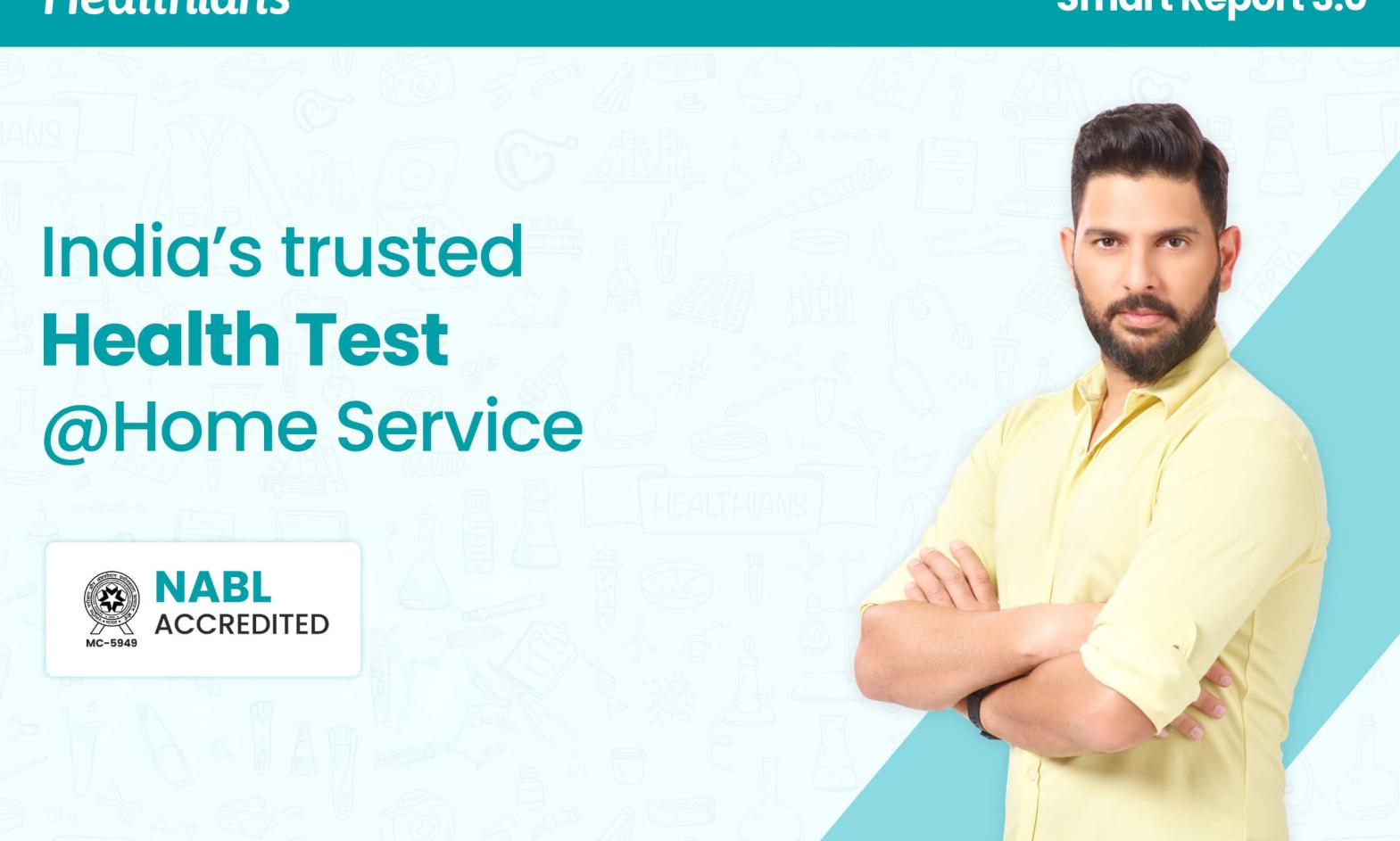


India's trusted Health Test @Home Service



NABL
ACCREDITED



Booking ID : 14894599894

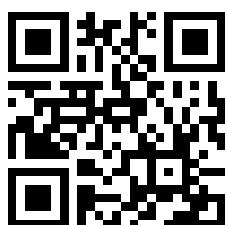
Sample Collection Date : 23/Aug/2025

Mohammad Ali Sayyed

Male, 19 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

Scan the QR using any QR code scanner

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Mohammad Ali Sayyed

Booking ID : 14894599894 | Sample Collection Date : 23/Aug/2025

Mohammad Ali Sayyed ,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

Your Health Score

79

Out of 100

*Calculated from test reports**Thyroid Function**

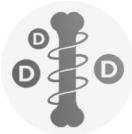
Test not taken

**Cholesterol Total**

Test not taken

**Kidney Function**

Test not taken

**Vitamin D**

Test not taken

**HbA1c**

Test not taken

**Vitamin B12**

Test not taken

**Liver Function**

Test not taken

**Calcium Total**

Test not taken

**Iron studies**

Test not taken

**Complete Hemogram**

Haemoglobin (HB) : 14.7 g/dL

• Everything looks good



New Features

Report Summary

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Mohammad Ali Sayyed

Booking ID 14894599894 | Sample Collection Date: 23/Aug/2025

Patient Summary Report

Mohammad Ali Sayyed, a 19-year-old male, has undergone a health test that has revealed some variations in certain blood parameters. It's important to understand that these variations can occur for a variety of reasons and often do not indicate a serious health issue.

The results show that some of your immune cell counts, specifically eosinophils and lymphocytes, are lower than the typical range. This can sometimes happen due to factors such as stress, recent infections, or even dietary influences. On the other hand, your monocyte levels are slightly elevated, which may indicate a response to inflammation or infection in the body. Additionally, the mean platelet volume is slightly higher, which can also be influenced by various benign factors.

Suggestions for Improvement

1.

Balanced Diet

: Focus on incorporating a variety of fruits, vegetables, whole grains, and lean proteins into your diet. This can help support your immune system and overall health.

2.

Hydration

