

DIAGNOSTICS

What a Proper Men-s Health Blood Panel Actually Measures

Anyone can order blood tests. Reading them correctly is a skill, and it is the difference between a printout and an answer.

Swipe

THE WORRY

**·Everything looks normal· --
but you still feel tired and
flat**

You want real answers from your bloodwork, not a rushed reassurance while you still feel far from your best. That instinct is right.

THE CORRECTION

A normal number can be technically true and still miss what you're feeling

Reference ranges are built wide, to catch disease, not to explain why you feel off. You can sit at the bottom of ·normal· and still not feel yourself.

THE MECHANISM

Free testosterone is the fraction your body can actually use

Most testosterone travels bound to a protein and is inactive. A ·normal· total result can still sit on top of a low free, active level.

THE FULL PICTURE

**Hormones. Metabolic health.
Organ function.
Inflammation. Nutrients.
Prostate.**

A thorough men's health panel is chosen to cover all of it, not just a testosterone number.

NOT REFLEXIVE

PSA is weighed for you, not ordered for every man automatically

Prostate testing is an individual decision that weighs the benefits and limitations, case by case.

THE BOTTOM LINE

You're not paying for the blood draw. You're paying for the reading.

The test is the commodity. Any lab can produce a page of numbers. The interpretation is the skill.

WHO READS IT



Interpreted by a doctor double board-certified in Internal Medicine and Endocrinology

Reading your markers together and against optimal ranges, not the broad band alone. That interpretation, not the test itself, is where the value lies.