4):** TSH is produced by the pituitary gland. TSH stimulates the production of thyroid hormones (T3 and T4), which maintain essential bodily processes. Free T4 measures the active (unbound) thyroid hormone in your blood. Reading TSH and Free T4 together provides a comprehensive assessment of thyroid function.
- **Free Triiodothyronine (T3):** Measures the amount of active triiodothyronine (T3) in your body.

- **Total Thyronine (T4):** Measures the total amount of thyroxine (T4) in your body. T4 is the precursor hormone to T3.
- **Thyroid Peroxidase (TPO) Antibody:** Immune system protein that attacks thyroid peroxidase, an enzyme produced by the thyroid gland. Elevated levels may indicate thyroid disorders.
- **Ferritin:** Reflects the stored iron levels in the body, It is influenced by iron metabolism and regulated by liver and immune signaling.
- **Iron with Total Iron Binding Capacity (TIBC):** Evaluates iron levels and the blood's ability to transport it. It is often regulated by liver function.
- **Vitamin D:** A nutrient primarily synthesized in the skin via sunlight and activated by the liver and kidneys. It is important for musculoskeletal and immune health.
- **Vitamin B12 with Folic Acid:** Measures your levels of vitamin B12 and folic acid, which are essential components of many different functions in the body. These include red blood cell production, nerve function, and DNA synthesis. Deficiency is associated with neurological issues, anemia, and fatigue.
- **Uric Acid:** A waste product processed by the liver and excreted by the kidneys that is used to evaluate gout risk and metabolic health.

AM I REQUIRED TO FAST?

Yes. You are required to fast for at least 8 hours prior to this test. Fasting means no food or drinks other than water.

WHAT DO I NEED TO DO TO PREPARE?

No additional preparation is required before taking this test. However, drinking plenty of water prior to any blood draw procedure or urine collection is recommended.

WHAT KIND OF SAMPLE IS REQUIRED?

This test requires a blood sample.

IS A DOCTOR'S ORDER REQUIRED?

No. We do accept physician's orders, or we can provide a doctor's order for this test at no additional cost.

DO I NEED TO MAKE AN APPOINTMENT?

No. You can walk in for same-day testing. We make it easy by offering work-friendly store hours.

HOW LONG WILL IT TAKE TO GET MY RESULTS?

Results are typically available within 3-5 business days after the lab receives your sample.

IF I HAVE QUESTIONS ABOUT MY RESULTS, WHO SHOULD I CONTACT?

We recommend that you share your results with your healthcare provider.

OTHER RELEVANT TESTS

If you are interested in this panel, you may also want to consider:

- Annual Check-Up Panel Plus
- Heart Health Panel
- Weight Management Hormone Panel
- Basic Nutrition Panel

Website test descriptions and all associated information are provided through the Any Lab Test Now Product Management Team, in conjunction with the Medical Professionals Committee and Dr. Ekan Essian, MD, Corporate Medical Director.