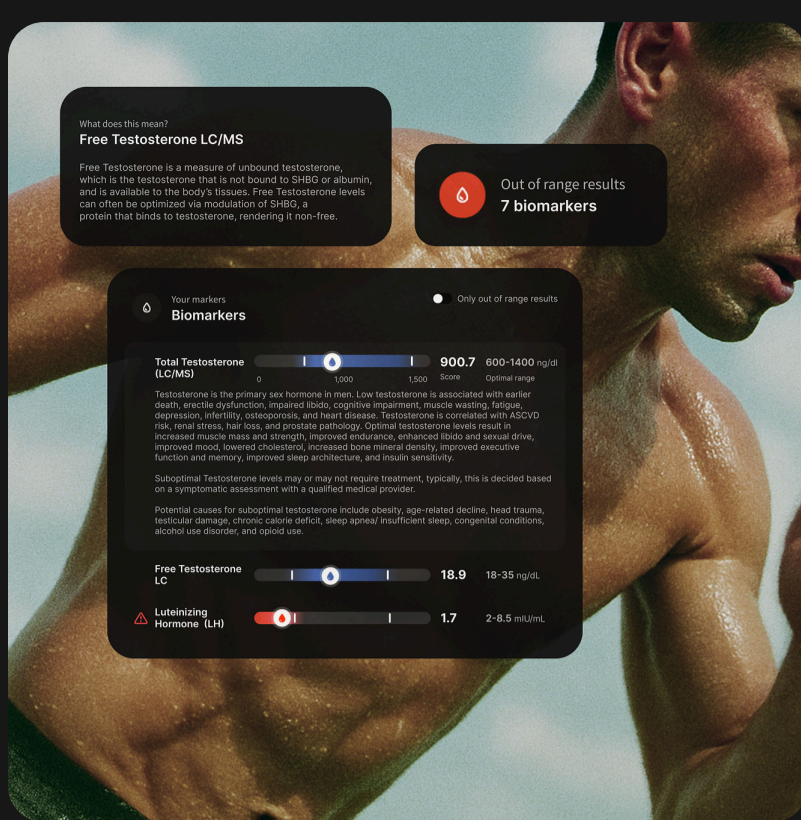


# The Dad Bod Hormone Panel

Precise biomarkers reveal what's really happening with your **hormones, metabolism, lipids, and organ health**, so you can identify imbalances and reclaim the energy, strength, and resilience to show up for yourself and your family.



## What You'll Get

27 TESTS

80+ BIOMARKERS

- ✓ A 45-minute lab review call with a Marek Health coach
- ✓ An in-depth lab report with optimal ranges validated by our clinical research team and medical providers
- ✓ Lifestyle and treatment recommendations
- ✓ Tailored for optimizing mental, physical, and sexual health
- ✓ Discounted and expedited onboarding if you choose to connect with one of our medical providers

# The Dad Bod Men's Macro Coaching Hormone Panel

### HORMONE PROFILE

<b>Sex Hormones</b> Total Testosterone (LC/MS) Free Testosterone (Calc) Estradiol, Sensitive (LC/MS) Sex Hormone Binding Globulin (SHBG)	<b>Stress Hormones</b> Prolactin Cortisol	<b>Gonadotropins</b> Luteinizing Hormone (LH) Follicle-Stimulating Hormone (FSH)
	<b>Neurosteroids</b> DHEA-S	<b>Growth Hormone / IGF-1</b> Insulin-Like Growth Factor I (IGF-1)

### THYROID STATUS

**Thyroid Hormones**

- Thyroid Stimulating Hormone (TSH)
- Free T4
- Free T3

### HEART HEALTH

<b>Inflammation</b> C-Reactive Protein, High Sensitivity (hsCRP)	<b>Advanced Risk Analysis</b> Apolipoprotein-B (ApoB)	<b>Lipid Profile</b> Total Cholesterol HDL Cholesterol LDL Cholesterol LDL:HDL Ratio VLDL Cholesterol Triglycerides
	<b>Genetic Cardiovascular Risk</b> Lipoprotein(a) (Lp(a))	

