

India's trusted Health Test @Home Service



National Reference Laboratory in Delhi NCR



Booking ID : 11246221202

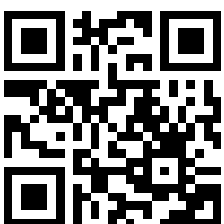
Sample Collection Date : 19/Jul/2024

Ritu Sharma

Female, 43 Yrs

A Comprehensive Health Analysis Report

AI Based Personalized Report for You



INDIA'S FIRST & ONLY CREDIBILITY CHECK FOR YOUR LAB REPORT

Check the authenticity of your lab report with machine data

Scan the QR using any QR code scanner

HEALTH ANALYSIS

Personalized Summary & Vital Parameters

Ritu Sharma

Booking ID : 11246221202 | Sample Collection Date : 19/Jul/2024

Ritu Sharma,

Congratulations, We have successfully completed your health diagnosis. This is a big step towards staying on top of your health and identify potential to improve!

10 Vital Health Parameters of a Human Body Ecosystem

Below are the health parameters which require routine checkups for primary healthcare. The view also includes *personalised information* depending on the tests you have taken.

Your Health Score

86
Out of 100

*Calculated from test reports



Thyroid Function

Thyroid Stimulating Hormone (TSH) - Ultrasensitive : 1.65 μ IU/mL

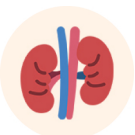
● Everything looks good



Cholesterol Total

167 mg/dl

● Everything looks good



Kidney Function

Serum Creatinine : 0.69 mg/dl

● Everything looks good



Vitamin D

27.53 ng/ml

● Concern



HbA1c

5.7 %

● Everything looks good



Vitamin B12

224 pg/ml

● Everything looks good



Liver Function

Alanine Aminotransferase (ALT/SGPT) : 32.1 U/L

● Everything looks good



Calcium Total

8.9 mg/dl

● Everything looks good



Iron studies

Serum Iron : 45.3 μ g/dl

● Concern



Complete Hemogram

Haemoglobin (HB) : 12.8 g/dL

● Everything looks good





New Features

Report Summary

Ritu Sharma

Booking ID 11246221202 | Sample Collection Date: 19/jul/2024

Understanding laboratory reports can be complex, often leading to unwarranted anxiety.

At Healthians, we understand that you shouldn't have to rely on a Google search to decipher your own health report. That's why we offer comprehensive summaries that are easy to understand.

Summary of Deranged Parameters:

Dear Ritu Sharma,

After reviewing your recent health test results from Healthians, I wanted to provide you with a summary of the deranged parameters. It appears that your Vitamin D Total-25 Hydroxy level is lower than normal, along with elevated levels of HsCRP, CRP, LDL Cholesterol, Iron, Transferrin Saturation, Proteins, and Globulin.

Suggestions for Improvement:

1. Increase your intake of foods rich in Vitamin D or consider a Vitamin D supplement to help raise your levels.
2. Focus on incorporating more heart-healthy foods to help improve your cholesterol levels.
3. Include iron-rich foods in your diet to boost your iron levels.
4. Consider lifestyle changes or dietary adjustments to help optimize your liver function parameters.

Remember, these results are just a snapshot of your health at a specific point in time, and with some adjustments, you can work towards improving these parameters. Take care of yourself and make small, positive changes for a healthier you.

Warm regards,

Your Virtual Family Physician



Believe it or not, this health insurance pays 100%* of your hospital bill every single time.



Coverage from day 1



No medical tests required




Get reimbursement for this health check-up*

[Check prices](#)





Scan to check prices

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Age/Gender	: 43Y OM OD /Female	Sample Collected On	: 19/Jul/2024 08:31AM	
Order Id	: 11246221202	Sample Received On	: 19/Jul/2024 11:52AM	
Referred By	: Self	Report Generated On	: 19/Jul/2024 01:59PM	
Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Whole Blood EDTA	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY HBA1C

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
HbA1c - Glycosylated Hemoglobin			
 HbA1c (Glycosylated Hemoglobin)	5.70	%	4.2 - 5.7
Method: HPLC			
Machine: TOSOH G8			
 Average Estimated Glucose - plasma	116.89		
Method: Calculated			

INTERPRETATION:

AS PER AMERICAN DIABETES ASSOCIATION (ADA):

REFERENCE GROUP

Non diabetic
At Risk (Prediabetes)
Diagnosing Diabetes

GLYCOSYLATED HEMOGLOBIN (HbA1c) in %

<5.7
5.7 – 6.4
>= 6.5

Age > 19 Years

Goals of Therapy: < 7.0
Actions Suggested: >8.0

Age < 19 Years

Goal of therapy: <7.5

Therapeutic goals for glycemic control

REMARKS :

- HbA1c is used for monitoring diabetic control. It reflects the mean plasma glucose over three months.
 - HbA1c may be falsely low in diabetics with hemolytic disease. In these individuals a plasma fructosamine level may be used which evaluates diabetes over 15 days.
 - HbA1c may be increased in patients with polycythemia or post-splenectomy.
 - Trends in HbA1c are a better indicator of diabetic control than a solitary test.
 - Any sample with >15% HbA1C should be suspected of having a hemoglobin variant, especially in a non-diabetic patients
 - HbA1c target in pregnancy is to attain level <6 % .
 - HbA1c target in pediatric age group is to attain level < 7.5 %.
- Method : ion-exchange high-performance liquid chromatography (HPLC).
Reference : American Diabetes Associations. Standards of Medical Care in Diabetes 2023




DR. DAYANAND SONKAWADE
CONSULTANT PATHOLOGIST



SIN No:E1419635

Healthians Diagnostic Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

4BC-301, The Summit, 3rd A Main, 4th B Cross East of NGEF BDA Layout (Kasturi Nagar East), Ramamurthy Nagar Main Road, Bengaluru, Karnataka-560016.
(NABL Accreditation Certificate No. MC-4391)


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Order Id	: 11246221202	Sample Received On	: 19/Jul/2024 11:12AM	
Referred By	: Self	Report Generated On	: 19/Jul/2024 11:46AM	
Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Flouride Plasma	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Fasting Blood Sugar

 Glucose, Fasting	91.2	mg/dl	70 - 100
Method: Hexokinase			
Machine: BECKMAN DXC 700AU			

American Diabetes Association Reference Range :

