



Blood Test Report

Dear Maaz Mushtaq

I hope this message finds you well. Thank you for choosing Optimized Body & Mind for your recent blood test. We appreciate the opportunity to assist you in maintaining your health.

Please find attached or download a detailed smart report of your recent blood test. It provides an overview of various health markers, including any areas that may require attention.

[DOWNLOAD REPORT](#)

Overview:

Vitamin D Deficiencies:

- The results indicate a deficiency in vitamin D. Symptoms may include fatigue, muscle weakness, back pain, anxiety and depression.

Cholesterol Issues:

- The report highlights concerns related to cholesterol levels. We recommend diet, exercise and lifestyle changes.

Pre-Diabetic:

- The report suggests a pre-diabetic condition. We recommend diet, exercise and lifestyle changes.

Low Testosterone:

- The results indicate low testosterone levels. Complete the Adam questionnaire to assess associated symptoms.

Next Steps:

1. Private GP Appointment:

- Discuss your results and address any health concerns with our friendly and experienced GPs.

2. Vitamin Injection:

- Taking vitamins, especially if deficient, can significantly enhance your overall health and well-being

3. Diet, Exercise, and Supplement Advice:

- Our team of experts are here to help you to become the best version of yourself. Contact us for more info.

10% OFF VITAMIN INJECTION VIT10

Vitamin B12: Boosts energy levels and supports nerve health.

- B-Complex:** A combination of B-vitamins to support energy metabolism.
- Biotin:** Supports healthy hair, skin, and nails.
- Vitamin C:** Enhances immune function and promotes skin health.
- Vitamin D:** Boosts energy, supports immune system and improves mood.
- Glutathione:** A powerful antioxidant for detoxification and skin health.
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Your Health is Our Priority!

Should you have immediate questions or concerns, please click on the below link to speak to a member of our team.



Thank you for choosing [Optimized Body & Mind](#)

