Longevity

Alex's Test Results

NOVEMBER 5, 2025

PREPARED BY DR. KELLY ANDERSON

fx Longevity

In this report

1 Overview

2 Biological Age

3 Biomarkers

- i Inflammation
- ii Longevity
- iii Metabolic Health
- iv Fatigue
- v Vitamins & Nutrients
- vi Kidney & Liver Health

4 Optimization Plan

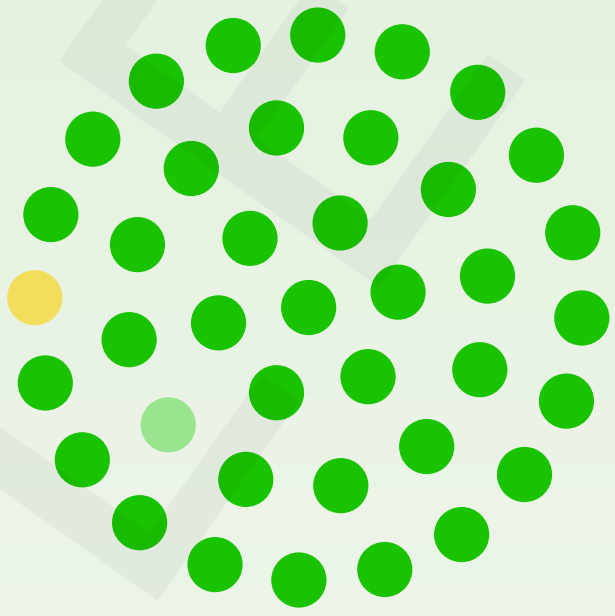
SAMPLE

Sample report for illustration purposes only.
Actual results will be available in the Felix app, and may vary from what is shown here.

fx Longevity

You’re in excellent health!

90% of biomarkers are optimal or normal. Keep an eye on your abnormal biomarkers.



OPTIMAL 37 NORMAL 1 ABNORMAL 1

BIOLOGICAL AGE
31.284

ACTUAL AGE
34.391



Inflammation

Longevity

Metabolic Health

Fatigue

Vitamins and nutrients

Kidney and liver

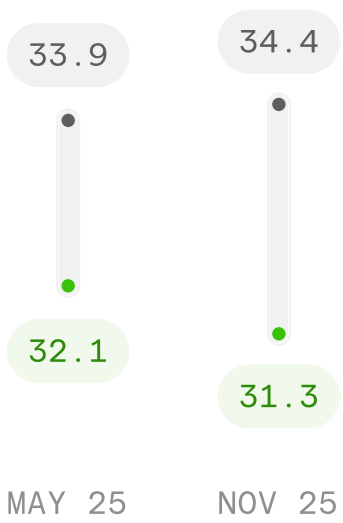
fx Longevity

Your biological age is three years younger than your actual age.

BIOLOGICAL AGE	ACTUAL AGE
31.284	34.391

You're in the 95th percentile for your age, meaning you're **biologically younger than 95% of 34-year-olds**.

The gap between your **biological age** and actual age has increased since your last test.



ABOUT BIOLOGICAL AGE

Levine's Phenotypic Age is a science-backed measure of biological age, that outperforms traditional age metrics. It uses blood markers and your actual age to estimate biological aging.

HEALTH MARKERS USED

Biological age factors in albumin, creatinine, glucose, CRP, lymphocyte percentage, MCV, RDW, ALP, and WBC.

Learn more

Your inflammation is in great shape.
All of your biomarkers are optimal.

OPTIMAL 4 NORMAL 0 ABNORMAL 0

Neutrophils
2.4 10^9/L

Your neutrophils are **optimal**, showing strong immune defense. Levels are influenced by infection, stress, and inflammation. Keep it up!



Neutrophils are your body's first defense against infection. High or low levels may indicate acute infection, inflammation, or an immune imbalance.