Normal	: < 100 mg/dl
Impaired fasting glucose(Prediabetes)	: 100 - 126 mg/dl
Diabetes	: >= 126 mg/dl

Conditions that can result in an elevated blood glucose level include: Acromegaly, Acute stress (response to trauma, heart attack, and stroke for instance), Chronic kidney disease, Cushing syndrome, Excessive consumption of food, Hyperthyroidism, Pancreatitis

A low level of glucose may indicate hypoglycemia, a condition characterized by a drop in blood glucose to a level where first it causes nervous system symptoms (sweating, palpitations, hunger, trembling, and anxiety), then begins to affect the brain (causing confusion, hallucinations, blurred vision, and sometimes even coma and death). A low blood glucose level (hypoglycemia) may be seen with: Adrenal insufficiency, Drinking excessive alcohol, Severe liver disease, Hypopituitarism, Hypothyroidism, Severe infections, Severe heart failure, Chronic kidney (renal) failure, Insulin overdose, Tumors that produce insulin (insulinomas), Starvation.




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Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

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Test Name	Value	Unit	Bio. Ref Interval
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Rheumatoid Factor (RA) - Quantitative - Serum



RHEUMATOID FACTOR

<10

IU/mL

<14

Method: Immunoturbidimetry

Machine: BECKMAN DXC 700AU

The rheumatoid factor (RF) test is primarily used to help diagnose rheumatoid arthritis (RA) and to help distinguish RA from other forms of arthritis or other conditions that cause similar symptoms. A cyclic citrullinated peptide (CCP) antibody test can help diagnose RA in someone who has joint inflammation with symptoms that suggest but do not yet meet the criteria of RA and may be ordered along with RF or if the RF result is negative. The RF test must be interpreted in conjunction with a person's symptoms and clinical history. A negative RF test does not rule out RA.


About 20% of people with RA will have very low levels of or no detectable RF. In these cases, a CCP antibody test may be positive and used to confirm RA. Positive RF test results may also be seen in 1-5% of healthy people and in some people with conditions such as: Sjogren syndrome, scleroderma, systemic lupus erythematosus (lupus), sarcoidosis, endocarditis, tuberculosis, syphilis, HIV/AIDS, hepatitis, infectious mononucleosis, cancers such as leukemia and multiple myeloma, parasitic infection, or disease of the liver, lung or kidney.

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MBBS, MD Pathology



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DEPARTMENT OF BIOCHEMISTRY

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Test Name	Value	Unit	Bio. Ref Interval
Amylase - Serum			
AMYLASE	54.3	U/L	22 - 80
Method: CNPG3			
Machine: BECKMAN DXC 700AU			

Amylase is produced by exocrine pancreas and also by the salivary glands. it is used to evaluate pancreatic function and also used in the diagnosis and management of pancreatitis.


Diseases resulting in elevation of plasma alpha-amylase include: acute pancreatitis, parotitis, alcoholism, renal insufficiency and diseases such as viral hepatitis, AIDS, abdominal typhoid, sarcoidosis and trauma to the upper abdomen. There is also a detectable increase in amylase after an ERCP procedure. In acute pancreatitis, amylase increases 5-6 hours after the onset of symptoms and remains elevated for 2-5 days. The increase in plasma activity does not reflect disease severity and conversely, extensive destruction of the pancreas may not cause a significant increase in the plasma concentration of pancreatic alpha-amylase.



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DEPARTMENT OF BIOCHEMISTRY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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C-Reactive Protein (CRP) -Quantitative


 C-REACTIVE PROTEIN (CRP) (QUANTITATIVE)	17.33	mg/L	<5
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Method: Immunoturbidimetric
Machine: BECKMAN DXC 700AU

C-reactive protein (CRP) is one of the most sensitive acute-phase reactants for inflammation. Measuring changes in the concentration of CRP provides useful diagnostic information about the level of acuity and severity of a disease. Unlike ESR, CRP levels are not influenced by hematologic conditions such as anemia, polycythemia etc.

Increased levels are consistent with an acute inflammatory process. After onset of an acute phase response, the serum CRP concentration rises rapidly (within 6-12 hours and peaks at 24-48 hours) and extensively. Concentrations above 100 mg/L are associated with severe stimuli such as major trauma and severe infection (sepsis).

hs CRP (C-Reactive Protein high sensitive)

 HS-CRP (HIGH SENSITIVITY C-REACTIVE PROTEIN)	17.78	mg/L	< 1.0
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Method: Latex Particle Immunoturbidimetry
Machine: BECKMAN DXC 700AU

High sensitivity C-reactive protein, when used in conjunction with other clinical laboratory evaluation of acute coronary syndromes, may be useful as an independent marker of prognosis for recurrent events in patients with stable coronary disease or acute coronary syndrome. Hs-CRP levels should not be substituted for assessment of traditional cardiovascular risk factors. Patients with persistently unexplained, marked elevation of hs-CRP after repeated testing should be evaluated for non-cardiovascular etiologies.

Clinical significance :

Hs-CRP measurements may be used as an independent risk marker for the identification of individuals at risk for future cardiovascular disease. Elevated CRP values may be indicative of prognosis of individuals with acute coronary syndromes, and may be useful in the management of such individuals.




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DEPARTMENT OF BIOCHEMISTRY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Liver Function Test (LFT)

 Serum Bilirubin, (Total) Method: Diazo Machine: BECKMAN DXC 700AU	0.44	mg/dl	0.3 - 1.2
 Serum Bilirubin, (Direct) Method: Diazo Machine: BECKMAN DXC 700AU	0.11	mg/dl	0 - 0.2
 Serum Bilirubin, (Indirect) Method: Calculated	0.33	mg/dl	0.0 - 0.8
 Aspartate Aminotransferase (AST/SGOT) Method: IFCC Machine: BECKMAN DXC 700AU	30.30	U/L	3 - 35
 Alanine Aminotransferase (ALT/SGPT) Method: IFCC Machine: BECKMAN DXC 700AU	32.1	U/L	3 - 35
 Alkaline Phosphatase (ALP) Method: IFCC AMP Buffer Machine: BECKMAN DXC 700AU	86.10	U/L	33-98
 Gamma Glutamyl Transferase (GGT) Method: IFCC Machine: BECKMAN DXC 700AU	15.9	U/L	5- 38
 Serum Total Protein Method: Biuret Machine: BECKMAN DXC 700AU	6.55	gm/dl	6.6 - 8.3
 Serum Albumin Method: Bromo Cresol Green(BCG) Machine: BECKMAN DXC 700AU	3.95	g/dl	3.5 - 5.2
 Serum Globulin Method: Calculated	2.60	gm/dl	3.0 - 4.2
 Albumin/Globulin Ratio Method: Calculated	1.52	Ratio	1.2 - 2.0
 SGOT/SGPT Ratio Method: Calculated	0.94	Ratio	0.7 - 1.4


