liftCLINIC

WHAT WE MEASURE

Your guide to the liftCLINIC laboratory panel

100+ reported laboratory parameters

Across blood and urine testing, organised here in plain English so you can understand what each result contributes to the bigger clinical picture.

A broad panel - interpreted as one connected system

The value of the panel is not in any one isolated number. Your physician reviews patterns across glucose control, cardiovascular risk, hormones, kidney and liver function, nutritional status, blood cells, inflammation and urine findings - together with your history, medications, body composition and clinical assessment.

• Glucose & insulin	• Lipids & cardiovascular risk
• Kidney & electrolytes	• Liver & proteins
• Blood count & inflammation	• Iron & nutritional status
• Thyroid & hormones	• Autoimmune markers
• Selected infectious-disease markers	• Selected tumour markers
• Urine kidney markers	• Full urinalysis

A note before you read on

Some values are calculated from measured results rather than separately assayed. Panel composition and follow-up testing may also be adjusted when clinically appropriate. A result inside or outside a laboratory reference range never replaces clinical interpretation.

METABOLIC & CARDIOVASCULAR HEALTH

GLUCOSE & INSULIN

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Fasting glucose	A snapshot of your blood glucose after fasting, used to assess current glucose regulation.
HbA1c	Estimates your average blood glucose over roughly the previous 2-3 months.
Fasting insulin	Shows how much insulin your pancreas is producing at baseline and helps assess insulin-resistance patterns.

LIPIDS & CARDIOVASCULAR RISK

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Total cholesterol	Measures the overall amount of cholesterol carried in your blood.
Triglycerides	Measures circulating fats that can reflect diet, alcohol intake, liver metabolism and insulin resistance.
HDL cholesterol (HDL-C)	Measures cholesterol carried in HDL particles and adds context to overall cardiovascular risk.
LDL cholesterol (LDL-C, calculated)	Estimates cholesterol carried in LDL particles, an important component of atherosclerotic cardiovascular risk.
Cholesterol / HDL ratio	Compares total cholesterol with HDL-C to provide an additional overview of the lipid profile.
Non-HDL cholesterol (calculated)	Captures cholesterol carried in all non-HDL particles that can contribute to atherosclerosis.
Apolipoprotein B (ApoB)	Estimates the number of atherogenic lipoprotein particles and helps refine cardiovascular-risk assessment.
Lipoprotein(a) [Lp(a)]	A largely inherited lipoprotein marker that can increase lifetime cardiovascular risk independently of standard cholesterol levels.

INFLAMMATION

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
High-sensitivity C-reactive protein (hsCRP)	A sensitive marker of systemic inflammation that can also add context to cardiovascular risk when measured while you are well.
Erythrocyte sedimentation rate (ESR)	A broad, non-specific marker that can rise with inflammation and is interpreted alongside symptoms and other results.

KIDNEY, LIVER & CORE CHEMISTRY

KIDNEY FUNCTION & ELECTROLYTES

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Sodium	Helps assess fluid balance and the regulation of nerve, muscle and kidney function.
Potassium	An important electrolyte for heart rhythm, muscle contraction and kidney function.
Chloride	Helps assess fluid and acid-base balance alongside sodium and bicarbonate.
Bicarbonate	Reflects the body's acid-base balance and can provide clues about metabolic, respiratory and kidney processes.
Urea	A waste product of protein metabolism used with other results to assess kidney function and hydration.
Creatinine	A muscle-derived waste product used to assess kidney filtration.
Estimated glomerular filtration rate (eGFR, calculated)	Estimates how effectively the kidneys are filtering blood, using creatinine and other patient factors.
Urine microalbumin	Looks for small amounts of albumin in urine that can be an early sign of kidney or vascular injury.
Urine creatinine	Measures urine concentration and is used to interpret urine albumin more accurately.
Urine albumin / creatinine ratio (ACR, calculated)	Adjusts urine albumin for urine concentration and is a key marker of kidney damage.

LIVER & BLOOD PROTEINS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Total bilirubin	Measures a red-cell breakdown product processed by the liver and bile system.
Total protein	Measures albumin plus globulins, providing broad context on nutrition, liver function and immune proteins.
Albumin	The main blood protein made by the liver; it helps assess liver synthetic function, protein status and fluid balance.
Globulin (calculated)	Represents a group of immune and transport proteins and helps interpret liver and inflammatory patterns.
Albumin / globulin ratio (calculated)	Compares albumin with globulins to add context to liver, immune and protein-status findings.
Alkaline phosphatase (ALP)	An enzyme found mainly in bile ducts and bone, useful when assessing liver, biliary and bone processes.
Aspartate aminotransferase (AST)	An enzyme found in liver and muscle that can rise with liver-cell or muscle injury.
Alanine aminotransferase (ALT)	A liver-enriched enzyme used to look for liver-cell stress or injury.
Gamma-glutamyl transferase (GGT)	An enzyme that adds context to liver and bile-duct health and can be influenced by alcohol and some medications.

