

Longevity Blood Panel Checklist

Bring this to your appointment. Tick the tests you'd like to request, and note results as they come back. Educational only — your clinician decides which tests fit you, and what the right targets are. No reference ranges are printed here on purpose: those are a clinical judgement, not a number off a page.

HEART

Cardiovascular risk

- ☐ ApoB
- ☐ Lp(a) — usually a one-time test
- ☐ Lipid panel (LDL, HDL, triglycerides)

INFLAMMATION

Inflammation

- ☐ High-sensitivity CRP (hs-CRP)

ORGANS

Kidney & liver function

- ☐ Comprehensive metabolic panel
- ☐ eGFR / creatinine
- ☐ Liver enzymes (ALT, AST)

BASELINE

Complete blood count

- ☐ Complete blood count (CBC)

METABOLISM

Blood sugar & insulin

- ☐ Fasting glucose
- ☐ HbA1c
- ☐ Fasting insulin

HORMONES

Thyroid & sex hormones

- ☐ Thyroid panel (TSH, free T4 if indicated)
- ☐ Sex hormones — ask if right for you

NUTRIENTS

Iron, vitamin D & B12

- ☐ Ferritin (iron stores)
- ☐ Vitamin D
- ☐ Vitamin B12

A prompt sheet, not a prescription. This checklist can't tell you which tests you specifically need or what your results mean — share it with a licensed clinician who knows your history.

amortal.health/guides/longevity-blood-panel-checklist