Monocytes
0.3 10^9/L

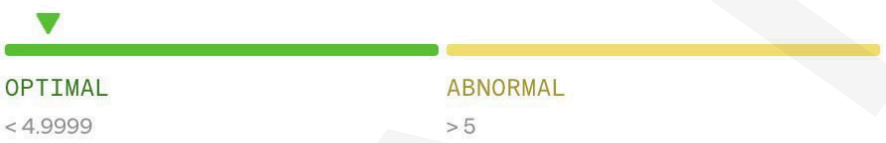
Your monocytes are **optimal**, supporting healthy immune repair. Levels are influenced by infection, inflammation, and immune activity. Keep it up!



Monocytes support immune defense and tissue repair. Elevated levels may reflect chronic inflammation, which can accelerate aging and decrease longevity.

C-reactive protein (CRP)
0.5 MG/L

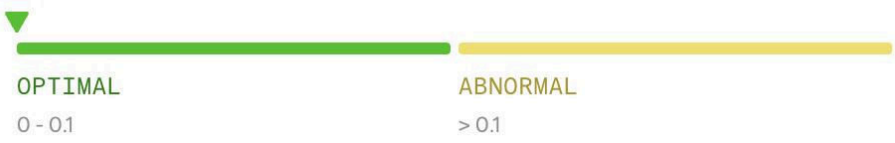
Your CRP is **optimal**, showing minimal inflammation. Levels are influenced by infection, diet, and overall health. Keep it up!



C-Reactive Protein (CRP) is a marker of inflammation in the body. Elevated levels can suggest infection, chronic disease, or increased risk of heart issues.

Immature Granulocytes (IG)
0 10^9/L

Your immature granulocytes are **optimal**, indicating balanced immune activity and healthy bone marrow function. Keep supporting your immune system by eating well, getting enough sleep, and managing stress.



Immature granulocytes are young white blood cells that are usually present in very low numbers. Higher levels can signal that your body is responding to infection, inflammation, or other stress on the bone marrow. The presence of Immature Granulocytes should be discussed with your healthcare practitioner.

SAMPLE

Your longevity is in great shape.
All of your biomarkers are optimal.

OPTIMAL 12 NORMAL 0 ABNORMAL 0

WBC (Blood) 4.3 10^9/L

Your WBC is **optimal**, indicating immune balance. Levels are influenced by infection, stress, and immune activity. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 4	4 - 11	> 11

White Blood Cell Count (WBC) measures the number of immune cells in your blood. Levels that are too high or too low may signal infection, inflammation, or immune system issues that could impact long-term health.

Red Cell Distribution Width (RDW) 12.1 %

Your RDW is **optimal**, reflecting very uniform red cell size. Levels are influenced by nutrition, inflammation, and red blood cell health. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 11.5	11.5 - 14.5	> 14.5

Red Cell Distribution Width (RDW) measures the variation in red blood cell size. High values can signal nutritional deficiencies, inflammation, or aging-related blood changes.

MCH (RBC) 29.9 PG

Your MCH is **optimal**, indicating very efficient oxygen transport. Levels are influenced by vitamin B12, folate, and iron status. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 27.5	27.5 - 33	> 33

Mean Corpuscular Hemoglobin (MCH) measures the average amount (mass) of hemoglobin per red cell. High or low levels may point to different types of anemia that affect how well your blood carries oxygen.

MCV (RBC) 91 FL

Your MCV is **optimal**, indicating well-balanced red cell size. Levels are influenced by vitamin B12, folate, and iron status. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 80	80 - 100	> 100

Mean Corpuscular Volume (MCV) measures the average size (volume) of red blood cells. High or low levels may signal anemia related to vitamin B12, folate, or iron deficiency.

Lymphocytes 1.4 10^9/L

Your lymphocytes are **optimal**, indicating strong immunity. Levels are influenced by infections, chronic illness, and inflammation. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 1	1 - 3.5	> 3.5

Lymphocytes help fight viruses and regulate immunity. Imbalances can reflect immune stress, chronic infection, or inflammation.

Platelet count (Blood) 230 10^9/L

Your platelet count is **optimal**, indicating healthy clotting. Levels are influenced by immune health, inflammation, and bone marrow activity. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 150	150 - 400	> 400

Platelets help with blood clotting. High or low counts can affect healing, increase bleeding or clotting risk, or reflect underlying inflammation or disease.