Bilirubin is a yellowish pigment found in bile and is a breakdown product of normal heme catabolism. Elevated levels results from increased bilirubin production (eg hemolysis and ineffective erythropoiesis); decreased bilirubin excretion (eg; obstruction and hepatitis); and abnormal bilirubin metabolism (eg; hereditary and neonatal jaundice). Conjugated (direct) bilirubin is elevated more than unconjugated (indirect) bilirubin in viral hepatitis; drug reactions, alcoholic liver disease conjugated (direct) bilirubin is also elevated more than unconjugated (indirect)bilirubin when there is some kind of blockage of the bile ducts like in Gallstones getting into the bile ducts



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DEPARTMENT OF BIOCHEMISTRY

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Test Name	Value	Unit	Bio. Ref Interval
tumors & Scarring of the bile ducts. Increased unconjugated (indirect) bilirubin may be a result of hemolytic or pernicious anemia, transfusion reaction & a common metabolic condition termed Gilbert syndrome.			

AST levels increase in viral hepatitis, blockage of the bile duct, cirrhosis of the liver, liver cancer, kidney failure, hemolytic anemia, pancreatitis, hemochromatosis. AST levels may also increase after a heart attack or strenuous activity. ALT is commonly measured as a part of a diagnostic evaluation of hepatocellular injury, to determine liver health. Elevated ALP levels are seen in Biliary Obstruction, Osteoblastic Bone Tumors, Osteomalacia, Hepatitis, Hyperparathyroidism, Leukemia, Lymphoma, Paget's disease, Rickets, Sarcoidosis etc.


Serum total protein, also known as total protein, is a biochemical test for measuring the total amount of protein in serum. Protein in the plasma is made up of albumin and globulin. Higher-than-normal levels may be due to: Chronic inflammation or infection, including HIV and hepatitis B or C, Multiple myeloma, Waldenstrom's disease. Lower-than-normal levels may be due to: Agammaglobulinemia, Bleeding (hemorrhage), Burns, Glomerulonephritis, Liver disease, Malabsorption, Malnutrition, Nephrotic - Human serum albumin is the most abundant protein in human blood plasma. It is produced in the liver. Albumin constitutes about half of the blood serum protein. Low blood albumin levels (hypoalbuminemia) can be caused by: Liver disease like cirrhosis of the liver, nephrotic syndrome, protein-losing enteropathy, Burns, hemodilution, increased vascular permeability or decreased lymphatic clearance, malnutrition and wasting etc.



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Sample Type	: SERUM	Report Status	: Final Report	

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Test Name	Value	Unit	Bio. Ref Interval
Iron study			
 Serum Iron Method: TPTZ Machine: BECKMAN DXC 700AU	45.3	ug/dl	60 - 180
 UIBC Method: Nitroso-PSAP Machine: BECKMAN DXC 700AU	288.90	ug/dl	155 - 355
 Serum Total Iron Binding Capacity (TIBC) Method: FE+UIBC (saturation with iron)	334.2	µg/dl	250 - 400
 Transferrin Saturation % Method: Calculated	13.55	%	15 - 50

Iron participates in a variety of vital processes in the body varying from cellular oxidative mechanisms to the transport and delivery of oxygen to body cells. It is a constituent of the oxygen-carrying chromoproteins, haemoglobin and myoglobin, as well as various enzymes, such as cytochrome oxidase and peroxidases.

Serum iron may be increased in hemolytic, megaloblastic and aplastic anemias, and in hemochromatosis acute leukemia, lead poisoning, pyridoxine deficiency, thalassemia, excessive iron therapy, and after repeated transfusions. Drugs causing increased serum iron include chloramphenicol, cisplatin, estrogens (including oral contraceptives), ethanol, iron dextran, and methotrexate. Iron can be decreased in iron-deficiency anemia, acute and chronic infections, carcinoma, nephrotic syndrome hypothyroidism, in protein-calorie malnutrition and after surgery. Diurnal variation is seen in serum iron levels with normal values obtained in the midmorning, low values in midafternoon and very low values near midnight.

TIBC measures the blood's capacity to bind iron with transferrin (TRF). Estrogens and oral contraceptives increase TIBC levels. Asparaginase, chloramphenicol, corticotropin, cortisone, and testosterone decrease the TIBC levels.

Transferrin is the primary plasma iron transport protein, which binds iron strongly at physiological pH. Transferrin is generally only 25% to 30% saturated with iron. The additional amount of iron that can be bound is the unsaturated iron-binding capacity (UIBC). Transferrin saturation represents the number of iron-binding sites that are occupied. It is a better index of iron stores than serum iron alone. Transferrin saturation is decreased in iron deficiency anemia (usually <10% in established deficiency).



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Sample Type	: SERUM	Report Status	: Final Report

DEPARTMENT OF BIOCHEMISTRY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Kidney Function Test1 (KFT1)

 Serum Creatinine	0.69	mg/dl	0.4 - 0.9
Method: Jaffes Kinetic			
Machine: BECKMAN DXC 700AU			
GFR, ESTIMATED	110.37	mL/min/1.73m2	
Method: Calculated			
 Serum Uric Acid	3.7	mg/dl	2.6-6.0
Method: Uricase			
Machine: BECKMAN DXC 700AU			
 Serum Calcium	8.9	mg/dl	8.8 - 10.6
Method: Arsenazo			
Machine: BECKMAN DXC 700AU			
 Serum Phosphorus	3.8	mg/dl	2.5 - 4.5
Method: Phosphomolybdate complex			
Machine: BECKMAN DXC 700AU			
 Serum Sodium	136	mmol/L	136 - 146
Method: ISE (Indirect)			
Machine: BECKMAN DXC 700AU			
 Serum Chloride	107	mmol/L	101 - 109
Method: ISE (Indirect)			
Machine: BECKMAN DXC 700AU			
 Blood Urea	20	mg/dl	17 - 43
Method: Urease			
Machine: BECKMAN DXC 700AU			
 Blood Urea Nitrogen (BUN)	9.5	mg/dl	7.92 - 20.03
Method: Calculated			
 Bun/Creatinine Ratio	13.75	Ratio	12:1 - 20:1
Method: Calculated			
 Urea/Creatinine Ratio	29.42		