MINERALS, URIC ACID & MUSCLE

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Calcium	Important for bone, muscle, nerve and heart function and regulated by the kidneys, vitamin D and parathyroid system.
Phosphate	A mineral involved in bone health, energy production and kidney regulation.
Magnesium	Supports muscle, nerve, heart and energy metabolism and is interpreted in the context of kidney function and intake.
Uric acid	A purine-breakdown product relevant to gout, kidney handling and broader metabolic-health patterns.
Creatine kinase (CK)	A muscle enzyme that can rise after strenuous exercise, muscle injury or with certain medications.
Homocysteine	An amino-acid marker influenced by folate, vitamin B12, kidney function and genetics, and considered in cardiovascular context.

BLOOD COUNT

FULL BLOOD COUNT

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
White blood cell count (WBC)	Measures the total number of white blood cells involved in immune defence and inflammatory responses.
Red blood cell count (RBC)	Measures the number of red blood cells that carry oxygen around the body.
Haemoglobin (HGB)	Measures the oxygen-carrying protein in red blood cells and is central to assessing anaemia or raised red-cell mass.
Platelet count	Measures cells involved in blood clotting and tissue repair.
Haematocrit	Shows the proportion of blood volume made up of red blood cells.
Mean cell volume (MCV)	Shows the average size of red blood cells and helps classify different anaemia patterns.
Mean cell haemoglobin (MCH)	Shows the average amount of haemoglobin contained in each red blood cell.
Mean cell haemoglobin concentration (MCHC)	Shows the average concentration of haemoglobin within red blood cells.
Red cell distribution width (RDW)	Shows how much red blood-cell size varies and can help identify evolving iron, B12, folate or other anaemia patterns.
Mean platelet volume (MPV)	Shows the average platelet size and provides context about platelet production and turnover.
Neutrophils (%)	Shows the proportion of white blood cells that are neutrophils, the body's main rapid-response cells against many infections.
Absolute neutrophil count	Measures the actual number of neutrophils and helps assess immune defence and bone-marrow output.
Lymphocytes (%)	Shows the proportion of white blood cells involved in adaptive and antiviral immune responses.
Absolute lymphocyte count	Measures the actual number of lymphocytes for a clearer assessment than percentage alone.
Monocytes (%)	Shows the proportion of white blood cells involved in longer-term immune responses and tissue clean-up.
Absolute monocyte count	Measures the actual number of monocytes in the blood.
Eosinophils (%)	Shows the proportion of white blood cells commonly associated with allergy, asthma, parasites and some drug reactions.
Absolute eosinophil count	Measures the actual number of eosinophils and helps confirm whether an eosinophil rise is clinically meaningful.
Basophils (%)	Shows the proportion of white blood cells involved in allergic and inflammatory signalling.
Absolute basophil count	Measures the actual number of basophils in the blood.

NUTRITION, THYROID & HORMONES

IRON & NUTRITIONAL STATUS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Serum iron	Measures iron circulating in the blood at the time of testing.
Transferrin	Measures the main protein that transports iron through the bloodstream.
Total iron-binding capacity (TIBC)	Reflects the blood's capacity to bind and transport iron and helps interpret iron status.
Transferrin saturation	Shows the percentage of transferrin carrying iron and helps distinguish low iron availability from iron overload patterns.
Ferritin	Reflects stored iron, although it can also rise during inflammation or illness.
Vitamin B12	Assesses a vitamin needed for healthy red blood cells, DNA production and nervous-system function.
Folic acid (folate)	Assesses a B vitamin needed for red-cell production, DNA synthesis and normal homocysteine metabolism.
25-OH vitamin D	Assesses vitamin D status, which is important for bone, mineral and muscle health.

THYROID FUNCTION

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Total T3 (triiodothyronine)	Measures circulating T3, an active thyroid hormone that helps regulate metabolism and energy use.
Free T4 (thyroxine)	Measures the unbound form of T4 available to tissues and helps assess thyroid hormone production.
Thyroid-stimulating hormone (TSH)	Measures the pituitary signal that controls thyroid hormone production and is a key thyroid-function marker.

REPRODUCTIVE & ADRENAL HORMONES

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Follicle-stimulating hormone (FSH)	A pituitary hormone that helps assess ovarian or testicular function, with interpretation depending on sex, age and reproductive stage.
Luteinising hormone (LH)	A pituitary hormone involved in ovulation and testosterone production, interpreted with other reproductive hormones.
Estradiol (E2)	A major oestrogen used to assess reproductive, menopausal, bone and hormone-treatment context.
Total testosterone	Measures total circulating testosterone and provides a broad assessment of androgen status.
Free testosterone (calculated)	Estimates the small fraction of testosterone not bound to proteins and therefore most readily available to tissues.
Bioavailable testosterone (calculated)	Estimates testosterone that is free or loosely albumin-bound and readily available to tissues.
Prolactin	A pituitary hormone that can affect menstrual function, fertility, libido and testosterone when abnormal.

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Progesterone	A reproductive hormone used to interpret menstrual-cycle, ovulatory and hormone-treatment context.
DHEAS	An adrenal androgen precursor that provides information about adrenal androgen production.
Morning cortisol	Measures an adrenal stress hormone at a standardised time to provide context on adrenal function and physiological stress.
Sex hormone-binding globulin (SHBG)	Measures the main binding protein for testosterone and oestradiol and helps determine how much hormone is biologically available.

