



# Professional Workout

Fitness Health Profile



## Achieve your Ultimate Fitness and Performance Goals...

### Blood tests with a difference

+100 biomarkers including: Creatine Kinase, DHEA-sulphate, Homocysteine, hormones, sex hormones, blood sugar, vitamin, mineral and electrolytes imbalances, metabolic, toxicity and inflammatory markers.

### Why Take the FDX Workout Test?

For decades, professional athletes have had an advantage over the rest of us in terms of personalised nutrition and training plans based on their blood and genetics. So why not take advantage of advances in the world of health testing and unlock your own nutrigenetic profile?

The FDX Workout panel uses key biomarkers to assess blood chemistry, sugar and lipid management, chronic inflammation, hormones, electrolytes, and metabolic function. These are all essential factors in physical fitness. For example, markers for metabolic waste and inflammation could indicate whether you are spending too much time training and not enough time recovering, or a vitamin marker could point out a deficiency in vitamin D which is needed for muscle synthesis and to build strength.

### FDX Workout Test is the answer for:

- Those looking to improve their fitness and performance at any stage of a fitness programme
- Those who are experiencing setbacks in their performance and wish to uncover hidden dysfunctions to enable improvements
- Those who wish to further their competitive success and gain an edge on the competition
- Those training but with symptoms or existing conditions that are still persisting

If you're ready to take your workouts to the next level, the great news is that our detailed blood testing can help you put the 'personal' in personal training. Advanced FDX reporting can direct you to any nutritional and lifestyle changes for optimal health and fitness.

### Workout covers an array of Biomarkers including:

- **IGF-1.** IGF-1 encourages the body to build muscle and burn fat. It plays a key role in promoting and maintaining muscle mass and brain function.
- **Folate.** Folate deficiency can hinder cellular and tissue development and can affect several aspects of performance, like decreased energy.
- **Magnesium.** Magnesium is required for muscle contraction, energy use, protein production, enzyme function and bone strength, but is not made by the body itself.
- **Testosterone.** Testosterone deficiency has numerous effects on muscle growth, fat storage, mood and libido.

### Other key Biomarkers in this test:

ALP  
ALT  
AST  
Aluminium Serum  
Amylase  
Apolipoprotein A1  
Apolipoprotein B  
C-Peptide

Ceruloplasmin  
Copper Serum  
Cortisol Serum am  
Creatine Kinase  
DHEA-Sulphate  
Ferritin  
Fibrinogen  
Homocysteine

Insulin (fasting)  
Prolactin  
Magnesium Red Cell  
Sex Hormone Binding Globulin  
Vitamin B12  
Vitamin D3(OH)  
Zinc Serum

## Take your physical training to the next level with FDX Workout

[functionaldx.com](https://functionaldx.com)