

# India's trusted Health Test @Home Service



Booking ID : 15553854521

Sample Collection Date : 26/Oct/2025

**Mayuri Buran**

Female, 32 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 &amp; Vital Parameters

Mayuri Buran

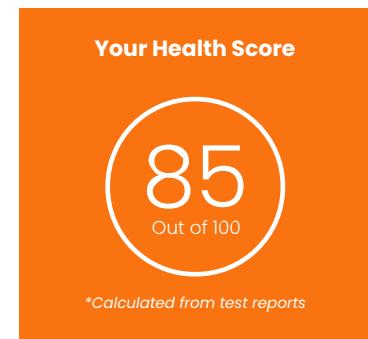
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**Mayuri Buran,**

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.

**Thyroid Function**

Thyroid Stimulating Hormone (TSH)-Ultrasensitive : 4.73 µIU/ml

• Everything looks good

**Vitamin B12**

180 pg/ml

• Concern

**Cholesterol Total**

162 mg/dl

• Everything looks good

**Liver Function**

Alanine Aminotransferase (ALT/SGPT) : 16 U/L

• Everything looks good

**Kidney Function**

Serum Creatinine : 0.6 mg/dl

• Everything looks good

**Vitamin D**

12.7 ng/ml

• Concern

**Calcium Total**

8.6 mg/dl

• Concern

**HbA1c**

6.2 %

• Concern

**Iron studies**

Serum Iron : 62 ug/dl

• Everything looks good

**Complete Hemogram**

Haemoglobin (HB) : 11.4 g/dL

• Concern



## 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.

Mayuri Buran

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### Patient Summary Report for Mayuri Buran

Mayuri, thank you for sharing your health test results with us. It's important to remember that lab results can sometimes show values that are outside the normal range, and this can happen for a variety of reasons. The following summary highlights some areas that may need attention, and I want to assure you that there are positive steps you can take to improve your health.

#### Summary of Deranged Parameters

Your test results indicate that there are a few nutritional deficiencies, including lower levels of Vitamin D, Vitamin B12, and magnesium. These nutrients are essential for various bodily functions, and addressing these deficiencies can lead to improved energy levels and overall well-being.

Additionally, some inflammatory markers and other parameters suggest that your body may be experiencing some stress or inflammation. This can be due to various lifestyle factors, and it's great that you are taking the initiative to understand your health better.

#### Suggestions for Improvement

1.

##### Nutritional Focus

: Consider incorporating foods rich in Vitamin D, Vitamin B12, and magnesium into your diet. Foods such as fatty fish, dairy products, leafy greens, nuts, and seeds can be beneficial. A balanced diet can help restore these essential nutrients.

2.

##### Hydration and Electrolyte Balance

: Ensure you are drinking enough water and consider foods that can help balance your sodium levels. Staying hydrated is crucial for overall health and can help with various bodily functions.

3.

##### Physical Activity

: Engaging in regular physical activity can help reduce inflammation and improve your overall health. Aim for a mix of cardiovascular exercises, strength training, and flexibility exercises that you enjoy.

4.

##### Stress Management

: Incorporate stress-reducing practices into your routine, such as mindfulness, yoga, or meditation. These practices can help lower inflammation and improve your overall sense of well-being.

Remember, taking small, consistent steps can lead to significant improvements in your health. You are on the right path by being proactive about your health, and with some adjustments, you can work towards feeling your best.

Patient Name	: Mayuri Buran	Barcode	: E5895688	
Age/Gender	: 32Y OM OD /Female	Sample Collected On	: 26/Oct/2025 09:35AM	
Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:00PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 03:47PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY HBA1C

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### **HbA1c - Glycosylated Hemoglobin**

HbA1c (Glycosylated Hemoglobin)	<b>6.20</b>	%	4.2 - 5.7
Method: HPLC			
Machine: Tosoh G8			

Average Estimated Glucose - plasma                    131.24

Method: Calculated

#### **INTERPRETATION:**

##### **AS PER AMERICAN DIABETES ASSOCIATION (ADA):**

##### **REFERENCE GROUP**

Non diabetic  
At Risk (Prediabetes)  
Diagnosing Diabetes

##### **GLYCOSYLATED HEMOGLOBIN (HbA1c) in %**

<5.7  
5.7 – 6.4  
>= 6.5

##### **Age > 19 Years**

Goals of Therapy: < 7.0

Actions Suggested: >8.0

##### **Age < 19 Years**

Goal of therapy: <7.5

Therapeutic goals for glycemic control

#### **REMARKS**

1. HbA1c is used for monitoring diabetic control. It reflects the mean plasma glucose over three months
2. HbA1c may be falsely low in diabetics with hemolytic disease. In these individuals a plasma fructosamine level may be used which evaluates diabetes over 15 days.
3. Inappropriately low HbA1c values may be reported due to hemolysis, recent blood transfusion, acute blood loss, hypertriglyceridemia, chronic liver disease. Drugs like dapsone, ribavirin, antiretroviral drugs, trimethoprim, may also cause interference with estimation of HbA1c, causing falsely low values.
4. HbA1c may be increased in patients with polycythemia or post-splenectomy.
5. Inappropriately higher values of HbA1c may be caused due to iron deficiency, vitamin B12 deficiency, alcohol intake, uremia, hyperbilirubinemia and large doses of aspirin.
6. Trends in HbA1c are a better indicator of diabetic control than a solitary test. 7. Any sample with >15% HbA1c should be suspected of having a hemoglobin variant, especially in a non-diabetic patient. Similarly, below 4% should prompt additional studies to determine the possible presence of variant hemoglobin.
8. HbA1c target in pregnancy is to attain level <6 % .
9. HbA1c target in paediatric age group is to attain level < 7.5 % .

Method : Ion-exchange high-performance liquid chromatography (HPLC).

Reference : American Diabetes Associations. Standards of Medical Care in Diabetes 2023

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:07PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 12:42PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Flouride Plasma	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Fasting Blood Sugar

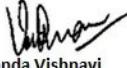
Glucose, Fasting	91.4	mg/dl	70 - 100
Method: Hexokinase			
Machine: Beckman Coulter DXC 700AU			

#### American Diabetes Association Reference Range :

Normal	: < 100 mg/dl
Impaired fasting glucose(Prediabetes)	: 100 - 126 mg/dl
Diabetes	: >= 126 mg/dl

Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis

A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.



Dr. Danda Vishnavi  
MBBS, MD Pathology  
Consultant Pathologist  
Reg. No:APMC/FMR/78761,Healthians Labs



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Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### **Potassium - Serum**

Serum Potassium	4.21	mmol/L
Method: ISE (Indirect)		
Machine: Beckman Coulter AU 5800		

Potassium is a primary intracellular ion , only 2 % is extracellular , high intracellular concentration is maintained by a Na- K ATPase pump, which continuously transports potassium into the cell against a concentration gradient . The pump is a critical factor in maintaining and adjusting the ionic gradients , on which nerve impulse transmission and contractility of cardiac and skeletal muscle depends . In acidemia , potassium moves out of the cells , in alkalemia , potassium moves into the cells . Hypokalemia inhibits aldosterone production and hyperkalemia stimulates aldosterone production.