The kidneys play a vital role in the excretion of waste products and toxins such as urea, creatinine and uric acid, regulation of extracellular fluid volume, serum osmolality and electrolyte concentrations, as well as the production of hormones like erythropoietin and 1,25 dihydroxy vitamin D and renin. Assessment of renal function is important in the management of patients with kidney disease or pathologies affecting renal function. Tests of renal function have utility in identifying the presence of renal disease, monitoring the response of kidneys to treatment, and determining the progression of renal disease.

Urea is synthesized in the liver as the final product of protein and amino acid metabolism. Urea synthesis is therefore dependent on daily protein intake and endogenous protein metabolism.

Creatinine is a metabolic product of creatine and phosphocreatine, which are both found almost exclusively in muscle.


Uric Acid is the major product of purine catabolism in humans. Uric acid levels are used to monitor the treatment of gout.



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Test Name	Value	Unit	Bio. Ref Interval
<p>Measurement of calcium is used in the diagnosis and treatment of parathyroid disease, a variety of bone diseases, chronic renal disease, urolithiasis and tetany. Phosphorus levels are increased in acute or chronic renal failure with decreased GFR .</p> <p>Sodium is an electrolyte, and it helps regulate the amount of water in and around the cells & the balance of chemicals in the body called acids and bases.</p> <p>Chloride is a negatively charged ion that works with other electrolytes such as potassium, sodium, and bicarbonate, to help regulate the amount of fluid in the body and maintain the acid-base balance.</p>			



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Test Name	Value	Unit	Bio. Ref Interval
Lipid Profile Basic			
Total Cholesterol	167.0	mg/dl	Desirable : <200
Method: Enzymatic			Borderline: 200-239
Machine: BECKMAN DXC 700AU			High : >=240
Serum Triglycerides	70.2	mg/dl	Desirable : <150
Method: Enzymatic			Borderline high : 150-199
Machine: BECKMAN DXC 700AU			High : 200-499
			Very high : >= 500
Serum HDL Cholesterol	52.3	mg/dl	40 - 60
Method: Enzymatic immuno inhibition			
Machine: BECKMAN DXC 700AU			
LDL Cholesterol Calculated	100.66	mg/dl	Optimal : <100
Method: Calculated			near /above Optimal:100 - 129
			Borderline High: 130- 159
			High : 160 - 189
			Very High :>=190
VLDL Cholesterol Calculated	14.04	mg/dl	<30
Method: Calculated			
Total CHOL / HDL Cholesterol Ratio	3.19	Ratio	3.30 - 4.40
Method: Calculated			
LDL / HDL Cholesterol Ratio	1.92	Ratio	Desirable/Low Risk: 0.5-3.0
Method: Calculated			Line/Moderate Risk: 3.0-6.0
			Elevated/High Risk: >6.0
HDL / LDL Cholesterol Ratio	0.52	Ratio	Optimal->0.4
Method: Calculated			Moderate-0.4 to 0.3
			High-<0.3
Non-HDL Cholesterol	114.7	mg/dl	0.0 - 160.0
Method: Calculated			

Dyslipidemia is a disorder of fat or lipoprotein metabolism in the body and includes lipoprotein overproduction or deficiency. Dyslipidemias means increase in the level of one or more of the following: Total Cholesterol, low density lipoprotein (LDL) and/or triglyceride concentrations. Dyslipidemia also includes a decrease in the "good" cholesterol or high-density lipoprotein (HDL) concentration in the blood. Cholesterol is a steroid carried in the bloodstream as lipoprotein, necessary for cell membrane functioning and as a precursor to bile acids, progesterone ,vitamin D ,estrogens ,glucocorticoids and mineralocorticoids.

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Referred By	: Self	Report Generated On	: 19/Jul/2024 12:51PM	
Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: SERUM	Report Status	: Final Report	

DEPARTMENT OF BIOCHEMISTRY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
HDL is termed "good cholesterol" because its levels are inversely related to the risk of Coronary heart disease.			
LDL cholesterol is termed the "bad cholesterol" and their increased levels are associated with increased risk of atherosclerosis and coronary heart disease.			
Lipid level assessments must be made following 9 to 12 hours of fasting, otherwise assay results might lead to erroneous interpretation. Healthians labs report biological reference intervals (normal ranges) in accordance with the recommendations of The National Cholesterol Education Program (NCEP) & Adult Treatment Panel IV (ATP IV) guidelines providing the most desirable targets of various circulating lipid fractions in the blood. NCEP recommends that all adults above 20 years of age must be screened for abnormal lipid levels.			



Dr. Ramesh Vishwanath
MBBS, MD Pathology



SIN No:E1419635

Patient Name : Ritu Sharma
Age/Gender : 43Y OM OD /Female
Order Id : 11246221202
Referred By : Self
Customer Since : 19/Jul/2024
Sample Type : WHOLE BLOOD EDTA










Barcode : E1419635
Sample Collected On : 19/Jul/2024 08:31AM
Sample Received On : 19/Jul/2024 11:52AM
Report Generated On : 19/Jul/2024 12:47PM
Sample Temperature : Maintained ✓
Report Status : Final Report

DEPARTMENT OF HAEMATOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Complete Blood Count

