



Professional Man Reset

FunctionalDX

The Essential Healthy Ageing Blood Test for Men

Sail through your later years with optimum vitality...

Male Ageing Profile Including Hormones

110+ selected biomarkers in this panel consider sugar and lipid management, chronic inflammation, immunity, oxidative stress, thyroid and sex hormones, plus key nutrient status and energy production.

Why Take an FDX Man Reset Test?

Life expectancy rates are higher than ever, however as the years go by, our risk of developing certain conditions can increase. Certain factors can influence our rate of ageing including possible inflammation, DNA stability, stress and lifestyle factors. Advanced blood testing, even if you have no symptoms, means that you can detect potential issues earlier and become proactive in staying healthier- for longer.

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 for healthy ageing in your later years.

Man Reset is the test for you if:

- You are 45 or over, or accelerated ageing is suspected
- You are looking for an overall review of your body's ageing status
- You wish to identify potential areas of ageing acceleration
- You have an interest in healthy ageing and future-proofing your wellbeing
- You have a family history of ageing or degenerative conditions
- You have a condition or symptoms that may concern longevity in your later years such as diabetes, metabolic disease, osteoporosis or cardiovascular disease.

Key Man Reset Biomarkers include:

- **Blood sugar and lipid management.** Advanced glycation end products (AGEs) are harmful compounds that are formed when protein or fat combine with sugar in the bloodstream. This process is called glycation. High levels can lead to oxidative stress and inflammation which over time can damage the cells in the body and increase the risk of disease.
- **Homocysteine.** Elevated homocysteine can lead to oxidative stress, which can damage cells, proteins, and DNA. This can contribute to ageing and may also play a role in development of a range of health conditions, including diabetes, cancer, and neurodegenerative diseases such as Alzheimer's.
- **Testosterone Total.** A sex hormone crucial for your long-term health. It plays a role in maintaining muscle and bone strength, increasing lean body mass and fat loss and improving energy, mood and fertility. Low testosterone is linked to diabetes, heart disease, and weak bones.
- **PSA Total.** Prostate specific antigen (PSA) is a protein produced by both normal and cancerous prostate cells. It's normal for all men to have some PSA in their blood. A high level of PSA can be a sign of cancer. But your PSA level can also be raised in prostate conditions that are not cancer (are benign) or if you have an infection.

Other key Biomarkers in this test:

Active B12	Estradiol E2	PSA total	Testosterone Total
Aluminium Serum	Ferritin	Folate Red Cell	Vitamin D3 (25 OH)
Apolipoprotein A1	Fibrinogen	Magnesium Red cell	Zinc Serum
Apolipoprotein B	Homocysteine	Selenium Serum	LH
Ceruloplasmin	Insulin (fasting)	Sex Hormone Binding Globulin	FSH
Copper Serum	Progesterone	Testosterone Bioavailable Calc	
DHEA-sulphate	Prolactin	Testosterone Free Calc	

Identify areas of concern and optimise your later years with advanced FDX technology.

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