: Ensure you are drinking enough water throughout the day. Staying well-hydrated is essential for maintaining good health and can positively impact your blood parameters.

3.

Regular Exercise

: Engaging in regular physical activity can help improve your immune function and overall well-being. Aim for at least 30 minutes of moderate exercise most days of the week.

4.

Stress Management

: Consider incorporating stress-reducing practices into your routine, such as mindfulness, meditation, or yoga. Managing stress can have a positive effect on your immune system and overall health.

Remember, these variations are often temporary and can be managed with lifestyle adjustments. Taking proactive steps towards a healthier lifestyle can make a significant difference in your well-being.

HEALTH ANALYSIS

COMPARATIVE CHARTS

↑ Increase
From Last Time↓ Decrease
From Last TimeTotal Parameters : 2
(As per latest result)

2 Everything Looks Good

0 Borderline

0 Concern

Mohammad Ali Sayyed

Booking ID : 14894599894 | Sample Collection Date : 23/Aug/2025

Test Name	Risk Area	2 Days Ago			3 Days Ago		13 Days Ago		Latest Result 23 Aug 2025
		Booking ID 14666679406 04 Aug 2025 08:30 AM	Booking ID 14688043332 06 Aug 2025 08:30 AM	Booking ID 14717501309 09 Aug 2025 08:30 AM					
Hemoglobin Hb 13.0 –17.0 Normal Range	--	14.8 g/dL	↓ 14.6 g/dL	↑ 15.5 g/dL	↓ 14.7 g/dL	Everything Looks Good	Everything Looks Good	Everything Looks Good	Everything Looks Good
Platelet Count Thrombocyte count 150 –410 Normal Range	--	150 10 ³ /µL	↓ 140 10 ³ /µL	↑ 191 10 ³ /µL	↑ 283 10 ³ /µL	Everything Looks Good	Everything Looks Good	Everything Looks Good	Everything Looks Good

Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 23/Aug/2025 07:19AM	
Order Id	: 14894599894	Sample Received On	: 23/Aug/2025 02:09PM	
Referred By	: Self	Report Generated On	: 23/Aug/2025 05:37PM	
Customer Since	: 23/Aug/2025	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	Report Status	: Partial Report	

DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Malaria Parasite (MP)			
MALARIA PARASITE	NOT SEEN		Not Seen
Method: Thin and Thick Smear and Microscopy			
THICK SMEAR: MALARIA PARASITE NOT SEEN			
THIN SMEAR: MALARIA PARASITE NOT SEEN			

Leishman stain used for Thin smear and Giemsa stain used for Thick Smear preparation.

