

## GOODBODY CLINIC VENOUS BLOOD TESTS

**Please use this document for information on the tests available and the sample types required.**

| Test Name                        | Test Code   | Price | Biomarkers | Sample Type |
|----------------------------------|-------------|-------|------------|-------------|
| Advanced Well Man                | Goodbody008 | £175  | 34         | ● ●         |
| Advanced Well Woman              | Goodbody009 | £175  | 36         | ● ●         |
| Anaemia                          | Goodbody076 | £119  | 6          | ● ●         |
| Autoimmune Disease               | Goodbody054 | £229  | 7          | ● ●         |
| Cardiac Risk                     | Goodbody006 | £99   | 7          | ● ●         |
| Cholesterol                      | Goodbody004 | £79   | 5          | ● ●         |
| Coeliac Disease                  | Goodbody055 | £179  | 2          | ● ●         |
| Complete Allergy                 | Goodbody063 | £399  | c. 300     | ● ●         |
| Diabetes                         | Goodbody035 | £79   | 1          | ● ●         |
| Erectile Dysfunction             | Goodbody067 | £119  | 10         | ● ●         |
| Female Hormones & Fertility      | Goodbody020 | £119  | 7          | ● ●         |
| General Health                   | Goodbody005 | £99   | 23         | ● ●         |
| Iron                             | Goodbody013 | £79   | 3          | ● ●         |
| Kidney                           | Goodbody002 | £79   | 5          | ● ●         |
| Liver                            | Goodbody003 | £79   | 6          | ● ●         |
| Male Hormones & Fertility        | Goodbody019 | £119  | 6          | ● ●         |
| Menopause                        | Goodbody021 | £119  | 5          | ● ●         |
| Polycystic Ovary Syndrome        | Goodbody014 | £129  | 11         | ● ●         |
| Pregnancy                        | Goodbody040 | £99   | 1          | ● ●         |
| Prostate PSA                     | Goodbody072 | £119  | 3          | ● ●         |
| Sports & Fitness                 | Goodbody073 | £139  | 11         | ● ●         |
| Testosterone                     | Goodbody047 | £79   | 1          | ● ●         |
| Thyroid Function                 | Goodbody016 | £79   | 3          | ● ●         |
| Thyroid Function with Antibodies | Goodbody064 | £109  | 5          | ● ●         |
| Tiredness & Fatigue              | Goodbody065 | £139  | 8          | ● ●         |
| Trace Metal                      | Goodbody059 | £449  | 11         | ● ●         |
| Vitamins                         | Goodbody066 | £119  | 3          | ● ●         |
| Advanced Vitamins                | Goodbody061 | £649  | 11         | ● ●         |



GOODBODY

| Test Name           | Biomarkers included   | Symptoms/Health Concerns  |
|---------------------|---|---|
| Advanced Well Man   | Urea<br>Creatinine<br>Sodium<br>eGFR<br>Albumin<br>Alkaline Phosphatase (ALP)<br>Alanine Transaminase (ALT)<br>Gamma GT Globulin<br>Total Protein<br>Total Bilirubin<br>Iron<br>Ferritin<br>Unsaturated Iron Binding Capacity (UIBC)<br>Total Iron Binding Capacity (TIBC)<br>Transferrin Saturation<br>Uric acid<br>Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine)<br>C-Reactive Protein<br>Vitamin B12 (Active)<br>Vitamin B9 (Serum Folate)<br>Prostate Specific Antigen (PSA)<br>Vitamin D<br>Magnesium<br>Testosterone<br>HbA1c<br>Haemoglobin (Hb)<br>Red Cell Count (RBC)<br>Packed Cell Volume (PCV)<br>Mean Cell Volume (MCV)<br>Platelets<br>White Blood Cells (WBC)<br>White Cell Differential | A complete health check in areas including:<br><br>Liver Function<br>Kidney Function<br>Gout<br>Iron Levels<br>Thyroid Health<br>Inflammation<br>Vitamin Deficiency<br>Testosterone<br>Prostate Health<br>Type 2 Diabetes<br>Full Blood Count |
| Advanced Well Woman | Urea<br>Creatinine<br>Sodium<br>eGFR<br>Albumin<br>Alkaline Phosphatase (ALP)<br>Alanine Transaminase (ALT)<br>Gamma GT Globulin<br>Total Protein<br>Total Bilirubin<br>Iron<br>Ferritin<br>Unsaturated Iron Binding Capacity (UIBC)<br>Total Iron Binding Capacity (TIBC)<br>Transferrin Saturation<br>Uric acid<br>Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine)<br>C-Reactive Protein<br>Vitamin B12 (Active)<br>Vitamin B9 (Serum Folate)<br>CA 125  | A complete health check in areas including:<br><br>Liver Function<br>Kidney Function<br>Gout<br>Iron Levels<br>Thyroid Health<br>Inflammation<br>Vitamin Deficiency<br>Hormones<br>Ovarian Cancer risk<br>Type 2 Diabetes<br>Full Blood Count |