#### **Creatine Kinase(CPK) - Serum**

CK CREATINE KINASE - (CPK)	201	U/L
Method: NAC (N-acetyl-L-cysteine) IFCC		
Machine: Beckman Coulter AU 5800		

Measurements of CK are primarily used in the diagnosis and treatment of myocardial infarction as well as being the most sensitive indicator of muscle damage. It is diagnosis and monitoring of myopathies and cerebral vascular disease. It increased in Myocardial infarction (MI), myocarditis, muscle trauma, rhabdomyolysis, muscular dystrophy, polymyositis, severe muscular exertion, malignant hyperthermia, hypothyroidism, cerebral infarction, surgery, Reye syndrome, tetanus, generalized convulsions, alcoholism, IM injections, DC counter shock, Drugs:clotfibrate, HMG-CoA reductase inhibitors. During an MI, serum CK level rises rapidly (within 3-5 hours); reaches a maximum after 12 - 14 hrs and returns to normal range after 3-4 days post-MI. Total CK is not specific enough for use in diagnosis of MI, but a normal total CK has a high negative predictive value. A more specific test is needed for diagnosis of MI or acute coronary syndrome (eg, CK-MB, Troponin T and Troponin I)

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226,Healthians Labs**


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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Rheumatoid Factor (RA) - Quantitative - Serum</b>			

#### RHEUMATOID FACTOR

<10

IU/mL

<14

Method: Immunoturbidimetry  
Machine: Beckman Coulter AU 5800

The rheumatoid factor (RF) test is primarily used to help diagnose rheumatoid arthritis (RA) and to help distinguish RA from other forms of arthritis or other conditions that cause similar symptoms. A cyclic citrullinated peptide (CCP) antibody test can help diagnose RA in someone who has joint inflammation with symptoms that suggest but do not yet meet the criteria of RA and may be ordered along with RF or if the RF result is negative. The RF test must be interpreted in conjunction with a person's symptoms and clinical history. A negative RF test does not rule out RA.

About 20% of people with RA will have very low levels of or no detectable RF. In these cases, a CCP antibody test may be positive and used to confirm RA. Positive RF test results may also be seen in 1-5% of healthy people and in some people with conditions such as: Sjogren syndrome, scleroderma, systemic lupus erythematosus (lupus), sarcoidosis, endocarditis, tuberculosis, syphilis, HIV/AIDS, hepatitis, infectious mononucleosis, cancers such as leukemia and multiple myeloma, parasitic infection, or disease of the liver, lung or kidney.

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Amylase - Serum

AMYLASE	49	U/L	22 - 80
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Method: CNPG3  
Machine: Beckman Coulter AU 5800

Amylase is produced by exocrine pancreas and also by the salivary glands. It is used to evaluate pancreatic function and also used in the diagnosis and management of pancreatitis.

Diseases resulting in elevation of plasma alpha-amylase include: acute pancreatitis, parotitis, alcoholism, renal insufficiency and diseases such as viral hepatitis, AIDS, abdominal typhoid, sarcoidosis and trauma to the upper abdomen. There is also a detectable increase in amylase after an ERCP procedure. In acute pancreatitis, amylase increases 5-6 hours after the onset of symptoms and remains elevated for 2-5 days. The increase in plasma activity does not reflect disease severity and conversely, extensive destruction of the pancreas may not cause a significant increase in the plasma concentration of pancreatic alpha-amylase.

#### Lipase - Serum

LIPASE	21	U/L	<67
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Method: Colorimetric  
Machine: Beckman Coulter AU 5800

Lipase is produced in the acinar cells of the pancreas and is responsible for the hydrolysis of water-insoluble long chain fatty acid esters of glycerol. Lipase measurement in serum and plasma is used exclusively for the investigation of pancreatic disorders, usually pancreatitis. Serum lipase may be elevated in acute pancreatitis, acute episodes of chronic pancreatitis and obstructive pancreatitis.

Slight elevations are also frequently present in diabetic ketoacidosis, viral hepatitis, epidemic parotitis, abdominal typhoid and sarcoidosis, due to involvement of the pancreas.

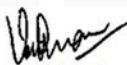
#### C-Reactive Protein (CRP) -Quantitative

C-REACTIVE PROTEIN (CRP) (QUANTITATIVE)	1.60	mg/L	<5
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Method: Immunoturbidimetric  
Machine: Beckman Coulter AU 5800

C-reactive protein (CRP) is one of the most sensitive acute-phase reactants for inflammation. Measuring changes in the concentration of CRP provides useful diagnostic information about the level of acuity and severity of a disease. Unlike ESR, CRP levels are not influenced by hematologic conditions such as anemia, polycythemia etc.

Increased levels are consistent with an acute inflammatory process. After onset of an acute phase response, the serum CRP concentration rises rapidly (within 6-12 hours and peaks at 24-48 hours) and extensively. Concentrations above 100 mg/L are associated with severe stimuli such as major trauma and severe infection (sepsis).



Dr. Danda Vishnavi  
MBBS, MD Pathology  
Consultant Pathologist  
Reg. No:APMC/FMR/78761, Healthians Labs



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Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Magnesium -Serum

MAGNESIUM	1.5	mg/dl	1.9 - 2.5
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Method: Xylylidyl blue, tris buffer  
Machine: Beckman Coulter AU 5800

#### Test Interpretation

Magnesium is primarily an intracellular ion associated with GI absorption and renal excretion.  
It helps in the diagnosis and monitoring of hypomagnesemia and hypermagnesemia especially in renal failure or GI disorders.

#### Increased levels

seen in patients taking diuretics, antacids, laxatives, parenteral nutrition, magnesium for eclampsia or premature labor, renal failure, dehydration with diabetic coma before treatment, Hypothyroidism.

#### Decreased levels

seen in malabsorption, abnormal loss of GI fluids, chronic pyelonephritis, renal tubular acidosis, antibiotics, phosphate depletion, extra cellular fluid volume expansion. Nutritional causes -starvation, Alcoholism. Endocrine causes -hyperthyroidism, hypoparathyroidism. Metabolic causes- excessive lactation, third trimester of pregnancy. Other causes- severe burns, lytic tumors of bone, toxemia of pregnancy, sepsis.

#### hs CRP (C-Reactive Protein high sensitive)

HS-CRP (HIGH SENSITIVITY C-REACTIVE PROTEIN)	1.60	mg/L	< 1.0
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Method: Latex Particle Immunoturbidimetry  
Machine: Beckman Coulter AU 5800

High sensitivity C-reactive protein, when used in conjunction with other clinical laboratory evaluation of acute coronary syndromes, may be useful as an independent marker of prognosis for recurrent events in patients with stable coronary disease or acute coronary syndrome. Hs-CRP levels should not be substituted for assessment of traditional cardiovascular risk factors. Patients with persistently unexplained, marked elevation of hs-CRP after repeated testing should be evaluated for non-cardiovascular etiologies.

#### Clinical significance :

Hs-CRP measurements may be used as an independent risk marker for the identification of individuals at risk for future cardiovascular disease. Elevated CRP values may be indicative of prognosis of individuals with acute coronary syndromes, and may be useful in the management of such individuals.



