

Lab Report.pdf
PDF

I am taking following suppliments everyday:





- 1) HK Vital multivitamin - 1 tablet
- 2) HK Vital Omega 3 - 1 tablet
- 3) HK Vital magnesium glycinate - 1 tablet
- 4) 3g to 4g of Creatine
- 5) Whey protien isolate 1 scoop

Based on this verify the uploaded report

I went through your full report and mapped it against your current supplement stack. Here's a **clear, no-BS breakdown** of what's working, what's not, and what needs fixing.

Overall Verdict

You're generally in **good health**, but there are **4 important issues**:

1.  **Severe Vitamin D deficiency**
2.  **High uric acid**
3.  **Borderline high cholesterol (LDL)**
4.  **High homocysteine (cardiovascular risk marker)**

Your current supplements are **partially helping**, but they are **not covering these gaps properly**.

Deep Analysis (Linked to Your Supplements)

✓ 1. Blood, Sugar, Thyroid – All Good

- Hb: 14.1 → solid
- HbA1c: 5.53 → non-diabetic
- Thyroid (TSH 1.05) → perfect

👉 Your **whey** + **general nutrition** is working well here.

! 2. Vitamin D – Critically Low (9.65 ng/mL)

- This is **deficiency level** (<10)

👉 Your current stack:

- Multivitamin ❌ (too weak, usually ~400 IU)

👉 Reality:

- You need ~5000–6000 IU daily OR weekly high dose

Impact:

- Low testosterone potential
- Poor recovery & muscle gain
- Bone weakness long-term

👉 **Action (very important):**

- Add: Vitamin D3 (60,000 IU weekly × 8 weeks)
 - Then maintenance: 2000 IU daily
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⚠️ 3. Vitamin B12 – Low-Normal (234 pg/mL)

- Technically normal, but **not optimal**
- Combined with high homocysteine → problem

👉 Multivitamin is **not enough** here

! 4. Homocysteine – HIGH (18.97)

This is **one of the most important findings**.

👉 Why it matters:

- Increases **heart disease risk**
- Linked to **B12 / B6 / Folate deficiency**

👉 Your current supplements:

- Multivitamin **✗** (insufficient B-complex)

👉 **Action:**

Add:

- B12 (1000 mcg)
- Folate (5 mg)
- B6 (25–50 mg)

👉 This alone can **drop homocysteine significantly**

! 5. Cholesterol – Needs Attention

- Total Cholesterol: 218 (high)
- LDL: 146 (borderline high)
- HDL: 51 (good)

👉 Good news:

- Omega-3 **✓** is helping
- Triglycerides are good (102)

👉 Problem:

- LDL still elevated → diet + genetics

👉 **Action:**

- Continue Omega-3 **✓**

- Reduce:
 - Fried food
 - Excess red meat (important for uric acid too)
 - Add:
 - Fiber (oats, fruits)
 - 10k steps daily
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! 6. Uric Acid – HIGH (8.07)

This is clearly elevated

👉 Likely causes:

- High mutton intake
- High protein diet
- Creatine (minor contributor)
- Low hydration

👉 Symptoms risk:

- Gout (joint pain)
- Kidney stress

👉 Action:

- Reduce:
 - Mutton frequency (big one)
- Increase:
 - Water (3–4L/day)
- Add:
 - Lemon water / potassium foods

👉 Creatine:

- Safe to continue ✓
- But hydration is **non-negotiable**

⚠️ 7. Kidney Function – Slightly Below Optimal

- Creatinine: 1.18 (upper-normal)
- eGFR: 84 (slightly below ideal >90)

👉 Not alarming, but:

- High protein + creatine + uric acid → load on kidneys

👉 Action:

- Hydration is key
 - No need to stop creatine
-

⚠️ 8. Liver – Mild Bilirubin Elevation

- Total bilirubin: 1.57 (slightly high)

👉 But:

- AST/ALT normal → liver function OK

👉 Likely:

- Gilbert's syndrome / fasting / dehydration

👉 Not a concern for now.

💊 Supplement Stack Review (Your Current One)

What's GOOD ✅

- Creatine ✓
 - Whey ✓
 - Omega-3 ✓
 - Magnesium ✓
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What's MISSING ❌ (Important)

You must add:

1. Vitamin D3 (critical)
 2. B-complex (B12 + Folate + B6)
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Final Optimized Supplement Stack





Keep:

- Whey protein
- Creatine (3–5g)
- Omega-3
- Magnesium glycinate
- Multivitamin (optional, not critical)

Add:

- Vitamin D3 (high dose initially)
 - B-complex (for homocysteine)
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Priority Fix Order (Most Important First)

1.  Fix Vitamin D immediately
 2.  Reduce homocysteine (B12 + folate)
 3.  Control uric acid (diet + water)
 4.  Improve cholesterol
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Straight Talk

Your fitness routine is solid, but:

- Your **blood markers show hidden risks**
- Especially **heart risk (homocysteine + LDL) and uric acid**

Nothing is dangerous yet — but **this is the warning phase**

If you want, I can:

- ↳ Adjust your diet plan to fix uric acid + cholesterol
- Or ↳ design a perfect supplement timing schedule (when to take what)

