



# Professional FDX Check

The Essential health assessment



## Gain insights into your health and function

75+ Biomarkers including Vitamin D and essential minerals, plus markers to assess functions including thyroid, iron, blood sugar management, liver and lipid function.

## Why Take a FDX Check Test?

Are you interested in knowing your current state of health? Concerned about immune function or blood sugar management or would you like to have a health 'MOT' and general check-up? If the answer is yes, then this test is for you. FDX Check measures key biomarkers which help assess core body systems and recognising nutrient requirements which identify trends for cardiovascular disease and diabetes as well as liver health and cholesterol function. This test also provides an overview of energy, mood, digestive function, kidney status and much more.

The latest artificial intelligence combined with innovative laboratory blood analysis means that you can now gain unparalleled scientific insight into your current health status and predicted health trends. Based on these results, you can take steps to implement dietary, lifestyle or supplementation changes and take charge of your future health.

## FDX Check is the test for you if:

- You are looking to discover more about your health status
- You are not feeling your best
- You would like a general health check-up

## Key FDX Inspect Biomarkers include:

- **Vitamin D3.** Crucial for long-term health as it's needed for healthy bones, muscles, and a strong immune system.
- **HbA1C.** This test measures your average blood sugar levels over the past 90 days, which is approximately the lifespan of a red blood cell. Optimal HbA1c levels are linked to a lower risk of type 2 diabetes and heart disease, as well as longevity.
- **Liver Function.** The health of your liver is a good indicator of your long-term health. Poor liver health can lower your immunity and increase the inflammation in your body, therefore increasing your risk of chronic disease.
- **Lipid Function.** Lipids are various forms of fat in the body, including cholesterol types. Higher levels of low-density lipoprotein (LDL) are associated with an increased risk of heart attack.

## Other key Biomarkers in this test:

- |   |                              |
|---|------------------------------|
| Basophils %                                       | Neutrophil: Lymphocyte Ratio |
| Basophils No                                      | Neutrophils %                |
| Eosinophils %                                     | Neutrophils No               |
| Eosinophils No                                    | Platelets                    |
| Haematocrit                                       | RBC's                        |
| Haemoglobin                                       | RDW                          |
| Lymphocytes %                                     | WBC's                        |
| Lymphocytes No                                    | ESR                          |
| MCH - Mean Corpuscular Haemoglobin                | Glucose                      |
| MCHC - Mean Corpuscular Haemoglobin Concentration | TSH                          |
| MCV - Mean Corpuscular Volume                     | Free T4                      |
| Monocytes %                                       | Magnesium Serum              |
| Monocytes No                                      | Vitamin D3 (25 OH)           |
| MPV (Mean Platelet Volume)                        | Ferritin                     |

Gain insight into your body's key biomarkers with advanced FDX technology and shape your future health

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