Dr. Amanulla Khan Mohammed  
MBBS, MD (Pathology)  
Consultant Pathologist  
Reg. No:APMC/FMR/78226, Healthians Labs



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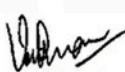
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Sample Type	: SERUM	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Lipid Profile Advance</b>			
Total Cholesterol Method: Enzymatic Machine: Beckman Coulter AU 5800	162.0	mg/dl	Desirable : <200 Borderline: 200-239 High : >/=240
Serum Triglycerides Method: Enzymatic Machine: Beckman Coulter AU 5800	54.0	mg/dl	Desirable : <150 Borderline high : 150-199 High : 200-499 Very high : > 500
Serum HDL Cholesterol Method: Enzymatic immuno inhibition Machine: Beckman Coulter AU 5800	56.8	mg/dl	40 - 60
Serum LDL Cholesterol Method: Enzymatic Machine: Beckman Coulter AU 5800	92.0	mg/dl	Optimal : <100 near /above Optimal:100 - 129 Borderline High:130 - 159 High : 160 - 189 Very High :>/=190
Serum VLDL Cholesterol Method: Calculated Machine: Beckman Coulter AU 5800	13.0	mg/dl	<30
Total CHOL / HDL Cholesterol Ratio Method: Calculated	<b>2.85</b>	Ratio	3.30 - 4.40
LDL / HDL Cholesterol Ratio Method: Calculated	1.62	Ratio	Desirable/Low Risk: 0.5-3.0 Line/Moderate Risk: 3.0-6.0 Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio Method: Calculated	0.62	Ratio	Desirable/Low Risk : 0.5 - 3.0 Border Line/Moderate Risk : 3.0 - 6.0 Elevated/High Risk: > 6.0
Non-HDL Cholesterol Method: Calculated	105.2	mg/dl	0.0 - 160.0

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the



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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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level of one or more of the following:

Total Cholesterol

The "bad" cholesterol or low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood.

Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation.

Healthians labs report biological reference intervals (normal ranges) in accordance to the recommendations of The National Cholesterol Education Program (NCEP) & Adult Treatment Panel IV (ATP IV) Guidelines providing the most desirable targets of various circulating lipid fractions in the blood. NCEP recommends that all adults above 20 years of age must be screened for abnormal lipid levels.

\*NCEP recommends the assessment of 3 different samples drawn at intervals of 1 week for harmonizing biological variables that might be encountered in single assays. Hence a single result of Lipid Profile may not be adequate for clinical decision making. Healthians' counselling team will reach you shortly to explain implications of your report. You may reach out to customer support helpline as well.

\*NCEP recommends lowering of LDL Cholesterol as the primary therapeutic target with lipid lowering agents, however, if triglycerides remain >200 mg/dL after LDL goal is reached, set secondary goal for non-HDL cholesterol (total minus HDL) 30 mg/dL higher than LDL goal.

\*High Triglyceride and low HDL levels are independent risk factors for Coronary Heart disease and requires further clinical consultation.

\*Healthians lab performs direct LDL measurement which is more appropriate and may vary from other lab reports which provide calculated LDL values.



Dr. Danda Vishnavi  
MBBS, MD Pathology  
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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Liver Function Test (LFT)</b>			
Serum Bilirubin, (Total) Method: Diazo Machine: Beckman Coulter AU 5800	0.85	mg/dl	0.3 - 1.2
Serum Bilirubin, (Direct) Method: Diazo Machine: Beckman Coulter AU 5800	0.16	mg/dl	0 - 0.2
Serum Bilirubin, (Indirect) Method: Calculated	0.69	mg/dl	0.0 - 0.8
Aspartate Aminotransferase (AST/SGOT) Method: IFCC Machine: Beckman Coulter AU 5800	20.00	U/L	3 - 35
Alanine Aminotransferase (ALT/SGPT) Method: IFCC Machine: Beckman Coulter AU 5800	16	U/L	3 - 35
Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer Machine: Beckman Coulter AU 5800	64.00	U/L	33-98
Gamma Glutamyl Transferase (GGT) Method: IFCC Machine: Beckman Coulter AU 5800	13.0	U/L	5- 38
Serum Total Protein Method: Biuret Machine: Beckman Coulter AU 5800	6.96	gm/dl	6.6 - 8.3
Serum Albumin Method: Bromo Cresol Green(BCG) Machine: Beckman Coulter AU 5800	3.98	g/dl	3.5 - 5.2
Serum Globulin Method: Calculated	<b>2.98</b>	gm/dl	3.0 - 4.2
Albumin/Globulin Ratio Method: Calculated	1.34	Ratio	1.2 - 2.5
SGOT/SGPT Ratio Method: Calculated	1.25	Ratio	0.7 - 1.4

Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease



Dr. Amanulla Khan Mommmed  
**MBBS, MD (Pathology)**  
 Consultant Pathologist  
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### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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conjugated (direct) bilirubin is also elevated more than unconjugated (indirect) bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts tumors & Scarring of the bile ducts. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.

AST levels increase in viral hepatitis, blockage of the bile duct ,cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. Alt levels may also increase after a heart attack or strenuous activity. ALT is commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health. Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, paget's disease, Rickets, Sarcoidosis etc.

Elevated serum GGT activity can be found in diseases of the liver, Biliary system and pancreas. Conditions that increase serum GGT are obstructive liver disease, high alcohol consumption and use of enzyme-including drugs etc.

Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum..Protein in the plasma is made up of albumin and globulin. Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma,Waldenstrom's disease. Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic - Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver.Albumin constitutes about half of the blood serum protein. Low blood albumin levels (hypoalbuminemia) can be caused by: Liver disease like cirrhosis of the liver, nephrotic syndrome, protein-losing enteropathy, Burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting etc.



Dr. Amanulla Khan Mohammed  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
Reg. No:APMC/FMR/78226,Healthians Labs



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Patient Name	: Mayuri Buran	Barcode	: E5895688	
Age/Gender	: 32Y OM OD /Female	Sample Collected On	: 26/Oct/2025 09:35AM	
Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 03:52PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Partial Report	

## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Iron study</b>			
Serum Iron Method: TPTZ Machine: Beckman Coulter AU 5800	62.0	ug/dl	60 - 180
UIBC Method: Nitroso-PSAP Machine: Beckman Coulter AU 5800	314.00	ug/dl	155 - 355
Serum Total Iron Binding Capacity (TIBC) Method: FE+UIBC (saturation with iron)	376	µg/dl	250 - 400
Transferrin Saturation % Method: Calculated	16.49	%	15 - 50

Iron participates in a variety of vital processes in the body varying from cellular oxidative mechanisms to the transport and delivery of oxygen to body cells. It is a constituent of the oxygen-carrying chromoproteins, haemoglobin and myoglobin, as well as various enzymes, such as cytochrome oxidase and peroxidases.