Malaria is caused by parasites that are transmitted to people through the bites of infected female mosquitoes. WHO recommends prompt malaria diagnosis either by microscopy or malaria rapid diagnostic test (RDT) in all patients with suspected malaria before treatment is administered.

The essential method for a definitive diagnosis of malaria remains the finding of parasites (Plasmodium) in a blood film, followed by the identification of the particular species by morphology. Examination of thick and thin blood films remains the most sensitive routinely applied technique.

- If parasite is not seen under microscope, reported as Malaria Parasite not seen in the smear examined.
- If parasite is seen on smear, reported as Malaria Parasite seen on smear examined with type, stage and parasite index in case of Plasmodium falciparum.
- The various species of plasmodium are P.falciparum, P.vivax, P.ovale and P.malariae.

Cell features	P. falciparum	P. vivax	P. ovale	P. malariae
Infected red cells	Normal size; Maurer's clefts	Enlarged; Schuffner's dots	Enlarged; oval and fimbriated; Schuffner's dots	Normal or microcytic; stippling not usually seen
Ring forms (early trophozoites)	Delicate; frequently 2 or more; accolé forms; small chromatin dot	Large, thick; usually single (occasionally 2) in cell; large chromatin dot	Thick compact rings	Very small compact rings



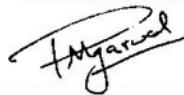
Dr Priyanka Agarwal
MBBS, MD, Pathology
Consultant Pathologist



Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 23/Aug/2025 07:19AM	
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DEPARTMENT OF HAEMATOLOGY

Test Name		Value	Unit	Bio. Ref Interval
Later trophozoites	Compact, vacuolated sometimes 2 chromatin dots	Amoeboid; central vacuole; light blue cytoplasm	Smaller than P. vivax; slightly amoeboid	Band across cell; deep blue cytoplasm
Schizonts	18-24 merozoites, filling 2/3 of cell (usually only seen in cerebral malaria)	12-24 merozoites, irregularly arranged filling 3/4 of cell	8-12 merozoites	6-12 merozoites in daisy-head around central mass of pigment
Pigment	Dark to black clumped mass	Fine granular yellow-brown	Coarse light brown	Dark, prominent at all stages
Gametocytes	Crescent or sausage-shaped; diffuse chromatin; single nucleus	Spherical, compact, almost fills cell; single nucleus	Oval; fills 3/4 of cell; similar to but smaller than, P. vivax	Round, fills 1/2 to 2/3 of cell; similar to P. vivax but smaller to P. vivax but smaller, with no Schuffner's dots



Dr Priyanka Agarwal
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Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Complete Blood Count			
Haemoglobin (HB)	14.7	g/dL	13.0-17.0
Method: Photometric Measurement			
Machine: BECKMAN COULTER DxH800			
Total Leucocyte Count (TLC)	8.3	10 ³ /uL	4.0-10.0
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Hematocrit (PCV)	42.9	%	40.0-50.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Red Blood Cell Count (RBC)	5.10	10 ⁶ /µl	4.50-5.50
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
Mean Corp Volume (MCV)	84.9	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb (MCH)	29.1	pg	27.0-32.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Mean Corp Hb Conc (MCHC)	34.3	g/dL	31.5-34.5
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
RDW - CV	13.7	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
RDW - SD	41.60	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: BECKMAN COULTER DxH800			
RDWI	228.06	Ratio	
Method: Calculated			
Green and king index	67	Ratio	
Method: Calculated			
Differential Leucocyte Count			
Neutrophils	78.9	%	40 - 80
Method: VCSn Technology			
Machine: BECKMAN COULTER DxH800			
Lymphocytes	10.5	%	20-40
Method: VCS Technology			



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DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
Machine: BECKMAN COULTER DxH800			
Monocytes	10.2	%	02 - 10
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Eosinophils	0.1	%	01 - 06
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Basophils	0.3	%	00 - 02
Method: VCS Technology			
Machine: BECKMAN COULTER DxH800			
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC)	6.55	10 ³ /uL	2.0-7.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Lymphocyte Count (ALC)	0.87	10 ³ /uL	1.0-3.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Monocyte Count	0.85	10 ³ /uL	0.2-1.0
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Eosinophil Count (AEC)	0.01	10 ³ /uL	0.02-0.5
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Absolute Basophil Count	0.02	10 ³ /uL	0.02 - 0.10
Method: Calculated			
Machine: BECKMAN COULTER DxH800			
Platelet Count(PLT)	283	10 ³ /µl	150-410
Method: Coulter Principle			
Machine: BECKMAN COULTER DxH800			
MPV	9.1	fL	7 - 9
Method: Derived from PLT Histogram			
Machine: BECKMAN COULTER DxH800			

The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.