|                      |  |   |
|----------------------|--|---|
|                      | Vitamin D<br>Magnesium<br>Luteinising Hormone<br>Prolactin<br>Oestradiol<br>HbA1c<br>Haemoglobin (Hb)<br>Red Cell Count (RBC)<br>Packed Cell Volume (PCV)<br>Mean Cell Volume (MCV)<br>Platelets<br>White Blood Cells (WBC)<br>White Cell Differential |   |
| Anaemia              | Serum Iron<br>Ferritin<br>Transferrin Saturation<br>Total Iron Binding Capacity (TIBC)<br>Vitamin B12 (Active)<br>Vitamin B9 (Serum Folate)  | Anaemia symptoms include weakness, pale skin, fatigue, dry or brittle hair and nails, headaches, heart palpitations, tinnitus.                                    |
| Autoimmune Disease   | Thyroid Peroxidase Antibodies<br>Antinuclear Antibodies<br>Mitochondrial Antibodies<br>Smooth Muscle Antibodies<br>Gastric Parietal Cell Antibodies<br>Reticulin Antibodies<br>LKM Antibodies  | Common symptoms include Fatigue, joint pain or swelling, abdominal pain, digestive issues, recurring fevers, swollen glands, achy muscles, trouble concentrating. |
| Cardiac Risk         | Total Cholesterol<br>HDL Cholesterol<br>LDL Cholesterol<br>Non-LDL Cholesterol<br>Triglycerides<br>HbA1c<br>C-Reactive Protein   | Heart disease symptoms can include chest pain, chest tightness, pain in the neck, jaw or back, shortness of breath, painful, numb or weak arms or legs.           |
| Cholesterol          | Total Cholesterol<br>HDL Cholesterol<br>LDL Cholesterol<br>Non-LDL Cholesterol<br>Triglycerides  | High cholesterol has no symptoms.<br>Indicators include poor diet, overweight, lack of exercise, family history of high cholesterol.                              |
| Coeliac Disease      | Total IgA<br>Tissue Transglutaminase IgA   | Constipation, excessive wind, diarrhoea, recurrent stomach pain or bloating, unexplained nausea or vomiting.  |
| Complete Allergy     | C. 300 allergens including grass, tree & weed pollens, dander & epithelia, mites and cockroaches, moulds and yeasts, insect venoms, cereals & seeds, egg & milk, fruits, legumes & nuts, meat, seafood, spices and vegetables                          | Coughing, wheezing, breathlessness, itchy skin or rashes, sneezing, swelling of eyes, lips, mouth or throat, watery eyes, stomach cramps, vomiting.               |
| Diabetes             | HbA1c  | Increased thirst, excessive urination, increased hunger, weight loss, fatigue, blurry vision, tingly fingers, slow healing, frequent infections.                  |
| Erectile Dysfunction | Total Cholesterol<br>HDL Cholesterol   | Trouble keeping or getting an erection, reduced libido.   |