Serum iron may be increased in hemolytic, megaloblastic and aplastic anemias, and in hemochromatosis acute leukemia, lead poisoning, pyridoxine deficiency, thalassemia, excessive iron therapy, and after repeated transfusions. Drugs causing increased serum iron include chloramphenicol, cisplatin, estrogens (including oral contraceptives), ethanol, iron dextran, and methotrexate. Iron can be decreased in iron-deficiency anemia, acute and chronic infections, carcinoma, nephrotic syndrome hypothyroidism, in protein- calorie malnutrition and after surgery. Diurnal variation is seen in serum iron levels with normal values obtained in the midmorning, low values in midafternoon and very low values near midnight.

TIBC measures the blood's capacity to bind iron with transferrin (TRF). Estrogens and oral contraceptives increase TIBC levels. Asparaginase, chloramphenicol, corticotropin, cortisone, and testosterone decrease the TIBC levels.

Transferrin is the primary plasma iron transport protein, which binds iron strongly at physiological pH. Transferrin is generally only 25% to 30% saturated with iron. The additional amount of iron that can be bound is the unsaturated iron-binding capacity (UIBC). Transferrin saturation represents the number of iron-binding sites that are occupied. It is a better index of iron stores than serum iron alone. Transferrin saturation is decreased in iron deficiency anemia (usually <10% in established deficiency).



Dr. Amanulla Khan Mohammed  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
Reg. No:APMC/FMR/78226, Healthians Labs



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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Kidney Function Test Advance</b>			
Serum Creatinine Method: Jaffes Kinetic Machine: Beckman Coulter AU 5800	0.60	mg/dl	0.3-1.0
GFR, ESTIMATED Method: Calculated (CKD-EPI)	122.23	mL/min/1.73m <sup>2</sup>	
Serum Uric Acid Method: Uricase Machine: Beckman Coulter AU 5800	4.4	mg/dl	2.6-6.0
Serum Calcium Method: Arsenazo Machine: Beckman Coulter AU 5800	<b>8.6</b>	mg/dl	8.8 - 10.6
Serum Phosphorus Method: Phosphomolybdate complex Machine: Beckman Coulter AU 5800	3.8	mg/dl	2.5 - 4.5
Serum Sodium Method: ISE (Indirect) Machine: Beckman Coulter AU 5800	<b>133</b>	mmol/L	136 - 146
Serum Chloride Method: ISE (Indirect) Machine: Beckman Coulter AU 5800	101	mmol/L	101 - 109
Blood Urea Method: Urease Machine: Beckman Coulter AU 5800	24.2	mg/dl	17 - 43
Blood Urea Nitrogen (BUN) Method: Calculated	11.3	mg/dl	8-20
Bun/Creatinine Ratio Method: Calculated	18.85	Ratio	
Urea/Creatinine Ratio	40.33		

The kidneys play a vital role in the excretion of waste products and toxins such as urea, creatinine and uric acid, regulation of extracellular fluid volume, serum osmolality and electrolyte concentrations, as well as the production of hormones like erythropoietin and 1,25 dihydroxy vitamin D and renin. Assessment of renal function is important in the management of patients with kidney disease or pathologies affecting renal function. Tests of renal function have utility in identifying the presence of renal disease, monitoring the response of kidneys to treatment, and determining the progression of renal disease.

Urea is synthesized in the liver as the final product of protein and amino acid metabolism. Urea synthesis is therefore dependent on daily protein intake and endogenous protein metabolism.

Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle. Uric Acid is the major product of purine catabolism in humans. Uric acid levels are used to monitor the treatment of gout. Measurement of calcium is used in the diagnosis and treatment of parathyroid



Dr. Amanulla Khan Mommmed  
MBBS, MD (Pathology)  
Consultant Pathologist  
Reg. No:APMC/FMR/78226,Healthians Labs



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## DEPARTMENT OF BIOCHEMISTRY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

<b>Test Name</b>	<b>Value</b>	<b>Unit</b>	<b>Bio. Ref Interval</b>
APO-A1 Method: Immunoturbidimetry Machine: Beckman Coulter AU 5800	128.58	mg/dl	105 - 205
APO-B Method: Immunoturbidimetry Machine: Beckman Coulter AU 5800	61.22	mg/dl	55 - 130
Apo B /Apo A-1 Ratio	0.48		

disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany. Phosphorus levels are increased in acute or chronic renal failure with decreased GFR . Sodium is an electrolyte, and it helps regulate the amount of water in and around the cells & the balance of chemicals in the body called acids and bases. Chloride is a negatively charged ion that works with other electrolytes such as potassium, sodium, and bicarbonate, to help regulate the amount of fluid in the body and maintain the acid-base balance.

### Apolipoproteins profile (A1,B,B/A1 ratio)

APO-A1 Method: Immunoturbidimetry Machine: Beckman Coulter AU 5800	128.58	mg/dl	105 - 205
APO-B Method: Immunoturbidimetry Machine: Beckman Coulter AU 5800	61.22	mg/dl	55 - 130
Apo B /Apo A-1 Ratio	0.48		

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Referred By	: Self	Report Generated On	: 26/Oct/2025 01:12PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: URINE	Report Status	: Partial Report	

## DEPARTMENT OF CLINICAL PATHOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### **Urine Routine & Microscopy Extended**

##### **PHYSICAL EXAMINATION**

Colour	Yellow	Pale Yellow
Method: Visual		
Volume	10.00	mL
Method: Visual		

##### **CHEMICAL EXAMINATION**

Specific Gravity	1.005	1.001 - 1.035
Method: Dipstick-Ion exchange		
pH	5.0	4.5 - 7.5
Method: Dipstick-Double indicator		
Glucose	Negative	Negative
Method: Dipstick-oxidase peroxidase		
Urine Protein	Negative	Negative
Method: Dipstick-Bromophenol blue		
Ketones	Negative	Negative
Method: Sodium nitroprusside		
Urobilinogen	Normal	Normal
Method: Dipstick-Ehrlichs Test		
Bilirubin	Negative	Negative
Method: Dipstick-Ehrlichs Test		
Nitrite	Negative	Negative
Method: Dipstick-Griess test		
Blood	Negative	Nil
Method: Dipstick-Peroxidase		
Leucocyte Esterase	Positive	Nil
Method: Dipstick- Esterase		

##### **MICROSCOPIC EXAMINATION**

Pus Cells	6-8	/HPF	0 - 5
Method: Microscopic Examination			
Epithelial cells	2-4	/HPF	0 - 5
Method: Microscopic Examination			

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
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Sample Type	: URINE	Report Status	: Partial Report	

### DEPARTMENT OF CLINICAL PATHOLOGY

#### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
RBCs	Nil	/HPF	Nil
Method: Microscopic Examination			
Casts	Nil		Nil
Method: Microscopic Examination			
Crystals	Nil		Nil
Method: Microscopic Examination			
Bacteria	Absent		Absent
Method: Microscopic Examination			
Yeast Cell	Absent		

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Referred By	: Self	Report Generated On	: 26/Oct/2025 01:36PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	Report Status	: Partial Report	

## DEPARTMENT OF HAEMATOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### ERYTHROCYTE SEDIMENTATION RATE (ESR)

ESR	<b>19</b>	mm/1st hour	0-12
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Method: Modified Westergren Method

