



# NOURISHED GENERATIONS

ALL-IN-ONE 6 WEEK GROUP PROGRAM TO GO FROM  
SUBOPTIMAL TO SUPERHUMAN EGGS AND SPERM

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## Nourished Generations Blood Panel Markers

- C-Reactive Protein (CRP)
- CBC (includes Differential and Platelets) Hematocrit; hemoglobin; mean corpuscular volume (MCV); mean corpuscular hemoglobin (MCH); mean corpuscular hemoglobin concentration (MCHC); red cell distribution width (RDW); percentage and absolute differential counts; platelet count (RBC); red cell count; white blood cell count (WBC)
- Comprehensive Metabolic Panel (includes Alanine aminotransferase (ALT/SGPT); albumin:globulin (A:G) ratio; albumin, serum; alkaline phosphatase, serum; aspartate aminotransferase (AST/SGOT); bilirubin, total; BUN; BUN:creatinine ratio; calcium, serum; carbon dioxide, total; chloride, serum; creatinine, serum; eGFR calculation; globulin, total; glucose, serum; potassium, serum; protein, total, serum; sodium, serum)
- Ferritin
- Gamma Glutamyl Transferase (GGT)
- Hemoglobin A1c
- Homocysteine
- hs-CRP
- Insulin
- Iron,Total and Total Iron Binding Capacity
- Lactate Dehydrogenase (LDH)
- Lipid Panel (Total Cholesterol, LDL, HDL, Triglycerides)
- Magnesium (RBC)
- Phosphate
- T3, Free (FT3)
- T4, Free (FT4)
- THYROID PANEL & TSH; Includes TSH ; PROFILE - T4\* ; Total T3
- Thyroid Peroxidase and Thyroglobulin Antibodies
- Uric Acid
- Vitamin D, 25-Hydroxy, Total, Immunoassay
- Vitamin A (Retinol)
- Copper (serum)
- Ceruloplasmin (serum)