



Biomarkers included with Blood Results Upload

The InsideTracker Blood Results Upload plan includes the ability to upload your existing blood test data and the analysis of up to 43 biomarkers. InsideTracker is only able to provide guidance on the markers listed below. We recommend asking your doctor or insurance company for a Complete Metabolic Panel + Lipid Panel + CBC to cover these biomarkers.

Metabolism & Weight Control

- Glucose
- HbA1c
- Triglycerides
- HDL cholesterol
- LDL cholesterol
- Total cholesterol
- Bone & Muscle Health
- Vitamin D
- Calcium

Inflammation

- Monocytes (percent)
- Lymphocytes (percent)
- Basophils (percent)
- Eosinophils (percent)
- Neutrophils (percent)
- Monocytes
- Lymphocytes
- Eosinophils

- Basophils
- Neutrophils
- hsCRP
- CRP
- White blood cells

Electrolytes & Fluid Balance

- Sodium
- Potassium

Cognition

- RBC Magnesium
- Vitamin B12
- Folate
- Magnesium

Strength & Endurance

- DHEAS (Female only)
- SHBG
- Cortisol
- Testosterone
- Creatine kinase

Oxygen Transfer & Blood Function

- MPV
- Platelets
- RDW
- MCHC
- MCH
- MCV
- Hematocrit
- Red blood cells
- Transferrin Saturation
- TIBC
- Iron
- Hemoglobin
- Ferritin

Liver Function & Toxicity

- GGT
- AST
- Albumin
- ALT