



LIST OF BIOLOGICAL MARKERS

CONTENTS

- p. 2 **Oxidative stress profile**
- p. 2 **Nutritional assessment**
- p. 2 **Neurotransmitter assessment**
- p. 3 **Psychological evaluation of stress**
- p. 3 **Hematology and immunology**
- p. 3 **Vitamin panel**
- p. 3 **Inflammatory workup and electrophoresis**
- p. 4 **Viral and Bacterial Workup**
- p. 4 **Endocrinology Assessment**
- p. 4 **Liver Analysis**
- p. 4 **Renal and urological assessment**
- p. 5 **Hydromineral balance assessment**
- p. 5 **DNA methylation**
- p. 5 **Exhaled gas analysis**
- p. 5 **Pollutant exposure evaluation**

OXIDATIVE STRESS PROFILE

Biology

- Total antioxidant capacity
- Measured antioxidant capacity
- Glutathione Peroxidase (GPX)
- Superoxide Dismutase (SOD)
- Coenzyme Q10
- Zinc
- Selenium
- Copper
- Copper : Zinc ratio
- Homocystein
- Anti-LDL oxidized IgG antibodies
- 8OH-D Guanosine
- 8OH-D Guanosine : Creatinine ratio

NUTRITIONAL ASSESSMENT

Biology

- Fasting blood glucose
- Insulin
- Hemoglobin A1c (HbA1c)
- Insulin resistance (HOMA)
- Estimation of average blood glucose
- Glycosuria
- Triglycerides
- Total cholesterol
- HDL cholesterol
- LDL cholesterol
- Non-HDL cholesterol
- Atherogenic index
- Apolipoprotein A1
- Apolipoprotein B
- Apolipoprotein A1:B ratio
- Lipoprotein A
- Myristic acid
- Palmitic acid
- Stearic acid
- Palmitoleic acid
- Cis-vaccenic acid
- Oleic acid
- Eicosatrienoic acid
- Trans-vaccenic acid
- Trans-palmitoleic acid
- Rumenic acid
- Elaidic acid
- Conjugated linoleic acid 2 C18:2 (trans-10, cis-12)
- Conjugated linoleic acid 3 C18:2 (cis-9, trans-12)
- Linoleic acid
- Gammalinolenic acid
- Dihomo- γ -linolenic acid
- Arachidonic acid
- Total Omega-6
- Alpha-linolenic acid
- Eicosapentaenoic acid
- Docosahexaenoic acid
- Omega-3 Total
- Omega-3 Index
- Omega-6 : Omega-3 ratio
- Arachidonic acid : Eicosapentaenoic acid ratio
- Linolenic acid : Dihomogamma-linolenic acid ratio
- Egg white intolerance (IgG)
- Egg intolerance (IgG)
- Cow's milk intolerance (IgG)
- Intolerance to alpha-lactalbumin (IgG)
- Beta lactoglobulin intolerance (IgG)
- Casein intolerance (IgG)
- Intolerance to pork (IgG)
- Intolerance to chicken meat (IgG)
- Cod intolerance (IgG)
- Shrimp intolerance (IgG)
- Tuna intolerance (IgG)
- Salmon intolerance (IgG)
- Wheat intolerance (IgG)
- Corn intolerance (IgG)
- Soy intolerance (IgG)
- Gluten intolerance (IgG)
- Nut intolerance (IgG)
- Cocoa intolerance (IgG)
- Potato intolerance (IgG)
- Garlic intolerance (IgG)
- Onion intolerance (IgG)
- Banana intolerance (IgG)
- Yeast intolerance (IgG)
- Tomato intolerance (IgG)
- Goat's milk intolerance (IgG)

NEUROTRANSMITTER ASSESSMENT

Biology

- Dopamine
- 3,4-Dihydroxyphenylacetic acid (3,4 DOPAC)
- Homovanillic acid
- Methoxy-4-hydroxyphenylglycol (MHPG)
- Vanillylmandelic acid (VMA)
- Serotonin
- 5-Hydroxyindoleacetic acid (5-HIAA)
- Homovanillic acid : 5-hydroxyindoleacetic acid (HVA:5-HIAA) ratio
- Adrenaline
- Noradrenaline

PSYCHOLOGICAL EVALUATION OF STRESS

Biology

- Awakening cortisol
- Awakening cortisol + 30 min
- Awakening cortisol + 30 min : Cortisol Awakening Response (CAR) ratio
- 8pm cortisol
- 8pm DHEAs
- 8pm cortisol : 8pm DHEA ratio
- Awakening cortisol : 8pm cortisol ratio

HEMATOLOGY & IMMUNOLOGY

Biology

- Hemoglobin
- Hematocrit
- Erythrocytes
- Mean Corpuscular Volume (MCV)
- Mean Corpuscular Hemoglobin Concentration (MCHC)
- Mean Hemoglobin Content (MHC) per red blood cell
- Leukocytes
- Neutrophils
- Lymphocytes
- Monocytes
- Eosinophils
- Basophils
- Platelets
- Mean Platelet Volume (MPV)
- Iron
- Total Iron Binding Capacity (TIBC)
- Saturation percentage
- Ferritin
- Transferrin
- Iron : Transferrin ratio
- Zinc

VITAMIN PANEL

Biology

- Vitamin A
- Vitamin B12
- Vitamin B9 (Folates)
- Vitamin D
- Vitamin E

INFLAMMATORY WORKUP & PROTEIN ELECTROPHORESIS

Biology

- Total proteins
- Alpha-1 globulins
- Alpha-2 globulins
- Beta globulins
- Gamma globulins
- Albumin
- Ultra-sensitive C-reactive Protein (CRP)
- Soluble urokinase plasminogen activator receptor (suPAR)
- Hyaluronic acid

VIRAL AND BACTERIAL WORKUP

Biology

- Epstein-Barr Virus (EBV)
- Cytomegalovirus (CMV)
- Herpes Simplex Virus (HSV)
- Hepatitis C Virus (HCV)
- Human Immunodeficiency Virus (HIV)
- Hepatitis B Virus (HBV)
- Chlamydia
- Human Papillomavirus (HPV)

ENDOCRINOLOGY ASSESSMENT

Biology

- TSH
- Free T3
- Free T4
- Urinary T3
- Iodine
- Pregnenolone
- DHEA sulfate
- Total testosterone
- Free testosterone
- Bioavailable testosterone
- % Free Testosterone
- SHBG
- FSH
- Prolactin
- Insulin

LIVER ANALYSIS

Biology

- SGOT
- SGPT
- Alkaline phosphatases
- Gamma-GT
- Total bilirubin
- Direct bilirubin
- Indirect bilirubin

RENAL AND UROLOGICAL ASSESSMENTS

Biology

- Creatinine (blood)
- Creatinine (urine)
- Glomerular Filtration Rate (GFR)
- Cystatin C
- Uric acid
- PSA
- Free PSA
- Free PSA : Total PSA ratio
- Proteinuria
- Hematuria
- Leukocyturia
- Urine pH

HYDROMINERAL BALANCE ASSESSMENT

Biology

- Sodium
- Potassium
- Chlorures

DNA METHYLATION

Biology

- DNA Methylation
- MethylAge
- DNA Hydroxymethylation

EXHALED GAS ANALYSIS

Biology

- Dihydrogen (H₂)
- Hydrogen Sulfide (H₂S)
- Volatile Organic Compounds (VOCs)
- Nitric Oxide (NO)

POLLUTANT EXPOSURE EVALUATION

Biology

- Arsenic
- Nickel
- Mercury