The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.

If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-



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Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
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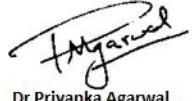
DEPARTMENT OF HAEMATOLOGY

Test Name	Value	Unit	Bio. Ref Interval
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deficiency anaemia is more likely.



SIN No:E5787592



Dr Priyanka Agarwal
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Page 5 of 7

Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
Age/Gender	: 19Y OM OD /Male	Sample Collected On	: 23/Aug/2025 07:19AM	
Order Id	: 14894599894	Sample Received On	: 23/Aug/2025 03:21PM	
Referred By	: Self	Report Generated On	: 23/Aug/2025 05:10PM	
Customer Since	: 23/Aug/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

DEPARTMENT OF SEROLOGY

Test Name	Value	Unit	Bio. Ref Interval
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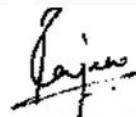
WIDAL Test (Slide Method)

Salmonella Typhi-O Antigen Method: Slide agglutination method	No Agglutination	Titre	<1:80
Salmonella Typhi-H Antigen Method: Slide agglutination method	No Agglutination	Titre	<1:80
Salmonella paratyphi – AH Antigen Method: Slide agglutination method	No Agglutination	Titre	<1:80
Salmonella paratyphi – BH Antigen Method: Slide agglutination method	No Agglutination	Titre	<1:80

Interpretation of the result:

O antigen Agglutination titer	H antigen Agglutination titer	Interpretation
No agglutination	Agglutination <1:160	Anamnestic reaction/cross reacting antibodies.
Agglutination <1:80	No agglutination	Anamnestic reaction/cross reacting antibodies.
Agglutination <1:80	Agglutination <1:160	Anamnestic reaction/cross reacting antibodies; need to confirm rise in titer with repeat specimen after 2-3 weeks
Agglutination >/= 1:80	No agglutination	Suggestive of Enteric fever; need to confirm rise in titer with repeat specimen after 1 week
No agglutination	Agglutination >/= 160 any one of either SH, STA or STB antigen	Suggestive of Enteric fever; need to confirm rise in titer with repeat specimen after 1 week
Agglutination >/=160	Agglutination >/= 160 any one of either SH, STA or STB antigen	Strongly indicate Enteric fever
Agglutination present (any titer)	Agglutination (any titer) in more than one of SH, STA or STB antigen	Seen generally post immunization.

1. For O antigen, titer of 1:80 or above can be significant. For H antigen, titer of 1:160 or above are considered significant.
2. Demonstration of rising titer in paired sera is confirmatory. A significant rise in titers (e.g., a fourfold increase) between acute and convalescent sera is more indicative of an active infection.
3. A titer of 1:40 or 1:80 is often considered the baseline in endemic areas like India. This means that many individuals may show these titers due to prior exposure or vaccination. Low titer alone should not be used to diagnose an active infection without considering clinical



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Consultant Pathology



Patient Name	: Mohammad Ali Sayyed	Barcode	: E5787592	
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Sample Type	: Serum	Report Status	: Partial Report	

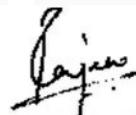
DEPARTMENT OF SEROLOGY

Test Name	Value	Unit	Bio. Ref Interval
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symptoms and changes in titers over time.