#### Complete Blood Count Advanced

Haemoglobin (HB)	<b>11.4</b>	g/dL	12.0-15.0
Method: Photometric Measurement			
Machine: Beckman Coulter DXH 900			
Total Leucocyte Count (TLC)	<b>7.7</b>	10^3/uL	4.0-10.0
Method: Coulter Principle			
Machine: Beckman Coulter DXH 900			
Hematocrit (PCV)	<b>33.9</b>	%	36.0-46.0
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Red Blood Cell Count (RBC)	<b>4.00</b>	10^6/µl	3.80-4.80
Method: Coulter Principle			
Machine: Beckman Coulter DXH 900			
Mean Corp Volume (MCV)	<b>84.2</b>	fL	83.0-101.0
Method: Derived from RBC Histogram			
Machine: Beckman Coulter DXH 900			
Mean Corp Hb (MCH)	<b>28.2</b>	pg	27.0-32.0
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Mean Corp Hb Conc (MCHC)	<b>33.5</b>	g/dL	31.5-34.5
Method: Calculated			
Machine: Beckman Coulter DXH 900			
RDW - CV	<b>13.8</b>	%	11.6-14.0
Method: Derived from RBC Histogram			
Machine: Beckman Coulter DXH 900			
RDW - SD	<b>41.10</b>	fL	39.0-46.0
Method: Derived from RBC Histogram			
Machine: Beckman Coulter DXH 900			
Mentzer Index	<b>21.05</b>	Ratio	
Method: Calculated			
RDWI	<b>290.49</b>	Ratio	
Method: Calculated			



**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
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## DEPARTMENT OF HAEMATOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
Green and king index	86	Ratio	
Method: Calculated			
<b>Differential Leucocyte Count</b>			
Neutrophils	53.0	%	40 - 80
Method: VCS Technology			
Machine: Beckman Coulter DXH 900			
Lymphocytes	33.9	%	20-40
Method: VCS Technology			
Machine: Beckman Coulter DXH 900			
Monocytes	7.4	%	02 - 10
Method: VCS Technology			
Machine: Beckman Coulter DXH 900			
Eosinophils	5.2	%	01 - 06
Method: VCS Technology			
Machine: Beckman Coulter DXH 900			
Basophils	0.5	%	00 - 02
Method: VCS Technology			
Machine: Beckman Coulter DXH 900			
<b>Absolute Leucocyte Count</b>			
Absolute Neutrophil Count (ANC)	4.08	10 <sup>3</sup> /uL	2.0-7.0
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Absolute Lymphocyte Count (ALC)	2.61	10 <sup>3</sup> /uL	1.0-3.0
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Absolute Monocyte Count	0.57	10 <sup>3</sup> /uL	0.2-1.0
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Absolute Eosinophil Count (AEC)	0.4	10 <sup>3</sup> /uL	0.02-0.5
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Absolute Basophil Count	0.04	10 <sup>3</sup> /uL	0.02 - 0.10
Method: Calculated			
Machine: Beckman Coulter DXH 900			
Platelet Count(PLT)	226	10 <sup>3</sup> /μl	150-410
Method: Coulter Principle			
Machine: Beckman Coulter DXH 900			

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
 Reg. No:APMC/FMR/78226, Healthians Labs



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## DEPARTMENT OF HAEMATOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
MPV	9.0	fL	7 - 9
Method: Derived from PLT Histogram Machine: Beckman Coulter DXH 900			
PCT	0.20	%	0.19 - 0.39
Machine: Beckman Coulter DXH 900			
NLR (Neutrophil Lymphocyte Ratio)	1.56	Ratio	
Method: Calculated			
PLR (Platelet Lymphocyte Ratio)	87	Ratio	
Method: Calculated			

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-deficiency anaemia is more likely.

Green and King Index used to differentiate IDA from thalassemia trait value >65 is likely to be Iron Deficiency Anemia and value <65 Beta Thalassemia Trait. For RDW Value >220 more likely to be Iron Deficiency Anemia and value <220 more likely to be Beta Thalassemia Trait .

The neutrophil to lymphocyte ratio (NLR) is considered to be a sensitive indicator of infection, inflammation and sepsis, and a robust prognostic marker of disease severity.

The platelet-to-lymphocyte ratio (PLR) is a marker revealing shifts in platelet & lymphocyte cell counts due to acute inflammatory and pro-thrombotic states.

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Referred By	: Self	Report Generated On	: 26/Oct/2025 02:38PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Follicle Stimulating Hormone, FSH

Follicle Stimulating Hormone (FSH)	5.00	mIU/mL	Follicular Phase: 2.5-10.2 Mid Cycle Peak: 3.4-33.4 Luteal Phase: 1.5-9.1 Pregnant : <0.3 Post Menopausal: 23.0-116.3
Method: CLIA			
Machine: Siemen Centaur XP			

FSH stimulates follicular growth and in conjunction with hLH, stimulates estrogen secretion and ovulation. Human FSH is secreted by the gonadotropic cells of the anterior lobe of the pituitary gland in response to gonadotropin releasing hormone (GnRH) from the medial basal hypothalamus.

Abnormal FSH levels are interpreted with increased or decreased levels of other fertility hormones such as LH, estrogens, progesterone, and testosterone.

Increased FSH levels are associated with menopause and primary ovarian hypofunction in females and primary hypogonadism in males. Decreased FSH levels are associated with primary ovarian hyperfunction in females and primary hypergonadism in males. Normal or decreased FSH levels are associated with polycystic ovary disease in females.

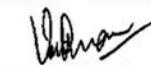
#### Luteinizing Hormone,LH

Luteinizing Hormone (LH)	5.100	mIU/ml	Mid Follicular Phase: 1.9-12.5 Mid Cycle Peak: 18.7-76.3 Mid Luteal Phase: 0.5-16.9 pregnant:<0.1-1.5 Post Menopausal: 15.9-54.0 contraceptive :0.7-5.6
Method: CLIA			
Machine: Siemen Centaur XP			

Human Luteinizing Hormone (LH) is a glycoprotein hormone secreted by the anterior pituitary gland. LH, FSH and other steroid hormones play important role in regulating the ovulation and ovarian functions during the menstrual cycle. Maturation of an ovarian follicle and its oocyte begins during the end of the preceding menstrual cycle. When FSH is released by the pituitary gland, the ovarian follicle undergoes rapid increases. This rapid increase is generally believed to trigger the rapid rise and peak of LH activity at mid-cycle, the LH surge. Ovulation begins twelve to twenty-four hours after the LH surge. The wall of the enlarged follicle ruptures and the mature ovum is extruded. Within two days the LH concentration returns to its baseline level. A concomitant rise in progesterone level initiates the luteal phase, which lasts approximately fourteen days. During this time, if the mature ovum is not fertilized, a new follicle enters the maturation route marking the beginning of the next menstrual cycle. In light of the characteristic fluctuation of LH levels during the menstrual cycle, rapid and sensitive detection of LH is useful in the diagnosis and treatment of infertility and in the detection of the LH surge to predict the time of ovulation. As the onset of the LH surge precedes ovulation by approximately thirty hours, its determination has been used successfully to time oocyte retrieval for in vitro fertilization and to assist in the timing of artificial insemination.