RBC (Blood)

5.39 10^12/L

Your RBC count is **optimal**, indicating very healthy oxygen delivery. Levels are influenced by iron intake, hydration, and red blood cell health. Keep it up!

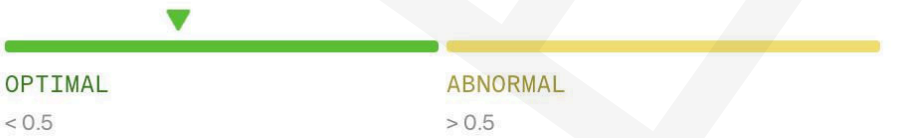


Red Blood Cell Count (RBC) measures the number of red blood cells in your blood. Low levels may signal anemia, while high levels can thicken the blood and strain the heart and blood vessels.

Eosinophils

0.2 10^9/L

Your eosinophils are **optimal**, indicating balanced immune responses. Levels are influenced by allergies, asthma, and immune system activity. Keep it up!

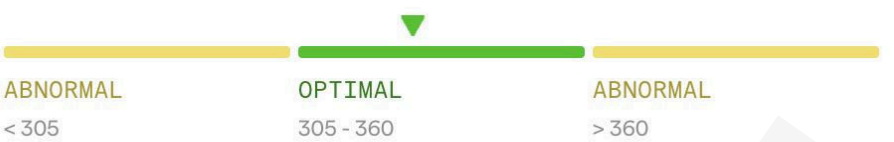


Eosinophils are involved in defense against allergens and parasites. High levels can signal allergies, asthma, or immune system dysregulation.

MCHC (RBC)

327 G/L

Your MCHC is **optimal**, indicating well-balanced oxygen transport. Levels are influenced by iron intake, red blood cell health, and overall nutrition. Keep it up!



Mean Corpuscular Hemoglobin Concentration (MCHC) measures the concentration of hemoglobin within red blood cells — i.e., how "full" each cell is with hemoglobin, relative to its size. Low values can indicate iron deficiency; elevated values may suggest other blood disorders.

Hematocrit (Blood)

0.492 L/L

Your hematocrit is **optimal**, indicating healthy red blood cell balance. Levels are influenced by hydration, iron status, and overall health. Keep it up!



Hematocrit (HCT) reflects the proportion of red blood cells in your blood. Low levels may suggest anemia; high levels may raise clotting risk.

Hemoglobin (Blood)

161 G/L

Your hemoglobin is **optimal**, supporting strong oxygen delivery. Levels are influenced by iron intake, red blood cell health, and overall nutrition. Keep it up!



Hemoglobin (HGB) carries oxygen in red blood cells. Low levels may indicate anemia or nutrient deficiencies that can impact energy and resilience.

Basophils

0.1 10^9/L

Your basophils are **optimal**, indicating balanced immune function. Levels are influenced by allergies, infections, and immune activity. Keep it up!



Basophils are immune cells that help trigger allergic reactions and inflammation by releasing substances like histamine. High or low counts may point to immune system dysregulation or chronic allergy.

fx Longevity

Your metabolic health is great.

All of your biomarkers are optimal or normal.

OPTIMAL 10 NORMAL 1 ABNORMAL 0

Glucose (Fasting) 4.9 MMOL/L

Your fasting glucose is **optimal**. Many factors influence glucose levels, including genetics, balanced nutrition, regular physical activity, and routine checkups. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 3.6	3.6 - 6	> 6

Fasting glucose measures blood sugar after 8 hours without food. High levels may indicate prediabetes, diabetes , or impaired glucose regulation.

HbA1c 5.1 %

Your HbA1c is **optimal** which means your average blood sugar levels are well within a healthy range. Many factors influence blood sugar, including genetics, balanced nutrition, regular physical activity, and routine checkups. Keep it up!

ABNORMAL	OPTIMAL	NORMAL	ABNORMAL
< 4.3	4.3 - 5.5	5.5 - 5.9	> 5.9

HbA1c measures your average blood sugar over the last 2–3 months. It helps diagnose and monitor diabetes and overall blood sugar control.