IMMUNITY, INFECTION & SELECTED SCREENING

Important: autoimmune, infectious and tumour markers are context-dependent. They do not diagnose or exclude a condition on their own and may require confirmatory testing, imaging or follow-up.

AUTOIMMUNE MARKERS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Antinuclear antibody (ANA) titre	Screens for antinuclear antibodies that can support an autoimmune work-up, but a positive result does not diagnose autoimmune disease by itself.
ANA pattern	Describes the laboratory staining pattern of ANA and can help guide interpretation when the ANA test is positive.
Rheumatoid factor (RF)	Measures an antibody associated with rheumatoid arthritis and other conditions, but it is not diagnostic on its own.

SELECTED INFECTIOUS-DISEASE MARKERS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Hepatitis A IgG antibody (Anti-HAV IgG)	Shows immunity from previous hepatitis A infection or vaccination.
Hepatitis B surface antigen (HBsAg)	Screens for current hepatitis B infection.
Hepatitis B surface antibody (Anti-HBs)	Shows immunity to hepatitis B following vaccination or previous infection.
Hepatitis C antibody (Anti-HCV)	Screens for previous exposure to hepatitis C; a reactive antibody test requires further testing to determine whether infection is active.
HIV antigen-antibody screen	A screening test that looks for HIV antigen and antibodies; a reactive screen requires confirmatory testing.
Syphilis treponemal antibody (TP Ab)	Screens for antibodies to the bacterium that causes syphilis and requires clinical interpretation if reactive.
Helicobacter pylori (H. pylori) IgG	Looks for antibodies showing exposure to H. pylori; antibodies can persist after past infection, so this does not always prove active infection.

SELECTED TUMOUR MARKERS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Alpha-fetoprotein (AFP)	A protein that may rise in some liver and germ-cell conditions; it is not a stand-alone cancer screening or diagnostic test.
Carcinoembryonic antigen (CEA)	A non-specific marker that can rise in some cancers and benign conditions and must be interpreted in clinical context.
Cancer antigen 19-9 (CA 19-9)	A marker that can rise in pancreatic, biliary and other gastrointestinal conditions, including benign disease; it is not diagnostic alone.
Cancer antigen 125 (CA 125) - female panel	A marker that can rise in ovarian and several benign conditions; it is not a stand-alone ovarian-cancer screening test.
Prostate-specific antigen (PSA) - male panel	A prostate protein used to assess prostate health; levels can rise for both benign and malignant reasons.

URINE ASSESSMENT

URINALYSIS

BIOMARKER / PARAMETER	WHAT IT HELPS US UNDERSTAND
Urine clarity	Records whether urine is clear or cloudy, which can reflect cells, crystals, mucus or bacteria.
Urine colour	Provides basic context on urine concentration, hydration and some urinary or systemic abnormalities.
Urine glucose	Checks whether glucose is spilling into urine, which can occur with high blood glucose or with certain medications.
Urine bilirubin	Looks for conjugated bilirubin in urine, which can provide clues about liver or bile-duct problems.
Urine ketones	Checks for ketones produced when the body is using more fat for fuel, such as during fasting, low carbohydrate intake or uncontrolled diabetes.
Urine specific gravity	Shows how concentrated the urine is and provides context on hydration and kidney concentrating ability.
Urine blood	Screens for haemoglobin, red cells or myoglobin and is interpreted together with urine microscopy.
Urine pH	Measures urine acidity, which can vary with diet, infection, medications and some stone-forming conditions.
Urine protein	Screens for excess protein in urine, which can be a sign of kidney or urinary-tract abnormalities.
Urine urobilinogen	Reflects bilirubin breakdown and can add context to liver, bile-flow and red-cell breakdown findings.
Urine nitrite	Can indicate nitrate-converting bacteria and is one clue used when assessing urinary-tract infection.
Urine leukocyte esterase	Detects an enzyme from white blood cells and can indicate urinary inflammation or infection.
Urine red blood cells (RBC)	Counts red blood cells under microscopy to confirm and quantify microscopic haematuria.
Urine white blood cells (WBC)	Counts white blood cells under microscopy and helps assess urinary inflammation or infection.
Urine epithelial cells	Records lining cells in the sample; higher amounts can suggest contamination or urinary-tract shedding.
Urine bacteria	Records bacteria seen on microscopy and is interpreted with symptoms, collection quality and culture where appropriate.
Urine casts	Looks for structures formed in kidney tubules; certain cast types can provide important clues about kidney disease.
Urine crystals	Looks for mineral crystals that may relate to urine concentration, diet, medication or stone risk.

How liftCLINIC uses the results

Your laboratory results are reviewed alongside your medical history, medications and supplements, body composition, clinical measurements and functional testing. Where useful, your physician may also derive additional clinical signals - for example HOMA-IR or triglyceride-to-HDL relationships - from the measured results. These are interpretations, not additional laboratory assays.

Panel scope current August 2026. Individual investigations may be modified, repeated or supplemented according to clinical need.