 Haemoglobin (HB) Method: Photometric Measurement Machine: BECKMAN DXC 700AU	12.8	g/dL	12.0-15.0
 Total Leucocyte Count (TLC) Method: Coulter Principle Machine: BECKMAN DXC 700AU	7.0	10 ³ /uL	4.0-10.0
 Hematocrit (PCV) Method: Calculated Machine: BECKMAN DXC 700AU	37.3	%	36.0-46.0
 Red Blood Cell Count (RBC) Method: Coulter Principle Machine: BECKMAN DXC 700AU	4.45	10 ⁶ /μl	3.80-4.80
 Mean Corp Volume (MCV) Method: Derived from RBC Histogram Machine: BECKMAN DXC 700AU	83.8	fL	83.0-101.0
 Mean Corp Hb (MCH) Method: Calculated Machine: BECKMAN DXC 700AU	28.7	pg	27.0-32.0
 Mean Corp Hb Conc (MCHC) Method: Calculated Machine: BECKMAN DXC 700AU	34.3	g/dL	31.5-34.5
 RDW - CV Method: Derived from RBC Histogram Machine: BECKMAN DXC 700AU	13.5	%	11.6-14.0
 RDW - SD Method: Derived from RBC Histogram Machine: BECKMAN DXC 700AU	39.40	fL	39.0-46.0
Mentzer Index Method: Calculated	18.83	Ratio	
RDWI Method: Calculated	254.22	Ratio	
Green and king index Method: Calculated	74	Ratio	

Differential Leucocyte Count



DR. DAYANAND SONKAWADE
CONSULTANT PATHOLOGIST



SIN No:E1419635

Healthians Diagnostic Labs (A Unit of Expedient Healthcare Marketing Pvt. Ltd.)

4BC-301, The Summit, 3rd A Main, 4th B Cross East of NGEF BDA Layout (Kasturi Nagar East), Ramamurthy Nagar Main Road, Bengaluru, Karnataka-560016.
(NABL Accreditation Certificate No. MC-4391)

Patient Name : Ritu Sharma
Age/Gender : 43Y OM OD /Female
Order Id : 11246221202
Referred By : Self
Customer Since : 19/Jul/2024
Sample Type : WHOLE BLOOD EDTA

Barcode : E1419635
Sample Collected On : 19/Jul/2024 08:31AM
Sample Received On : 19/Jul/2024 11:52AM
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Report Status : Final Report



DEPARTMENT OF HAEMATOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
Neutrophils Method: VCS Technology Machine: BECKMAN DXC 700AU	61.1	%	40 - 80
Lymphocytes Method: VCS Technology Machine: BECKMAN DXC 700AU	25.2	%	20-40
Monocytes Method: VCS Technology Machine: BECKMAN DXC 700AU	9.5	%	02 - 10
Eosinophils Method: VCS Technology Machine: BECKMAN DXC 700AU	3.4	%	01 - 06
Basophils Method: VCS Technology Machine: BECKMAN DXC 700AU	0.8	%	00 - 02
Absolute Leucocyte Count			
Absolute Neutrophil Count (ANC) Method: Calculated Machine: BECKMAN DXC 700AU	4.28	10 ³ /uL	2.0-7.0
Absolute Lymphocyte Count (ALC) Method: Calculated Machine: BECKMAN DXC 700AU	1.76	10 ³ /uL	1.0-3.0
Absolute Monocyte Count Method: Calculated Machine: BECKMAN DXC 700AU	0.67	10 ³ /uL	0.2-1.0
Absolute Eosinophil Count (AEC) Method: Calculated Machine: BECKMAN DXC 700AU	0.24	10 ³ /uL	0.02-0.5
Absolute Basophil Count Method: Calculated Machine: BECKMAN DXC 700AU	0.06	10 ³ /uL	0.02 - 0.10
Platelet Count(PLT) Method: Coulter Principle Machine: BECKMAN DXC 700AU	270	10 ³ /μl	150-410
MPV Method: Derived from PLT Histogram Machine: BECKMAN DXC 700AU	8.1	fL	7 - 9


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Patient Name	: Ritu Sharma	Barcode	: E1419635	
Age/Gender	: 43Y OM OD /Female	Sample Collected On	: 19/Jul/2024 08:31AM	
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Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: WHOLE BLOOD EDTA	Report Status	: Final Report	

DEPARTMENT OF HAEMATOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature


Test Name	Value	Unit	Bio. Ref Interval
<p>The International Council for Standardization in Haematology (ICSH) recommends reporting of absolute counts of various WBC subsets for clinical decision making. This test has been performed on a fully automated 5 part differential cell counter which counts over 10,000 WBCs to derive differential counts. A complete blood count is a blood panel that gives information about the cells in a patient's blood, such as the cell count for each cell type and the concentrations of Hemoglobin and platelets. The cells that circulate in the bloodstream are generally divided into three types: white blood cells (leukocytes), red blood cells (erythrocytes), and platelets (thrombocytes). Abnormally high or low counts may be physiological or may indicate disease conditions, and hence need to be interpreted clinically.</p> <p>The Mentzer index is used to differentiate iron deficiency anaemia beta thalassemia trait. If a CBC indicates microcytic anaemia, these are two of the most likely causes, making it necessary to distinguish between them.</p> <p>If the quotient of the mean corpuscular volume divided by the red blood cell count is then 13, thalassemia is more likely. If the result is greater than 13, then iron-deficiency anaemia is more likely.</p>			



DR. DAYANAND SONKAWADE
CONSULTANT PATHOLOGIST



SIN No:E1419635

Patient Name	: Ritu Sharma	Barcode	: E1419635	
Age/Gender	: 43Y OM OD /Female	Sample Collected On	: 19/Jul/2024 08:31AM	
Order Id	: 11246221202	Sample Received On	: 19/Jul/2024 11:17AM	
Referred By	: Self	Report Generated On	: 19/Jul/2024 12:16PM	
Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Ferritin



Ferritin

18.8

ng/ml

11-306.8

Method: CLIA

Machine: UniCel DxI 800

Ferritin estimation is useful in the diagnosis of iron deficiency anemia and iron overload.

Elevated ferritin levels also are observed in acute and chronic liver disease, chronic renal failure and in some types of neoplastic disease.

Increased levels seen in hemochromatosis, frequent blood transfusions with packed RBCs and alcoholic liver disease. Decreased levels seen in heavy menstrual bleeding, poor absorption of iron, iron deficiency anaemia and long term GI bleed.

Ferritin is an acute phase reactant and thus may be increased with inflammation, chronic infection, liver disease, auto-immune disorders and some type of cancers.

Ferritin is not used to detect or monitor these conditions.

Vitamin B12



VITAMIN B12

224

pg/ml

120 - 914

Method: CLIA

Machine: UniCel DxI 800

Vitamin B12 deficiency frequently causes macrocytic anemia, glossitis, peripheral neuropathy, weakness, hyperreflexia, ataxia, loss of proprioception, poor coordination, and affective behavioral changes. A significant increase in RBC MCV may be an important indicator of vitamin B12 deficiency.