*** End Of Report ***

Result's to follow- Dengue NS1 Antigen (Immunoassay)



Dr. Rajeev S Ramachandran
MBBS, MD, Pathology
Consultant Pathology



Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of $\pm 50\%$, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
HL/PL/001- Metropolis Healthcare Ltd
HL/PL/002- Thyrocare Technologies Limited
HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY

Health Advisory

Mohammad Ali Sayyed

Booking ID : 14894599894 | Sample Collection Date : 23/Aug/2025

21.26 Body Mass Index



Physical Activity

No Data

5'6" Height (ft/in)



Smoke

No Data

60 Weight (kgs.)



Medication

No Data



Family History

No Data

 Blood Pressure
No Data

 Pulse Rate
No Data


Food Preference

No Data



Alcohol

No Data


 Hip Circumference (In Cm)
No Data

 SPO2 Levels
No Data

 Sugar Levels
No Data

Additional Remarks :

NA

 SUGGESTED
NUTRITION

SUGGESTED NUTRITION

Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats
- Include fruits like apples, berries and melons in your diet

Dont's

- Avoid flavoured and seasoned foods
- Decrease intake of colas and sugary drinks
- Avoid saturated fats, trans fats, oily and greasy foods like cakes, creamy or fried foods

 SUGGESTED
LIFESTYLE

SUGGESTED LIFESTYLE

Do's

- Have breakfast early in morning and a light high fiber snack for dinner

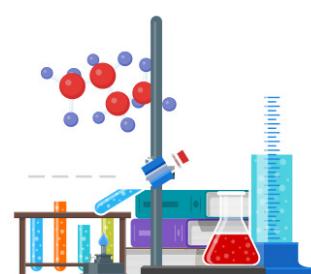
Dont's

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol

 SUGGESTED
FUTURE
TESTS

SUGGESTED FUTURE TESTS

- Complete Hemogram - **Every 2 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**



HEALTH ADVISORY

Suggestions for Health & Well-being

Mohammad Ali Sayyed

Booking ID : 14894599894 | Sample Collection Date : 23/Aug/2025

 PHYSICAL
ACTIVITY

PHYSICAL ACTIVITY

Physical activities can vary from Regular walks (Brisk or normal), Jogging, Sports, Stretching, Yoga to light weight lifting etc. It is recommended to partake in physical activity at least 30 minutes a day for 3-4 days a week.

If regular workout is difficult, then we can adapt changes such as using stairs instead of lift/escalators and doing household work!


 STRESS
MANAGEMENT

STRESS MANAGEMENT

Managing stress is an essential part of well-being. Some day to day changes can help such as having sufficient sleep (6-8 hours), indulging yourself in meditation, positive attitude towards lifestyle, using humor, traveling, talking to people whom you feel comfortable with and making time for hobbies by doing what you love to do.

 BALANCED
DIET

BALANCED DIET

A balanced diet is the key to healthy lifestyle. Include Whole grains, vegetables, whole fruits, nuts, seeds, beans, plant oils in your diet.

It is recommended to always have a high protein breakfast and a light dinner. Avoid items such as processed foods, potatoes and high calorie/sugar products. Don't forget to drink water regularly!


BMI

BMI recommended range is 18.5 to 24.9. Your BMI is 29.35, which is on a higher side.

Please fill your Health Karma to know your BMI results. BMI for your body helps prevent many untimely diseases and goes a long way.

BMI CHART

UNDERWEIGHT	NORMAL	OVERWEIGHT	OBESITY
Less than 18.5	Between 18.5 - 24.9	Between 25.0 - 29.9	More than 30

BMI

Supplement Suggestions

Mohammad Ali Sayyed

Booking ID : 14894599894 | Sample Collection Date : 23/Aug/2025

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned in the table below:

Suggestions for Improving Deficiencies



IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections | • Heightened Risk of Cancer | • Autoimmune Disorders | • Slow Growth Rate | • Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

Amla

Boosts immunity & Stores antioxidants

Jetwatika

Antioxidant properties strengthen the immune system

Aloe Vera

Fights against oxygenated rogue molecules in the blood

Ashwagandha

Reinforces the immune system to increase its fighting ability

Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system



NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency | • Iodine Deficiency | • Vitamin D Deficiency | • Calcium Deficiency | • Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

Indian Khajoor

Promotes brain and heart health

Shatavari

Anti-oxidant properties boost the immune system.

Amla

Aids in digestion, and promotes heart & liver health

Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

Jetwatika

Prevents cell damage to keep optimum body functionality




Your one-stop destination for affordable & reliable imaging services



Honest pricing



100% covid safe



Highly experienced
130+ radiology
specialists



State-of-the-art
radiology labs
across India



2% CASH BACK



100%
Cash Back

When you book via app

Know More

About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



QR Code

QR Code based authenticity check on all its reports



Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

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