Total Cholesterol 4.27 MMOL/L

Your total cholesterol is **optimal**, which significantly reduces your chance of developing heart disease. Many factors influence total cholesterol including genetics, balanced nutrition, and regular physical activity. Keep it up!

OPTIMAL	ABNORMAL
< 5.2	> 5.2

Total Cholesterol sums LDL, HDL, and other lipids in your blood. High total cholesterol can signal an increased risk of heart disease.

Apolipoprotein B (ApoB) 0.78 G/L

Your ApoB is **optimal**. Many factors influence ApoB including genetics, balanced nutrition, and regular physical activity. Keep it up!

OPTIMAL	ABNORMAL
< 0.99	> 0.99

Apolipoprotein B (ApoB) is a protein found in LDL particles that carry cholesterol in the blood. High levels can contribute to plaque buildup in arteries and heart disease.

Triglycerides 0.77 MMOL/L

Your triglycerides are **optimal**, which reduces your risk of heart disease, and metabolic syndrome.Many factors influence triglycerides including, balanced nutrition, and regular physical activity. Keep it up!

OPTIMAL	ABNORMAL
< 1.7	> 1.7

Triglycerides are fats in your blood that store energy. High levels are linked to heart disease, diabetes, and metabolic syndrome.

Insulin (fasting)

26 PMOL/L

Your fasting insulin is **optimal**, which means your body is managing blood sugar effectively. Many factors influence insulin levels, including balanced nutrition, regular physical activity, and routine checkups. Keep it up!

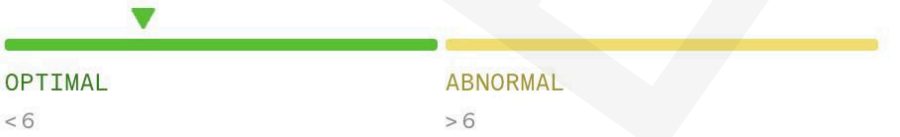


Fasting insulin shows how much insulin your body makes to manage blood sugar. High levels often indicate insulin resistance or early metabolic issues.

Cholesterol/HDL-C ratio

2.6

Your cholesterol/HDL ratio is **optimal**, which means your risk of heart disease is low. Many factors influence this ratio including genetics, balanced nutrition, and regular physical activity. Keep it up!



This ratio compares total cholesterol to HDL. A higher ratio may reflect greater cardiovascular risk, while a lower ratio supports healthy heart function.

LDL Cholesterol

2.31 MMOL/L

Your LDL cholesterol is **normal**. To maintain or even improve your levels, make sure you're staying active, getting plenty of fiber, and minimizing your consumption of processed foods, saturated and trans fats.

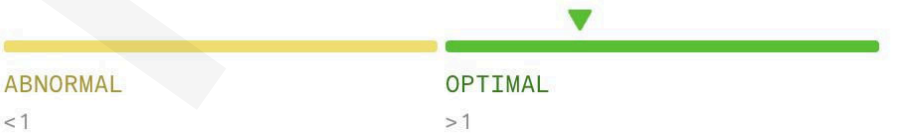


Low Density Lipoprotein (LDL), often called "bad cholesterol", carries cholesterol to your arteries. High levels can contribute to plaque buildup in arteries and increased risk of heart attack and stroke.

HDL Cholesterol

1.62 MMOL/L

Your HDL cholesterol is **optimal**, which means your heart has added protection against heart disease. Many factors influence HDL including genetics, balanced nutrition, and regular physical activity. Keep it up!

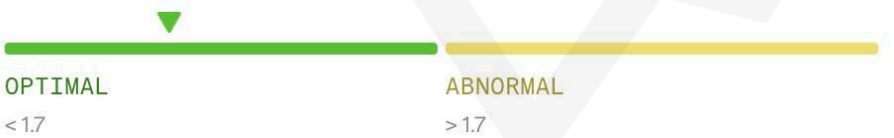


High-Density Lipoprotein (HDL) cholesterol, often called "good cholesterol" removes excess cholesterol from your bloodstream. Higher levels help protect against heart disease and improve cardiovascular health.