Patients taking vitamin B12 supplementation may have misleading results. A normal serum concentration of B12 does not rule out tissue deficiency of vitamin B12.

The most sensitive test for B12 deficiency at the cellular level is the assay for MMA. If clinical symptoms suggest deficiency, measurement of MMA and homocysteine should be considered, even if serum B12 concentrations are normal.


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Patient Name	: Ritu Sharma	Barcode	: E1419635	
Age/Gender	: 43Y OM OD /Female	Sample Collected On	: 19/Jul/2024 08:31AM	
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Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Vitamin D, 25-Hydroxy

 VITAMIN D (25 - OH VITAMIN D)	27.53	ng/ml	30 - 100
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Method: CLIA

Machine: UniCel DxI 800

Biological Reference Ranges:

Deficiency	Below 20 ng/ml
Insufficiency	20 - 30 ng/ml
Sufficiency	30 - 100 ng/ml
Toxicity	Above 100 ng/ml.

The assay measures both D2 (Ergocalciferol) and D3 (Cholecalciferol) metabolites of vitamin D. Vitamin D status is best determined by measurement of 25 hydroxy vitamin D, as it is the major circulating form and has longer half life (2-3 weeks) than 1,25 Dihydroxy vitamin D (5-8 hrs).

The reference ranges discussed in the preceding are related to total 25-OHD; as long as the combined total is 30 ng/mL or more, the patient has sufficient vitamin D. Levels needed to prevent rickets and osteomalacia (15 ng/mL) are lower than those that dramatically suppress parathyroid hormone levels (20-30 ng/mL). In turn, those levels are lower than levels needed to optimize intestinal calcium absorption (34 ng/mL). Neuromuscular peak performance is associated with levels approximately 38 ng/mL.




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MBBS, MD Pathology



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DEPARTMENT OF IMMUNOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
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Thyroid Profile (Total T3,T4, TSH)

 Tri-Iodothyronine (T3, Total)	1.00	ng/ml	0.87 - 1.78
Method: CLIA			
Machine: UniCel DxI 800			
 Thyroxine (T4, Total)	9.98	ug/dl	5.48-14.28
Method: CLIA			
Machine: UniCel DxI 800			
 Thyroid Stimulating Hormone (TSH)-Ultrasensitive	1.6540	μIU/mL	0.38 - 5.33
Method: CLIA			
Machine: UniCel DxI 800			

Results rechecked : Healthians recommends that the following potential sources of variation should be considered while interpreting thyroid hormone results:

1. Thyroid hormones undergo rhythmic variation within the body this is called circadian variation in TSH secretion: Peak levels are seen between 2-4 am. Minimum levels seen between 6-10 am. This variation may be as much as 50% thus, influence of sampling time needs to be considered for clinical interpretation.
2. Circulating forms of T3 and T4 are mostly reversibly bound with Thyroxine binding globulins (TBG), and to a lesser extent with albumin and Thyroid binding Pre-Albumin. Thus the conditions in which TBG and protein levels alter such as chronic liver disorders, pregnancy, excess of estrogens, androgens, anabolic steroids and glucocorticoids may cause misleading total T3, total T4 and TSH interpretations.
3. Total T3 and T4 levels are seen to have physiological rise during pregnancy and in patients on steroid treatment
4. T4 may be normal the presence of hyperthyroidism under the following conditions : T3 thyrotoxicosis, Hypoproteinemia related reduced binding, during intake of certain drugs (eg Phenytoin, Salicylates etc)
5. Neonates and infants have higher levels of T4 due to increased concentration of TBG
6. TSH levels may be normal in central hypothyroidism, recent rapid correction of hypothyroidism or hyperthyroidism, pregnancy, phenytoin therapy etc.
7. TSH values of <0.03 uIU/mL must be clinically correlated to evaluate the presence of a rare TSH variant in certain individuals which is undetectable by conventional methods.
8. Presence of Autoimmune disorders may lead to spurious results of thyroid hormones
9. Various drugs can lead to interference in test results

Healthians recommends evaluation of unbound fractions, that is free T3 (fT3) and free T4 (fT4) for clinic-pathologic correlation, as these are the metabolically active forms.

Reference Range of TSH for pregnant females


Pregnancy interval	Bio Ref Range for TSH in uIU/ml (As per American Thyroid Association)
First trimester	0.1 - 2.5
Second trimester	0.2 - 3.0



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SIN No:E1419635

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Referred By	: Self	Report Generated On	: 19/Jul/2024 12:25PM	
Customer Since	: 19/Jul/2024	Sample Temperature	: Maintained ✓	
Sample Type	: Serum	Report Status	: Final Report	

DEPARTMENT OF IMMUNOLOGY

One Plus One Healthy India 2024 Full Body Checkup Signature

Test Name	Value	Unit	Bio. Ref Interval
Third trimester		0.3 – 3.0	

*** End Of Report ***



Dr. Ramesh Vishwanath
MBBS, MD Pathology



SIN No:E1419635

Terms & Conditions:

- 1) Machine Data is available for last 7 days only. In case of manual testing & outsourced testing, machine data will not be available.
- 2) CBC parameters may vary when it is manually reviewed by the Pathologists.
- 3) **For Thyroid tests** - Circulating TSH shows a normal circadian rhythm with a peak between 11pm-5am and a nadir between 5pm-8pm. TSH values are also lowered after food when compared to fasting in a statistically significant manner. This variation is of the order of $\pm 50\%$, hence time of day and fasting status have influence on the reported TSH level.
- 4) **For Lipid profile** - Lipid and Lipoprotein concentrations vary during the normal course of daily activity. Also, certain drugs, diet and alcohol can have lasting effects on Triglyceride levels. To obtain best results for Lipid testing, a strict fasting of 10-12 hours with a light meal on the previous night is recommended.
- 5) Test results released pertain to the specimen submitted.
- 6) Test results are dependent on the quality of the sample received by the Lab.
- 7) The tests are carried out in the lab with the presumption that the specimen belongs to the patient named or identified in the bill/test request form/booking ID.
- 8) The reported results are for information and are subject to confirmation and interpretation by the referring doctor to co-relate clinically.
- 9) Test results may show interlaboratory variations.
- 10) Liability of Healthians for deficiency of services or other errors and omissions shall be limited to the fee paid by the patient for the relevant laboratory services.
- 11) This report is not subject to use for any medico-legal purposes.
- 12) Few of the tests might be outsourced to partner labs as and when required.
- 13) This report is not intended to replace but to lead by providing comprehensive information. It is recommended that you consult your doctor/physician for interpretation of results.
- 14) All reports might not be applicable for individuals less than 18, pregnant women or individuals suffering from diseases for which health test has not been performed or symptoms not diagnosed.
- 15) This report is based on preventive health test screening and is meant for a healthy lifestyle. It does not provide any recommendation for life threatening situations.
- 16) It is strongly recommended to take required precautions for allergic reactions or sensitivities.
- 17) Authorised partner labs as mentioned for certain tests are as below:
 - HL/PL/001- Metropolis Healthcare Ltd
 - HL/PL/002- Thyrocare technologies Limited
 - HL/PL/003- Lifecell International Pvt. Ltd. - Laboratory Services
 - HL/PL/004- Modern Diagnostic & Research Centre