|                             |  |   |
|-----------------------------|--|---|
|                             | LDL Cholesterol<br>Non-LDL Cholesterol<br>Triglycerides<br>HbA1c<br>Thyroid Stimulating Hormone (TSH)<br>Prolactin<br>Testosterone<br>Prostate Specific Antigen (PSA)  |   |
| Female Hormones & Fertility | Follicular Stimulating Hormone (FSH)<br>Luteinising Hormone (LH)<br>Testosterone<br>Prolactin<br>Sex Hormone Binding Globulin (SHBG)<br>Free Androgen Index<br>Oestradiol  | Irregular or lack of periods, hair loss, excess body hair, heavy or painful periods, infertility, acne on face, chest or back, low libido, mood swings, anxiety.  |
| General Health              | Albumin<br>Alkaline Phosphatase (ALP)<br>Alanine Transaminase (ALT)<br>Gamma GT<br>Globulin<br>Total Protein<br>Total Bilirubin<br>Urea<br>Sodium<br>Creatinine<br>eGFR<br>Uric Acid<br>Iron<br>Ferritin<br>Unsaturated Iron Binding Capacity (UIBC)<br>Total Iron Binding Capacity (TIBC)<br>Transferrin Saturation<br>Total Cholesterol<br>HDL Cholesterol<br>LDL Cholesterol<br>Non-LDL Cholesterol<br>Triglycerides<br>Cholesterol:HDL ratio | General health check in key areas of health including:<br><br>Kidney Function<br>Liver Function<br>Gout<br>Iron Levels<br>Cholesterol Levels  |
| Iron                        | Iron<br>Ferritin<br>Transferrin Saturation<br>Unsaturated Iron Binding Capacity (UIBC)<br>Total Iron Binding Capacity (TIBC)   | Iron deficiency can cause fatigue, weakness, pale skin, heart palpitations, cold hands and feet, brittle nails.<br><br>Iron overload can cause fatigue, heart flutters, pain in finger joints, stomach pain, weight loss. |
| Kidney                      | Albumin<br>Protein<br>Sodium<br>Urea<br>Creatinine   | Kidney disease can cause symptoms including weight loss, poor appetite, swollen ankles, shortness of breath, blood in urine, increased urination, itchy skin, insomnia.   |
| Liver                       | Albumin<br>Protein<br>Bilirubin<br>Alkaline Phosphatase (ALP)<br>Alanine Transaminase (ALT)<br>Gamma GT  | Yellow skin and eyes, abdominal pain, leg and ankle swelling, itchy skin, dark urine, pale stools, fatigue, nausea and vomiting.  |