Triglycerides

0.77 MMOL/L

Your triglycerides are **optimal**, which reduces your risk of heart disease, and metabolic syndrome.Many factors influence triglycerides including, balanced nutrition, and regular physical activity. Keep it up!



Triglycerides are fats in your blood that store energy. High levels are linked to heart disease, diabetes, and metabolic syndrome.

Total Cholesterol

4.27 MMOL/L

Your total cholesterol is **optimal**, which significantly reduces your chance of developing heart disease. Many factors influence total cholesterol including genetics, balanced nutrition, and regular physical activity. Keep it up!



Total Cholesterol sums LDL, HDL, and other lipids in your blood. High total cholesterol can signal an increased risk of heart disease.

fx Longevity

Your thyroid health is in great shape.
All of your biomarkers are optimal.

OPTIMAL 4 NORMAL 0 ABNORMAL 0

TSH
1.05 MIU/L

Your TSH is **optimal**, supporting balanced thyroid function. Levels are influenced by thyroid activity, stress, and overall health. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 0.32	0.32 - 4	> 4

Thyroid-Stimulating Hormone (TSH) helps regulate thyroid activity. High or low levels can signal an underactive or overactive thyroid.

Total Testosterone
25.8 NMOL/L

Your testosterone is **optimal**, supporting energy, sex drive, and muscle health. Levels are influenced by age, sleep, exercise, and overall health. Keep it up!

ABNORMAL	NORMAL	OPTIMAL	ABNORMAL
< 8.4	8.4 - 15	15 - 30	> 30

Total testosterone measures the overall level of testosterone in your blood. It plays a key role in sex drive, energy, and muscle mass.

Free Testosterone
614 PMOL/L

Your free testosterone is **optimal**, supporting vitality and energy. Levels are influenced by age, sleep, exercise, and overall health. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 196	196 - 636	> 636

Free testosterone is the active form of testosterone that isn't attached to proteins in your blood. It can help explain symptoms like fatigue, low sex drive, or muscle loss.

Free Thyroxine (T4)
12 PMOL/L

Your Free T4 is **optimal**, showing healthy thyroid hormone balance.

ABNORMAL	OPTIMAL	ABNORMAL
< 9	9 - 19	> 19

Free T4 is a thyroid hormone that helps control metabolism. High or low levels may suggest thyroid dysfunction such as hypothyroidism or hyperthyroidism.

SAMPLE

fx Longevity

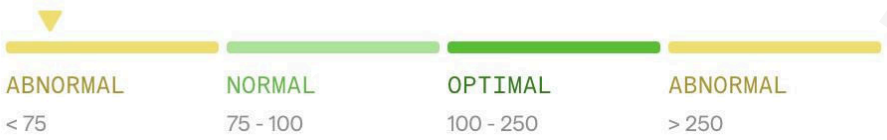
Your vitamins and nutrients are in good shape.
Keep an eye on your vitamin D.

OPTIMAL 2 NORMAL 0 ABNORMAL 1

Vitamin D

55 . 2 NMOL / L

Your vitamin D is very low. This can increase risk of bone weakness, fatigue, and low mood. This can be addressed with supplementation. Talk to your healthcare practitioner about next steps.



Vitamin D helps your body absorb calcium and supports immune function. Low levels are surprisingly common, especially in colder climates or among people who spend little time in the sun, and may contribute to issues like weakened bones, fatigue, or low mood.

Vitamin B12

476 PMOL / L

Your vitamin B12 is optimal; this supports energy, memory, and nerve health. Levels are influenced by diet and absorption. Keep it up!

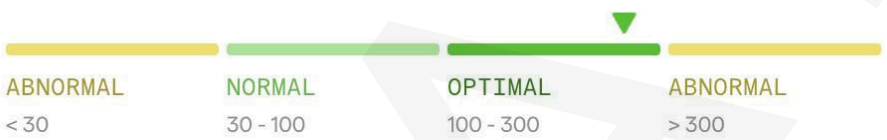


Vitamin B12 supports nerve health and red blood cell production. Low levels can cause fatigue, memory issues, or numbness.