INCREASED LEVELS are seen in Luteal phase of menstrual cycle, Primary hypogonadism, Gonadotropin secreting pituitary tumours, Menopause.

DECREASED LEVELS are seen in Hypothalamic gonadotropin releasing hormone deficiency, Pituitary LH deficiency, Ectopic steroid hormone production, Gonadotropin releasing hormone analog treatment.



Dr. Danda Vishnavi  
MBBS, MD Pathology  
Consultant Pathologist  
Reg. No:APMC/FMR/78761,Healthians Labs



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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 02:26PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained	✓
Sample Type	: Serum	Report Status	: Partial Report	

## **DEPARTMENT OF IMMUNOLOGY**

**Healthians Life Maximiser Plus Health Checkup Package - Female Couple**

Test Name	Value	Unit	Bio. Ref Interval
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## Ferritin

**Ferritin** 30.8 ng/ml 10-291  
Method: CLIA  
Machine: Siemens Centaur XP

Ferritin estimation is useful in the diagnosis of iron deficiency anemia and iron overload. Elevated ferritin levels also are observed in acute and chronic liver disease, chronic renal failure and in some types of neoplastic disease. Increased levels seen in hemochromatosis, frequent blood transfusions with packed RBCs and alcoholic liver disease. Decreased levels seen in heavy menstrual bleeding, poor absorption of iron, iron deficiency anaemia and long term GI bleed. Ferritin is an acute phase reactant and thus may be increased with inflammation, chronic infection, liver disease, auto-immune disorders and some type of cancers. Ferritin is not used to detect or monitor these conditions.



SIN No:E5895688

  
**Dr. Amanulla Khan Mohmmmed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
Reg. No:APMC/FMR/78226,Healthians Labs

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Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Immunoglobulin - IgE Total - Serum

IMMUNOGLOBULIN E (IgE) TOTAL	<b>238.2</b>	IU/ml	<158
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Method: CLIA  
Machine: Siemens Centaur XP

#### Interpretation of results:

Immunoglobulin E (IgE) is the most important trigger molecule for allergic information. As IgE a mediator of allergic response, quantitative measurement can provide useful information for differential diagnosis of atopic and non-atopic disease. Patients with atopic diseases like Allergic asthma, Allergic rhinitis & Atopic dermatitis have moderately elevated IgE levels. IgE mediates allergic and hypersensitivity reactions. There is a significant overlap in total IgE between allergic and non-allergic individuals. For this reason, the measurement of a total IgE is not very useful as a stand-alone screen for allergy disease. After increasing up to the early teens (ages 10-15 yr), the total serum IgE declines in the later years. Low total IgE can aid the exclusion of allergic bronchopulmonary Aspergillosis.

#### Uses

For allergy testing: IgE antibodies and skin tests are essentially interchangeable. Indicates various parasitic diseases, Diagnosis of E-myeloma. Diagnosis of bronchopulmonary aspergillosis; a normal serum IgE level excludes the diagnosis.

**Increased** In Atopic diseases like Exogenous asthma in approximately 60% of patients, Hay fever in approximately 30% of patients, Atopic eczema. Influenced by type of allergen, duration of stimulation, presence of symptoms, and hyposensitization treatment. Parasitic diseases (e.g., ascariasis, visceral larva migrans, hookworm disease, schistosomiasis, Echinococcus infestation) Monoclonal IgE myeloma.

**Decreased** in hereditary deficiencies, Acquired immunodeficiency, Ataxia-telangiectasia, Non-IgE myeloma.

**A normal level of IgE in serum does not eliminate the possibility of allergic diseases.**



Dr. Danda Vishnavi  
MBBS, MD Pathology  
Consultant Pathologist  
Reg. No:APMC/FMR/78761, Healthians Labs



SIN No:E5895688

Patient Name	: Mayuri Buran	Barcode	: E5895688	
Age/Gender	: 32Y OM OD /Female	Sample Collected On	: 26/Oct/2025 09:35AM	
Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 02:38PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### CEA (Carcino Embryonic Antigen)

CARCINO EMBRYONIC ANTIGEN (CEA)      <0.5      ng/mL  
 Method: CLIA  
 Machine: Siemens Centaur XP

#### CEA

CEA is a glycoprotein normally produced during early Fetal life and rapid multiplication of epithelial cells especially those of the digestive system. CEA also appears in blood of chronic smokers.

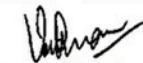
#### Interpretation

Reference group	Reference range in ng/ ml
Non smokers	<2.5
Smokers	<5

#### Use

- Monitoring colorectal cancer and selected other cancers such as medullary thyroid carcinoma
- May be useful in assessing the effectiveness of chemotherapy or radiation treatment
- Diagnosis of malignant pleural effusion'
- Not useful in screening general population for undetected cancers

Disease	Percentage positivity of CEA
Colorectal carcinoma	75
Gastric cancer	75
Pancreas	75
Lung	75
Breast	50
Ovary	50
Head and neck cancer	50



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Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Homocysteine

HOMOCYSTEINE	<b>14</b>	µmol/L	3.7-13.9
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Method: CLIA  
Machine: Siemens Centaur XP

#### Clinical Significance

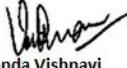
Homocysteine is linked to increased risk of premature coronary artery disease, stroke and Thromboembolism and additionally Alzheimer's disease, Osteoporosis, Venous Thrombosis, schizophrenia, Cognitive Deficiency and pregnancy complications.

#### High Values

Elevated Homocysteine may be due to increasing age, genetic traits, drugs, Renal dysfunction, and dietary deficiency of vitamins or smoking. To lower your Homocysteine, eat more green vegetables, stop smoking, Alcohol. Folic Acid helps lowering elevated levels.

#### Caution while interpretation

To get most accurate results, it is mandatory to separate serum immediately. In separated serum, Homocysteine remains stable for at least 48 hours at room temperature.



Dr. Danda Vishnavi  
MBBS, MD Pathology  
Consultant Pathologist  
Reg. No: APMC/FMR/78761, Healthians Labs



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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 02:38PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### Vitamin D, 25-Hydroxy

VITAMIN D (25 - OH VITAMIN D) **12.70** ng/ml 30 - 100

Method: CLIA

Machine: Siemens Centaur XP

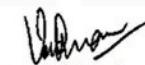
VITAMIN D STATUS	VITAMIN D 25 HYDROXY (ng/mL), Adult	VITAMIN D 25 HYDROXY (ng/mL), Pediatric
DEFICIENCY	<20	<15
INSUFFICIENCY	20 - 30	15 - 20
SUFFICIENCY	30 – 100	20 - 100

Vitamin D is a lipid-soluble steroid hormone that is produced in the skin through the action of sunlight or is obtained from dietary sources. The role of vitamin D in maintaining homeostasis of calcium and phosphorus is well established.

The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D. Vitamin D status is best determined by measurement of 25 hydroxy vitamin D, as it is the major circulating form and has longer half life (2-3 weeks) than 1,25 Dihydroxy vitamin D (5-8 hrs).

The reference ranges discussed in the preceding are related to total 25-OHD; as long as the combined total is 30 ng/mL or more, the patient has sufficient vitamin D.

