

Holistic Health App

User Profile Inputs

- Age (Preferably 30yrs to 55yrs)
- Gender (Men and Women)
- Height and weight (optional)
- Sample size- Around 30 to 50 (preferable varied conditions)

Biomarker (Core Set – 14 Markers)

Blood & Nutrient Status

- Hemoglobin
- RBC count
- Ferritin
- Vitamin B12
- Vitamin D (25-OH)

Metabolic Health

- Fasting Glucose
- HbA1c

Lipid Profile

- Total Cholesterol
- LDL
- HDL
- Triglycerides

Inflammation, Thyroid & Liver (Early Risk)

- hs-CRP
- TSH
- SGPT / ALT