ADVISORY

Health Advisory

Ritu Sharma

Booking ID : 11246221202 | Sample Collection Date : 19/Jul/2024

MY BODY VITALS



Weight

No Data
(kg)



Height

5' 1" (ft/in)



Body Mass Index

No Data

NUTRITION Recommendations

Do's

- Have a balanced diet that includes whole grains, pulses, dairy, fruits, vegetables, nuts and healthy fats.
- Choose complex carbohydrates like whole grains, legumes, fruits
- Consume lean proteins such as poultry, fish, beans, legumes, and dairy products.
- Include calcium rich foods like milk, paneer, cheese, yoghurt, and green leafy vegetables.
- Opt for healthy fats found in nuts, seeds, olive oil and fatty fish.
- Include ample amount of fibre from whole grains, vegetables, legumes and nuts.
- Ensure adequate intake of essential vitamins and minerals through a variety of fruits and vegetables.
- Stay adequately hydrated by drinking plenty of water throughout the day (approx. 2-3 litres).
- Establish a routine of eating regular, balanced meals throughout the day.
- Be mindful of portion sizes to avoid overeating and maintain a healthy weight.

Dont's

- Limit your intake of processed foods which tend to be high in added sugars, salt, unhealthy fats while being low on nutrients.
- Minimise your intake of foods and beverages that are high in added sugars, such as sugary drinks, sweets, desserts, and processed snacks.
- Don't skip meals as skipping meals can cause a drop in the blood sugar levels, making you grumpy, tired and sleepy. And even lead to overeating later in the day.
- Don't rely completely on supplements and focus on a well-rounded diet along with supplements.
- Although counting calories helps in ideal weight management, don't obsess over it. Too much of calorie counting can prevent you from eating balanced meals.
- Minimise your intake of food containing high amounts of saturated fat like cakes, biscuits, processed meat, cheese, butter, ghee, coconut oil, palm oil and red meat.

Lifestyle Recommendations

Do's

- Eat a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, to provide your body with essential vitamins, minerals, and energy.
- Drink an adequate amount of water throughout the day to support bodily functions, maintain hydration, and promote overall health.
- Incorporate regular exercise or physical activity into your routine to improve cardiovascular health, build strength, manage weight, and enhance overall well-being.
- Aim for 7-9 hours of quality sleep each night to support optimal physical and mental health.
- Practice stress management techniques such as meditation, deep breathing exercises, yoga, or engaging in hobbies to reduce stress levels and promote emotional well-being.
- Follow proper hygiene practices, including regular hand washing, proper oral hygiene, and sanitation measures, to prevent the spread of infections and maintain overall health.
- Aim for being in the sun for a few minutes every day because that triggers production of Vitamin D in the body helping maintain calcium and preventing brittle, and weak bones.
- Go for routine check-ups, screenings, and preventive care to detect and address any health concerns early on.

Dont's

- Limit consumption of processed foods, sugary snacks, sugary drinks, and foods high in unhealthy fats, sodium, and additives.
- Avoid excessive sitting or inactivity. Make sure to incorporate movement and physical activity into your daily routine.
- Avoid neglecting your own needs and well-being. Prioritize self-care activities that rejuvenate and nurture your physical, mental, and emotional health.
- Avoid smoking, excessive alcohol consumption, and recreational drug use, as they can have detrimental effects on your health and well-being.
- Don't neglect relaxation and downtime. Give yourself regular breaks and time for relaxation to recharge and reduce the negative effects of stress.
- Don't neglect personal safety. Always ensure wearing seatbelts while driving, and helmets while riding. Follow safety guidelines, and taking necessary precautions to prevent accidents or injuries in anything that you do.

ADVISORY

Health Advisory

Ritu Sharma

Booking ID : 11246221202 | Sample Collection Date : 19/Jul/2024

PSYCHOLOGICAL HEALTH Recommendations

Do's

- Make self-care a priority by engaging in activities that promote relaxation like exercise, meditation, reading, spending time in nature, pursuing hobbies, or practicing mindfulness.
- Maintain a healthy work-life balance by setting boundaries, prioritising on me-time, indulging in activities that bring you joy and fulfillment outside of work.
- Establish healthy boundaries by learning to say no when necessary and set healthy boundaries to protect your time, energy, and overall well-being.
- Develop effective time management skills to prioritise tasks, set realistic goals, and avoid unnecessary stress due to procrastination or feeling overwhelmed.
- Cultivate meaningful connections with friends, family, and a supportive community.
- Engage in regular exercise or physical activity to help release endorphins, reducing stress, and promoting overall well-being.
- Adopt healthy coping mechanisms to manage stress, such as deep breathing exercises, journaling, practicing gratitude, or engaging in creative outlets.

Don't's

- Don't neglect your own needs and well-being. Taking care of yourself physically, mentally, and emotionally is crucial for managing stress effectively.
- Don't strive for perfection in every aspect of your life. Focus on progress rather than perfection. Accept that mistakes and setbacks are a part of life.
- Don't compare yourself to others as it can lead to unnecessary stress and feelings of inadequacy. Remember that everyone's journey is unique, and focus on your own growth and accomplishments.
- Don't neglect relaxation and make sure to allocate time for relaxation and activities that bring you joy and help you unwind.
- Avoid turning to unhealthy coping mechanisms, such as excessive alcohol consumption, substance abuse, or unhealthy eating habits, as they can lead to more stress and negatively impact your well-being.
- Don't bottle up your emotions and feelings, instead find healthy outlets for emotional release, such as talking to a trusted friend, journaling, or seeking professional help if needed.