Levels needed to prevent rickets and osteomalacia (15 ng/mL) are lower than those that dramatically suppress parathyroid hormone levels (20–30 ng/mL). In turn, those levels are lower than levels needed to optimize intestinal calcium absorption (34 ng/mL). Neuromuscular peak performance is associated with levels approximately 38 ng/mL.



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Consultant Pathologist  
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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 02:58PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### **CA 19.9 (Cancer Antigen 19.9)- Pancreatic Cancer**

CA-19.9	9.40	U/mL	<b>&lt; 37</b>
Method: CLIA			
Machine: Siemen Centaur XP			

CA-19.9 is a useful Tumour Marker especially for already diagnosed PANCREATIC ADENOCARCINOMAS, and abdominal malignancies. Baseline levels measured prior to therapeutic intervention, and followed later by serial periodical measurements, will enable the treating doctor to predict outcome of the therapy. They also help in early discovery of recurrences, relapses and metastases.

In general, Tumour Marker levels are directly related to the tumour mass and the stage of the cancer. However it is the rate of change of the Tumour Marker level which is more important, rather than its absolute value. A 50% change can be considered clinically significant. As with other Tumour Markers, CA-19.9 should not be used alone, but in conjunction with other clinical criteria. Combined use of CA-19.9 and CEA increases sensitivity, specificity and predictability of Tumour Markers in PANCREATIC ADENOCARCINOMA. It must be emphasised that CA-19.9 may also be elevated in HEPATOMA, cancers of the STOMACH, BILIARY DUCT, COLON, LUNGS, BREAST, and some non-malignant conditions especially LIVER NECROSIS. Therefore, it should never be used as a screening test for diagnosing Pancreatic Adenocarcinoma, but only as an aid in follow-up studies.

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 02:26PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF IMMUNOLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
<b>Thyroid Profile (Total T3,T4, TSH)</b>			
Tri-Iodothyronine (T3, Total) Method: CLIA Machine: Siemen Centaur XP	1.00	ng/ml	0.60-1.81
Thyroxine (T4, Total) Method: CLIA Machine: Siemen Centaur XP	7.90	ug/dl	3.2-12.6
Thyroid Stimulating Hormone (TSH)-Ultrasensitive Method: CLIA Machine: Siemen Centaur XP	4.730	µIU/ml	0.55-4.78

Pregnancy interval	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0
Third trimester	0.3 - 3.0

Healthians recommends that the following potential sources of variation should be considered while interpreting thyroid hormone results:

1. Thyroid hormones undergo rhythmic variation within the body this is called circadian variation in TSH secretion: Peak levels are seen between 2-4 AM. Minimum levels seen between 6-10 AM. This variation may be as much as 50% thus, influence of sampling time needs to be considered for clinical interpretation.
2. Circulating forms of T3 and T4 are mostly reversibly bound with Thyroxine binding globulins (TBG), and to a lesser extent with albumin and Thyroid binding Pre-Albumin. Thus the conditions in which TBG and protein levels alter such as chronic liver disorders, pregnancy, excess of estrogens, androgens, anabolic steroids and glucocorticoids may cause misleading total T3, total T4 and TSH interpretations.
3. Total T3 and T4 levels are seen to have physiological rise during pregnancy and in patients on steroid treatment.
4. T4 may be normal even in the presence of hyperthyroidism under the following conditions : T3 thyrotoxicosis, Hypoproteinemia related reduced binding, during intake of certain drugs (eg Phenyltoin, Salicylates etc)
5. Neonates and infants have higher levels of T4 due to increased concentration of TBG
6. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenyltoin therapy etc.
7. TSH values of <0.03 uIU/mL must be clinically correlated to evaluate the presence of a rare TSH variant in certain individuals which is undetectable by conventional methods.
8. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones.
9. Various drugs influence the levels of thyroid hormones such as L-Dopa, Lithium, Glucocorticoids, Phenyltoin etc.
10. Healthians recommends evaluation of unbound fractions, that is free T3 (fT3) and free T4 (fT4) for clinic-pathologic correlation, as these are the metabolically active forms.

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226, Healthians Labs**


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Order Id	: 15553854521	Sample Received On	: 26/Oct/2025 12:01PM	
Referred By	: Self	Report Generated On	: 26/Oct/2025 01:14PM	
Customer Since	: 26/Oct/2025	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Partial Report	

## DEPARTMENT OF SEROLOGY

### Healthians Life Maximiser Plus Health Checkup Package - Female Couple

Test Name	Value	Unit	Bio. Ref Interval
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#### **Hepatitis B Virus Surface Antigen (HBsAg )**

Hepatitis B Virus Surface Antigen	Non Reactive	Non- Reactive
Method: Immunochromatography		

**This is a screening test ,If requires confirmation or correlation can be done by HBsAg neutralisation test .HBV viral load can be done post clinician evalutaion.**This is a visual, rapid immuno chromatographic,one step immunoassay based on antigen capture for the qualitative detection of Hepatitis B Surface Antigen (HBsAg) in Human Serum or Plasma. Samples containing mouse monoclonal antibodies or heterophile antibodies can give falsely reactive or non-reactive results. False Reactive results can be obtained due to the presence of other antigens or elevated levels of RF factor.

#### \*\*\* End Of Report \*\*\*

Result's to follow-CA 15.3 (Cancer Antigen 15.3)- Breast Cancer, Lipoprotein a (Lp-a)

  
**Dr. Amanulla Khan Mohammed**  
**MBBS, MD (Pathology)**  
**Consultant Pathologist**  
**Reg. No:APMC/FMR/78226 ,Healthians Labs**


SIN No:E5895688

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**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 ±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**

Mayuri Buran

Booking ID : 15553854521 | Sample Collection Date : 26/Oct/2025

**25.59** Body Mass Index

**5'4"** Height (ft/in)

**68** Weight (kgs.)

**Physical Activity**  
No Data

**Smoke**  
No Data

**Food Preference**  
No Data

**Alcohol**  
No Data

**Medication**  
No Data

**Family History**  
No Data

**Blood Pressure**  
No Data

**Pulse Rate**  
No Data

**Waist (In Cm)**  
0cm

**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
- Have dates and figs
- Take vitamin C rich foods like citrus fruits, strawberries and green, leafy vegetables
- Include fruits like apples, berries and melons in your diet
- Include whole grains in your diet like whole wheat bread and other products, brown rice or hand pounded rice, oats
- Have fresh fruits, green leafy vegetables and unsalted nuts and seeds
- Include calcium rich foods like milk, yoghurt, cheese and green, leafy vegetables

**Dont's**

- Limit intake of salt
- Avoid refined carbs, processed foods
- Decrease intake of colas and sugary drinks
- Avoid the use of oil and avoid sauces and dressings
- Avoid flavoured and seasoned foods
- Avoid saturated fats, transfats, oily and greasy foods like cakes, creamy or fried foods
- Limit sugar intake
- Avoid high cholesterol and calorie dense foods
- Avoid cruciferous foods like cauliflower, cabbage and spinach
- Avoid soy products like soymilk or tofu