Ferritin

266 MG/L

Your ferritin is optimal, indicating healthy iron storage. Levels are influenced by diet, blood loss, and inflammation. Keep it up!



Iron (ferritin) is a measure of your body's stored iron. Low levels may indicate iron deficiency, while high levels can suggest inflammation or excess iron in the body (a condition known as iron overload).

SAMPLE

fx Longevity

Your kidney and liver health is great.
All of your biomarkers are optimal.

OPTIMAL 5 NORMAL 0 ABNORMAL 0

eGFR
90 ML/MIN/1.73 M2

Your eGFR is **optimal**, indicating strong kidney function. Many factors influence total cholesterol including hydration, balanced nutrition, and regular physical activity. Keep it up!

ABNORMAL	NORMAL	OPTIMAL
< 60	60 - 90	> 90

Estimated Glomerular Filtration Rate (eGFR) is a measure of how well your kidneys filter waste. Low values suggest reduced kidney function and may increase risk of chronic kidney disease.

ALT
27 U/L

Your ALT is **optimal**, indicating very healthy liver function. ALT levels can be influenced by alcohol consumption, medications, body weight, and conditions like fatty liver. Keep it up!

OPTIMAL	NORMAL	ABNORMAL
< 33	33 - 50	> 50

Alanine Aminotransferase (ALT) is an enzyme found in the liver that helps break down proteins. Elevated levels may indicate liver inflammation or damage, often caused by alcohol use, certain medications, or fatty liver disease.

Creatinine
77 MMOL/L

Your creatinine is **optimal**, showing efficient kidney filtration. Creatinine levels are influenced by muscle mass, hydration, and kidney function. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 67	67 - 117	> 117

Creatinine is a waste product filtered by your kidneys. High levels can indicate impaired kidney function or dehydration.

ALP (Blood)
69 U/L

Your ALP is **optimal**, indicating healthy liver and bone activity. ALP levels are influenced by liver health, vitamin D, certain medications, and normal bone changes as bones grow and repair themselves. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 40	40 - 129	> 129

Alkaline Phosphatase (ALP) is an enzyme linked to liver and bone health. High or low levels can be a sign of problems with live function, bile flow — the movement of digestive fluid from the liver to the gut — or with bone turnover, which is the natural process of breaking down old bone and building new bone.

Albumin (Blood)
48 G/L

Your albumin is **optimal**, indicating good liver function. Levels are influenced by diet, hydration, and liver function. Keep it up!

ABNORMAL	OPTIMAL	ABNORMAL
< 35	35 - 52	> 52

Albumin is a protein made by the liver that helps maintain fluid balance. Low levels can signal poor nutrition, inflammation, or liver issues.

fx Longevity

Your optimization plan



Here's your health optimization plan based on your test results.
If you have any questions, don't hesitate to reach out.

DR. KELLY ANDERSON

Vitamin D3 1,000 IU

Your vitamin D levels are currently low, which is actually quite common —especially for those living in colder climates or spending much of their time indoors.

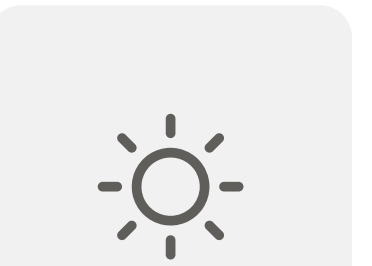
To help restore your levels, I recommend starting a daily vitamin D3 supplement of 1,000 IU.



Spend time in direct sunlight

To help with your low vitamin D levels, I also recommend that you try to get direct sunlight on your skin when you can.

Even just 10 to 20 minutes of direct sunlight can provide up to 10,000 IU of vitamin D.



Eat vitamin-D rich foods

To help with your low vitamin D levels, I also recommend that you incorporate vitamin D-rich foods into your diet.

Some examples of vitamin D-rich foods include salmon, tuna, egg yolks, fortified plant-based or dairy milks, and fortified cheese and yogurt.



Test again in June 2026

To monitor your progress and to spot any new health concerns, we recommend re-testing in June 2026.

You'll receive a reminder from us when it's time for your re-test, but you can also re-test at any time if you'd like.



SAMPLE