FUTURE TESTS Recommendations

Do's

- Vitamin B12 Cyanocobalamin - Every 1 Month
- Vitamin D Total-25 Hydroxy - Every 1 Month
- RA Test Rheumatoid Arthritis Factor, Quantitative - Every 1 Month
- Complete Hemogram - Every 1 Month



**Believe it or not,
this health insurance pays
100%* of your hospital bill
every single time.**



Coverage
from day 1



No medical
tests required



Get reimbursement for
this health check-up*

Check prices



Scan
to check
prices

Supplement Suggestions

Ritu Sharma

Booking ID : 11246221202 | Sample Collection Date : 19/Jul/2024

Your test report has indicated that you have certain deficiencies in your body which may hamper your health & wellbeing in the longer run.

In order to fulfill the gaps in nutrition and promote a healthier body we suggest you the following supplements mentioned below:

Deficiency/Out of Range Parameter(s)	Suggested Supplement
Iron, Serum	IRON POWER
CRP (C Reactive Protein) Quantitative, Serum	IMMUNO-PLUS

To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



IRON POWER

Your all natural weapon against Anaemia

IRON-POWER is a scientifically formulated and clinically proven all-natural supplement that helps you replenish iron in your system and significantly reduce the risk of anemia. This ayurvedic supplement increases blood production and iron levels to keep your body functioning optimally. Keep overall health robust and treat iron deficiency with IRON-POWER

It's widely known that iron is crucial for your health. A lack of iron intake or iron deficiency can cause serious health issues, such as:

- Heart problems
- Growth issues in children
- Pregnancy complications
- Depression
- Increased infection risk

Infused with the ages-proven goodness of all-natural ingredients, IRON-POWER is the perfect supplement to enhance and maintain your iron levels without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IRON-POWER present the following benefits:

Orange Peel Extract

Rich in vitamin C. Helps maintain iron levels



IMMUNO-PLUS

Give your immunity a boost the all-natural way.

IMMUNO-PLUS is the perfect all-natural herbal supplement to boost your immune system and strengthens your body's defenses against diseases and infections. IMMUNO-PLUS provides your immune system the necessary reinforcement to keep you safe and healthy.

A weakened immune system opens you to a host of illnesses, such as:

- Recurring Infections
- Heightened Risk of Cancer
- Autoimmune Disorders
- Slow Growth Rate
- Serious Damage to the Heart, Lungs, Digestive Tract & the Nervous System

Infused with the ages-proven goodness of all-natural ingredients, IMMUNO-PLUS is the perfect supplement to strengthen your immune system without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in IMMUNO-PLUS present the following benefits:

Amla

Boosts immunity & Stores antioxidants

Jetwatika

Antioxidant properties strengthen the immune system

Aloe Vera

Fights against oxygenated rogue molecules in the blood

Ashwagandha

Reinforces the immune system to increase its fighting ability

Ginger

Anti-inflammatory & antioxidant effects reinforce the immune system

Supplement Suggestions

Ritu Sharma

Booking ID : 11246221202 | Sample Collection Date : 19/Jul/2024

Deficiency/Out of Range Parameter(s)	Suggested Supplement
Vitamin D Total-25 Hydroxy	VITAMIN D3

To order, call 1800-572-000-4

Suggestions for Improving Deficiencies



VITAMIN D3

Improve bone health with enhanced calcium absorption, the natural way

Make your muscles and bones stronger with VITAMIN D3. Sourced from natural substances, it helps in regulating the absorption of calcium and phosphorus, which help keep your bones strong and enhancing the normal immune system functioning. Vitamin D3 is an essential nutrient that's critical for normal growth and development of bones and teeth, as well as improved resistance against certain diseases.

Remember, a lack of vitamin D3 can cause dangerous health situations.

- Rickets (in children) | • Brittle Bones | • Osteoporosis | • Weakened Bones (in adults)

Strengthens Bones & Muscles

Protects Against Pneumonia & Acute Respiratory Infections

Helps in Reducing Depression

Boosts Heart Health

Aids in Kidney Disease Treatment



NUTRI-BOOST

Make-up for your missing nutrition the all-natural way!

NUTRI-BOOST is a scientifically formulated and clinically proven all-natural supplement that provides you with essential nutrients that might be missing from your daily diet. With NUTRI-BOOST, give your body the richness of all-natural nutrients and get all the energy you need to keep active throughout the day.

A lack of essential nutrients can lead to serious deficiencies which lead to serious health consequences. Some of the common deficiencies include:

- Iron Deficiency | • Iodine Deficiency | • Vitamin D Deficiency | • Calcium Deficiency | • Vitamin B12 deficiency

Infused with the ages-proven goodness of all-natural ingredients, NUTRI-BOOST is the perfect supplement to fill in the gap of vital nutrients for your body, without having to worry about side effects. Sourced from nature's own pharmacy of herbs, the ingredients in NUTRI-BOOST present the following benefits:

Indian Khajoor

Promotes brain and heart health

Shatavari

Anti-oxidant properties boost the immune system.

Amla

Aids in digestion, and promotes heart & liver health

Wheat

Aids in weight control reduces the risk of heart ailments and provides energy

Jetwatika

Prevents cell damage to keep optimum body functionality



Healthians Scans

Your one-stop destination for affordable & reliable imaging services



Honest pricing



Highly experienced
130+ radiology
specialists



100% covid safe



State-of-the-art
radiology labs
across India



CASH
BACK



100%
Cash Back

When you book via app

Know More

About Healthians Labs

How we control Report Accuracy at Healthians



Quality Control

We follow Quality control to ensure both **precision & accuracy** of patient results.



Machine Data

We save patient's result values **directly from machines** ensuring no manipulations & no fake values.



QR Code

QR Code based authenticity check on all its reports



Calibration

We make use of calibrators to evaluate the **precision & accuracy** of measurement equipment.



Equipment

Our Labs are equipped with state-of-the-art instruments with **cutting edge technology** to provide faster & reliable results.



EQA

Our Labs participate in EQA & show proven accuracy by checking **laboratory performance** through external agency or facility.

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