### METABOLISM

**Insulin Sensitivity**

- Blood Glucose
- Fasting Insulin
- HbA1c

### ORGAN FUNCTION

<b>Liver Function</b> AST ALT BUN Bilirubin, Total γ-Glutamyl Transferase (GGT)	<b>Comprehensive Metabolic Panel (CMP)</b> Glucose Blood Urea Nitrogen (BUN) Creatinine eGFR BUN/Creatinine Ratio Sodium Potassium Chloride Carbon Dioxide, Total Calcium Protein, Total Albumin Globulin, Total Albumin/Globulin (A/G) Ratio Alkaline Phosphatase (ALP) AST ALT	<b>Prostate Health (male only)</b> Prostate-Specific Antigen (PSA), Total
<b>Kidney Function</b> Creatinine w/ eGFR		

### NUTRIENT STATUS

<b>Vitamins &amp; Minerals</b> Magnesium (female only) Vitamin D, 25-OHD (25-Hydroxy)	<b>Complete Blood Count (CBC)</b> White Blood Count (WBC) Red Blood Count (RBC) Hemoglobin (Hgb) Hematocrit (HCT) MCV MCH MCHC Red Cell Distribution Width (RDW) Platelets Neutrophils Neutrophils (Absolute) Lymphocytes Lymphocytes (Absolute) Neutrophil/Lymphocyte Ratio Monocytes Monocytes (Absolute) Eosinophils Eosinophils (Absolute) Basophils Basophils (Absolute) Immature Granulocytes Immature Granulocytes (Absolute) NRBC w/ Reflex for Immature Cells
<b>Iron Panel</b> Iron Transferrin Saturation Iron Saturation TIBC UIBC Ferritin	

## How It Works

- Order Your Labs**  
 Visit [MarekHealth.com/coach](https://MarekHealth.com/coach) and enter the code provided to you.  
 Complete the Health History Questionnaire. Your lab requisition form will arrive by email within 24 business hours — be sure to check your spam folder.  
 Schedule a blood draw at your nearest diagnostic center. Within 7–14 days, Marek Health will email your results along with a link to schedule your review.  
 Have questions before your review? Contact our support team at [coaching@marekhealth.com](mailto:coaching@marekhealth.com).
- Your Review and Recommendations**  
 Meet with your health coach via video call to review the lab report written by our Director of Patient Care. You'll take a deep dive into your results, discuss symptoms and goals — physical, mental, and sexual — and receive optimization recommendations with actionable next steps.
- Medical Provider Consult** Optional  
 A licensed Marek Health medical provider will meet with you via video conference to discuss your results in detail, answer questions in real time, and build a customized treatment plan. Approved treatments ship directly to your door.
- Outside-the-Box Solutions**  
 Participate in monthly check-ins with your Marek Health success team to share progress, ask questions, and address any roadblocks along the way.

Please direct all inquiries regarding your care through Marek Health to your designated health coach, including questions about bloodwork, supplementation, protocols, medications, treatments, and shipping. Due to HIPAA guidelines, we cannot act as an intermediary between you and your medical team at Marek Health.

- L-Carnitine**  
 We recommend the use of injectable L-Carnitine to up-regulate your androgen receptor density in which your testosterone and other androgens bind and exert effect. Your medical provider will advise you on the optimal dose and frequency of injectable L-Carnitine at your upcoming patient exam.
- Micronutrients**  
 With optimal micronutrient status, you can overcome these genetic mutations' effects on the....
- Creatine**  
 Creatine supplementation does more than just pump up your muscles. It can lower the demand for...

## Client Testimonial ★★★★★

"Marek has been helping guide my health and vitality for a year, and I'm consistently impressed with every facet of their service. **The** **energy** **and** **vitality** **has** **been** **profound**, positively impacting my personal well-being, family, business, and every challenge along the way."

— John I. | Verified Client