|                           |  |  |
|---------------------------|--|--|
| Male Hormones & Fertility | Follicular Stimulating Hormone (FSH)<br>Luteinising Hormone (LH)<br>Testosterone<br>Prolactin<br>Sex Hormone Binding Globulin (SHBG)<br>Free Androgen Index  | Depression, erectile dysfunction, muscle loss, fatigue, hair loss, low sex drive, memory loss.   |
| Menopause                 | Luteinising Hormone (LH)<br>Follicular Stimulating Hormone (FSH)<br>Oestradiol<br>Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine)   | Irregular or lack of periods, vaginal dryness, hot flushes, night sweats, mood swings, insomnia, weight gain.  |
| Polycystic Ovary Syndrome | Testosterone<br>Sex Hormone Binding Globulin (SHBG)<br>Luteinising Hormone (LH)<br>Follicular Stimulating Hormone (FSH)<br>Total Cholesterol<br>HDL Cholesterol<br>LDL Cholesterol<br>Non-LDL Cholesterol<br>Triglycerides<br>Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine) | Irregular periods, infertility, excessive hair growth on face, chest or back, weight gain, thinning hair on head, oily skin or acne.   |
| Pregnancy                 | Human Chorionic Gonadotropin (hCG)   | Missed period, tender breasts, nausea, fatigue, increased urination.   |
| Prostate PSA              | Total Prostate Specific Antigen (PSA)<br>Free PSA<br>Total PSA:Free PSA ratio  | Pain when urinating or ejaculating, frequent urination especially at night, erectile dysfunction, blood in urine or semen.   |
| Sports & Fitness          | Luteinising Hormone (LH)<br>Follicular Stimulating Hormone (FSH)<br>Oestradiol<br>Testosterone<br>Free Testosterone<br>Albumin<br>Free Androgen Index<br>Progesterone<br>Prolactin<br>Sex Hormone Binding Globulin (SHBG)<br>DHEA-Sulphate   | Inability to build muscle or lose weight, slow muscle gain, long recovery periods, recurring sports injury, weakness, poor fitness.  |
| Testosterone              | Total Testosterone   | Low testosterone in men can lead to Low sex drive, erectile dysfunction, low mood and depression, irritability, inability to concentrate or lack of focus.<br><br>Too much testosterone in women can cause acne, deep voice, facial hair, low libido, low mood, irregular periods. |
| Thyroid Function          | Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine)<br>Triiodothyronine (Free T3)   | Hypothyroidism:<br>Feeling cold, tired, weight gain, constipation, depression, muscle cramps.<br><br>Hyperthyroidism:  |

|                                  |   |  |
|----------------------------------|---|--|
|                                  |   | Nervousness, anxiety, tiredness, sensitive to heat, heart palpitations.  |
| Thyroid Function with Antibodies | Thyroid Stimulating Hormone (TSH)<br>Free T4 (Thyroxine)<br>Triiodothyronine (Free T3)<br>Anti-thyroid Peroxidase Antibodies<br>Anti-thyroglobulin Antibodies   | As above.<br><br>Thyroid Autoimmune disease symptoms also include:<br>Tiredness, puffy face, hair loss, constipation, weight gain, brittle hair and nails. |
| Tiredness & Fatigue              | Free T4 (Thyroxine)<br>Vitamin D<br>Iron<br>Ferritin<br>Transferrin Saturation<br>Unsaturated Iron Binding Capacity (UIBC)<br>Total Iron Binding Capacity (TIBC)<br>Haemoglobin (Hb)<br>Red Cell Count (RBC)<br>Packed Cell Volume (PCV)<br>Mean Cell Volume (MCV)<br>Platelets<br>White Blood Cells (WBC)<br>White Cell Differential | Chronic tiredness, headaches, dizziness, sore muscles or cramps, slowed reflexes or responses, irritability, low mood, impaired judgement.                 |
| Trace Metal                      | Aluminium<br>Iron<br>Zinc<br>Copper<br>Mercury<br>Chromium<br>Manganese<br>Calcium<br>Magnesium<br>Cadmium<br>Lead  | Heavy metal poisoning symptoms can include:<br><br>Frequent diarrhoea<br>Nausea<br>Abdominal pains<br>Chills<br>Weakness<br>Tingling in hands or feet      |
| Vitamins                         | Vitamin D (25-OH)<br>Vitamin B9 (Serum Folate)<br>Vitamin B12 (Active)  | Fatigue, bone pain, weakness, irritability, low mood, heart palpitations, poor concentration   |
| Advanced Vitamins                | Vitamin A<br>Beta Carotene<br>Vitamin B1<br>Vitamin B2<br>Vitamin B6<br>Vitamin C<br>Vitamin E<br>Vitamin B3<br>Vitamin B9 (Serum Folate)<br>Vitamin B12 (Active)<br>Vitamin D (25-OH)  | As above but also:<br><br>Poor eyesight, especially at night, extreme tiredness, headaches, feeling faint, nosebleeds, easy bruising, low immune system    |