**SUGGESTED  
LIFESTYLE**
**SUGGESTED LIFESTYLE**
**Do's**

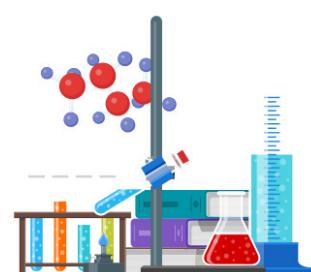
- Maintain ideal weight
- Stay active and maintain ideal weight
- Have regular exposure to sunlight
- Lose weight gradually and stay active

**Dont's**

- Avoid overexertion without having food or drink
- Avoid strenuous exercises
- Avoid smoking and alcohol
- Avoid having long gaps in meals or skipping meals
- Avoid overeating or calorie rich food
- Avoid overworking or being stressed for long time
- Don't ignore your body signals and don't skip your regular health check-ups
- Avoid late night heavy meals
- Avoid long periods of inactivity
- Limit dining out

**SUGGESTED  
FUTURE TESTS**
**SUGGESTED FUTURE TESTS**

- Complete Hemogram - **Every 1 Month**
- Iron Studies - **Every 1 Month**
- Peripheral Smear Examination By Pathologist - **Every 2 Month**
- Vitamin B12 Cyanocobalamin - **Every 2 Month**
- Folic Acid - **Every 2 Month**
- Thyroid Profile-Total (T3, T4 & TSH Ultra-sensitive) - **Every 1 Month**
- Vitamin D Total-25 Hydroxy - **Every 2 Month**



**HEALTH ADVISORY****Suggestions for Health & Well-being**

Mayuri Buran

Booking ID : 15553854521 | Sample Collection Date : 26/Oct/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

Mayuri Buran

Booking ID : 15553854521 | Sample Collection Date : 26/Oct/2025

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

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

Deficiency/Out of Range Parameter(s)	Suggested Supplement	
Glycated Hemoglobin (HbA1c)	DIABEAT-EASE	<b>To order, call 1800-572-000-4</b>
LH-Luteinizing Hormone	FEM-UP	

## Suggestions for Improving Deficiencies



### DIABEAT-EASE

Manage diabetes the all-natural way!

An all-natural supplement that helps in lowering your blood sugar levels, thus preventing the onset of diabetes and managing it if you are already a diabetic. By reducing blood sugar levels, this naturally-sourced diabetes supplement enables you to lead a productive life, while managing your diabetes in a safe and natural way.

Remember, ignoring diabetes can cause a lot of serious complications, including:

- Vision & Hearing Loss | • Nerve Damage | • Heart Attack | • Stroke | • Dementia

Infused with the ages-proven goodness of all-natural ingredients, DIABEAT-EASE is the perfect supplement to help you control diabetes without having to worry about side-effects. Sourced from nature's own pharmacy of herbs, the ingredients in DIABEAT-EASE present the following benefits:

#### Saunf

Helps control blood pressure & manage diabetes

#### Karela

Reduces blood sugar & reduces cholesterol levels

#### Chirata

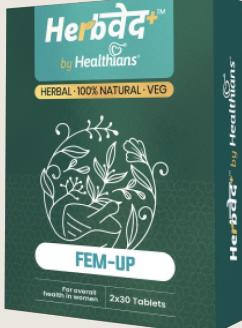
Helps manage high blood pressure, diabetes & detoxifies blood

#### Ashwagandha

Reduces blood sugar, cholesterol, & triglycerides levels

#### Vijayasar

Helps manage diabetes by lowering down sugar cravings



### FEM-UP

For Pink of Health in Women

Polycystic ovarian disease (PCOD) giving you sleepless nights? Let the power of Ayurveda become your shield against PCOD effects with FEM-UP. An all-natural supplement that helps in alleviating the debilitating impact of PCOD.

Infused with the natural goodness of Ashwagandha, Shatavari, and Trikatu, FEM-UP helps reduce androgen levels and PCOD-induced facial hair, aids in effective weight management, and boosts ovarian health, among numerous other benefits.

Remember, ignoring PCOD can cause a lot of serious complications, including:

- Type 2 diabetes | Sleep apnea | Endometrial cancer | Infertility | Miscarriage

Infused with the ages-proven goodness of all-natural ingredients, FEM-UP is the perfect supplement to promote overall women's health, correct irregular menses, and counter PCOD effects without having to worry about side effects. Sourced from nature's pharmacy of herbs, the ingredients in FEM-UP present the following benefits:

#### Ashwagandha

Improves sex drive. Provides relief from insomnia & fatigue

#### Shatavari

Helps restore PCOD-induced hormonal imbalance

#### Shankpushpi

Helps improve digestion & reduce depression

#### Musli

Improves sexual performance & overall health

#### Brahmi

Reduces anxiety, depression & stress

## Supplement Suggestions

Mayuri Buran

Booking ID : 15553854521 | Sample Collection Date : 26/Oct/2025

Deficiency/Out of Range Parameter(s)	Suggested Supplement
Calcium Total, Serum	CALCI BUILD
Vitamin B12 Cyanocobalamin	VITAMIN B12

[To order, call 1800-572-000-4](#)

## Suggestions for Improving Deficiencies



### CALCI BUILD

Protect the building blocks of your bone health, the natural way.

CALCI BUILD is a scientifically formulated and clinically proven all-natural supplement that helps improve bone health and promotes healthy joints to keep you on the move. This ayurvedic supplement nourishes your bones and joints with vital nutrients, thus enhancing mobility. Keep your bones and joints healthy, and robust with CALCI BUILD.

It's widely known that calcium is vital for your health. A lack of vitamin intake or vitamin deficiency can cause serious health issues, such as:

- Difficulty Walking | • Frequent Fractures | • Disability | • Depression | • Seizures

Infused with the ages-proven goodness of all-natural ingredients, CALCI BUILD is the perfect supplement to ensure strong bones and joints, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in CALCI BUILD present the following benefits:

#### Haldi

Significantly reduces knee pain in people with osteoarthritis

#### Ginger

Enhances bone formation & reduces bone loss.

#### Methi

Antioxidants & anti-inflammatory properties heal joint pain

#### Coral

Infused with bone-strengthening goodness of calcium, Coral helps promote healthy joints



### VITAMIN B12

Make healthier blood the foundation of a healthier life!

Keep your blood clean and your nerve cells healthy with Vitamin B12. This essential supplement also protects against anemia, which causes persistent fatigue. Extracted from natural food sources, such as amla and beetroot, daily intake of Vitamin B12 can help in the formation of red blood cells.

A lack of vitamin B12 can cause dangerous health complications, such as:

- Memory Loss | • Vision Loss | • Ataxia or Loss of Physical Coordination | • Irreversible Neurological Problems | • Heart Diseases

Prevents Osteoporosis & Promotes Bone Health

Prevents Anemia & Promotes Red Blood Cell (RBC) Production

Alleviates Symptoms of Depression

Boosts Heart Health

Prevents Major Birth Defects




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

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### 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.

JOIN 100,000+ HAPPY USERS WHO TRUST HEALTHIANS!

## KNOW ALL ABOUT YOUR HEALTH ON YOUR FINGERTIPS

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